2and4 Drums

By Demitri Mannos

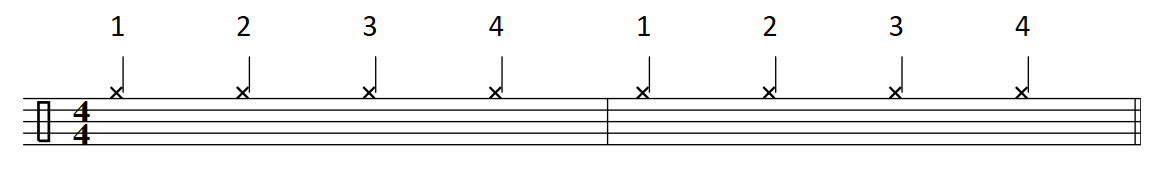
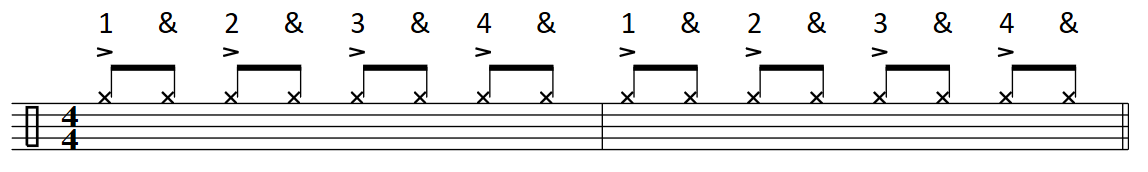
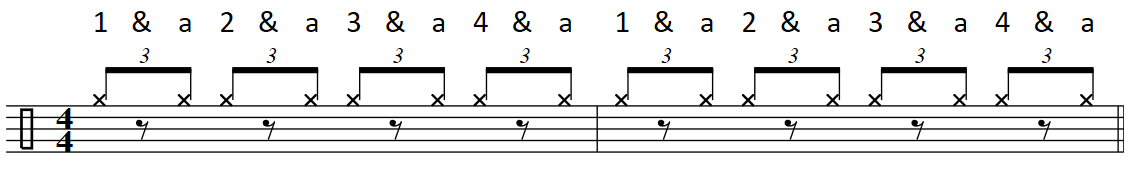
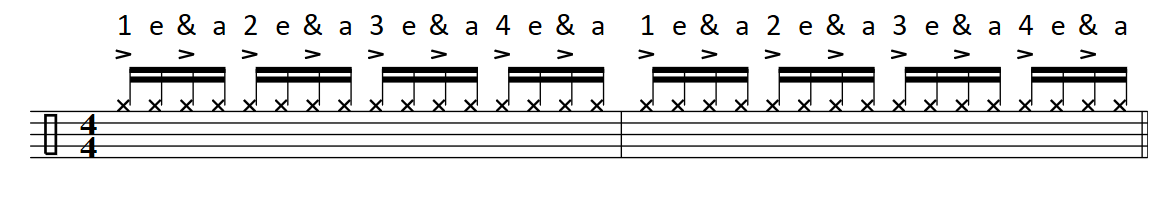
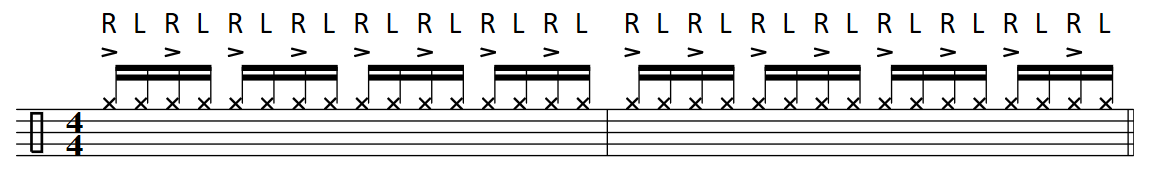
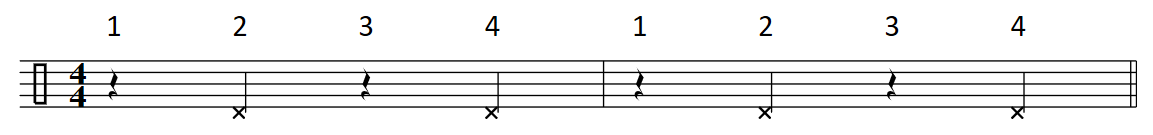
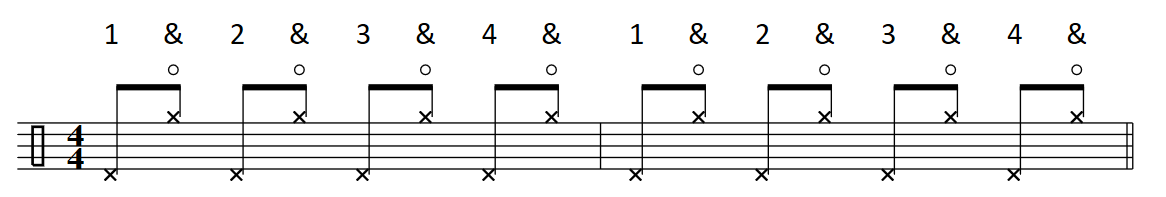
Pdf version of 2and4 Drums available at:

[www.2and4drums.com](http://www.2and4drums.com)

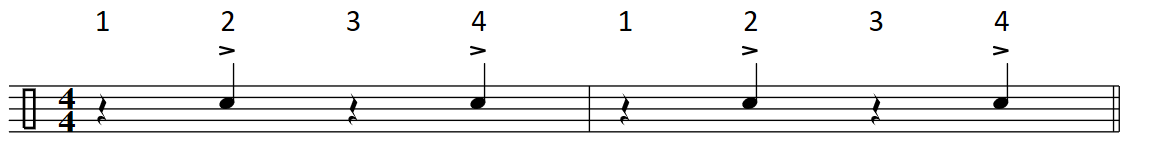
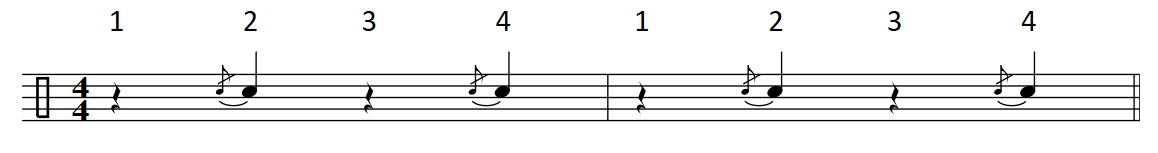
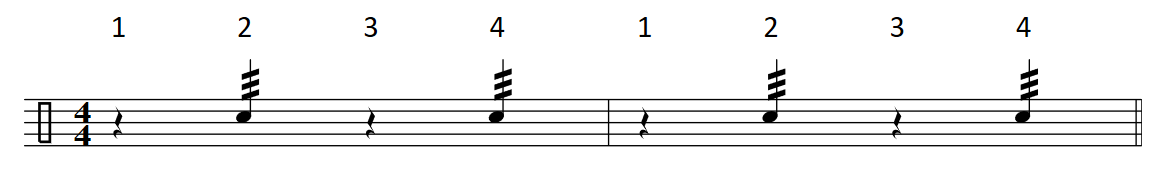
Here we go…

Hi-Hat

Tempos: 70, 86, 90, 96, 110, 128, 60. 50

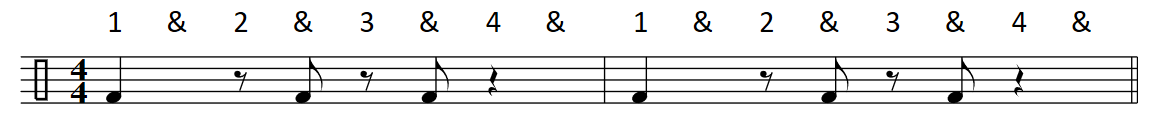
1/4 Notes…Shank Tip…Shuffle…  One Hand 16th Notes… Two Hand 16th Notes… Hi-Hat w/Foot…Open Hi-Hat… 

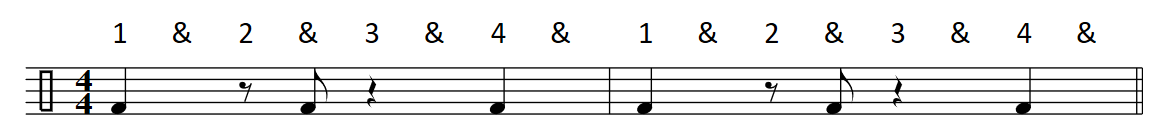
Snare

2and4…Flam…Ghost Note…Cross Stick… (X Stick)Buzz…

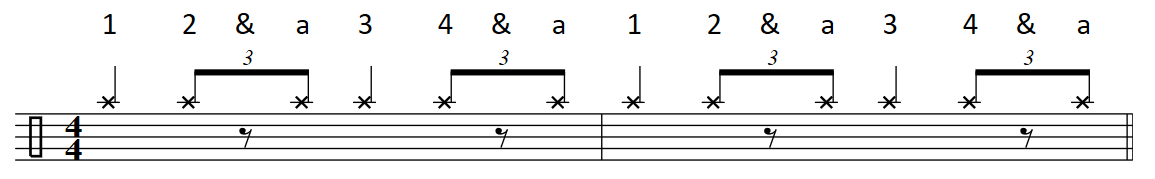
Kick

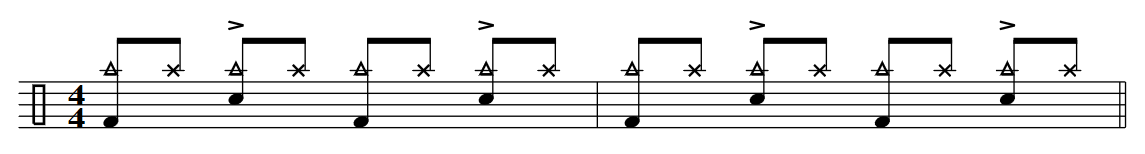
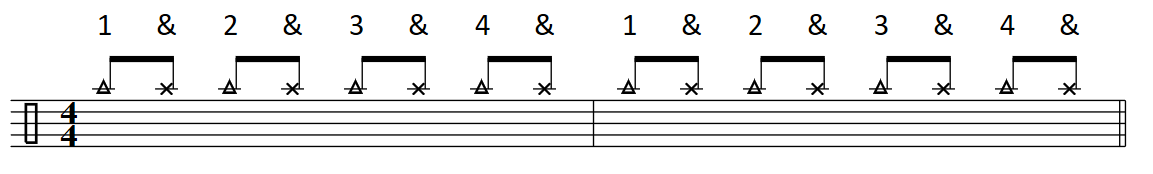
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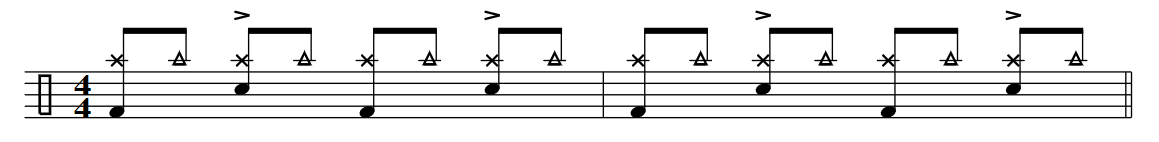
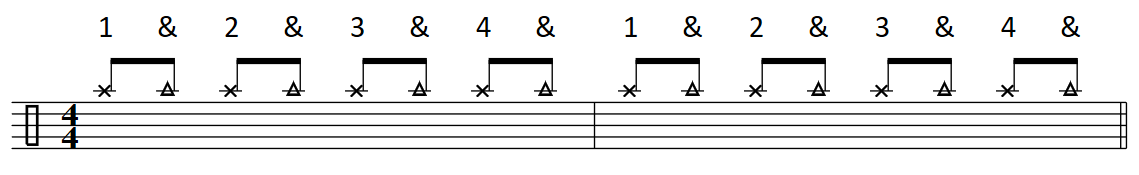
8th Note Kick Drum Mini Grid… 

Skeleton Clave’…

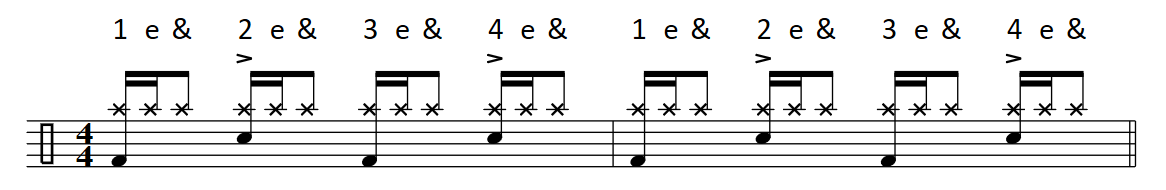
Ride Cymbal

Ting Ding A’ling… 

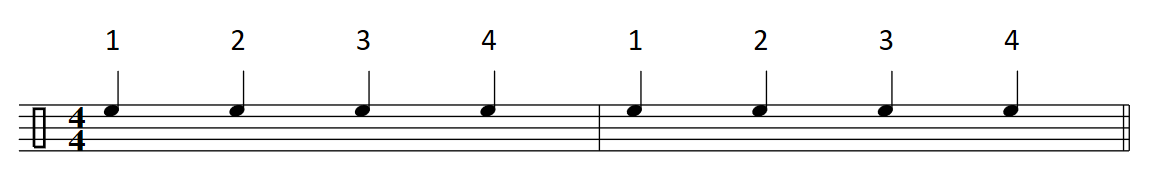
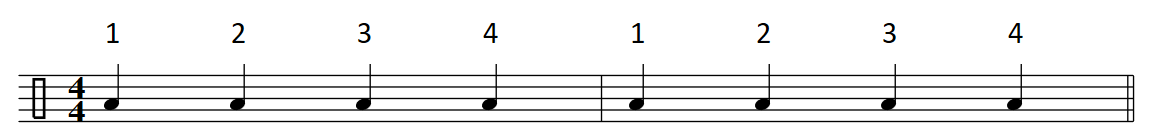
Bell/Ride… . 

Ride/Bell… 

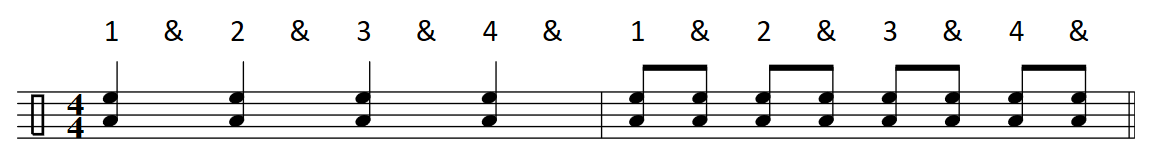
16th Note Ride Pattern…



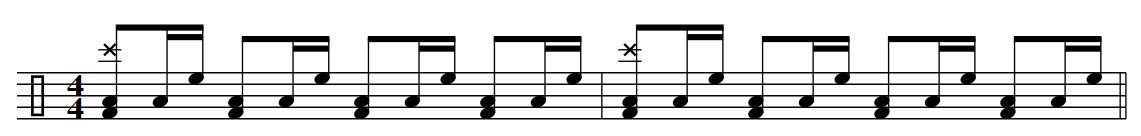
Toms and Floor Tom

Rack Tom(s)…Floor Tom(s)… 

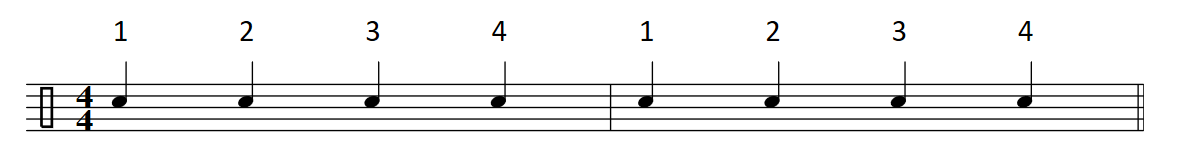
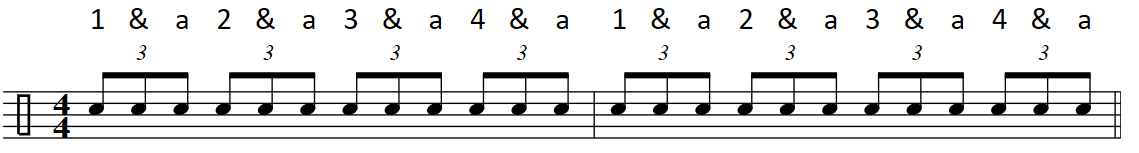
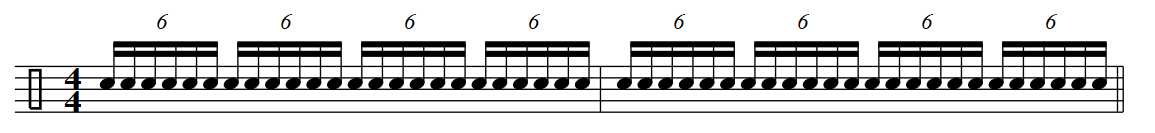
Getting Around the Toms… 

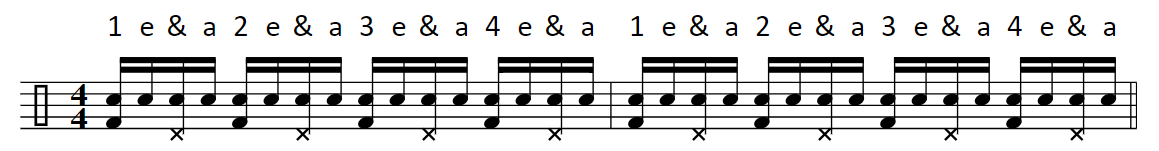
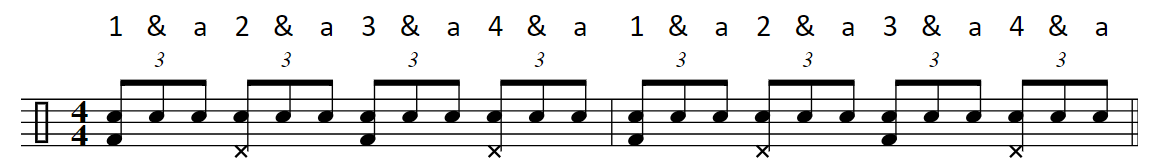
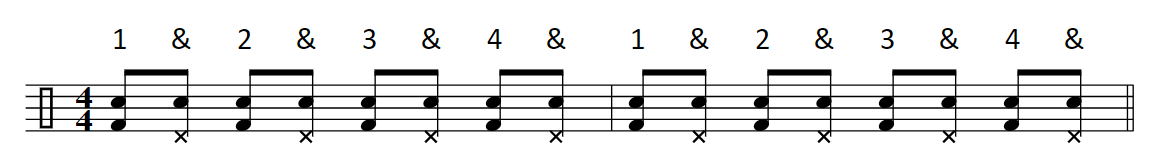
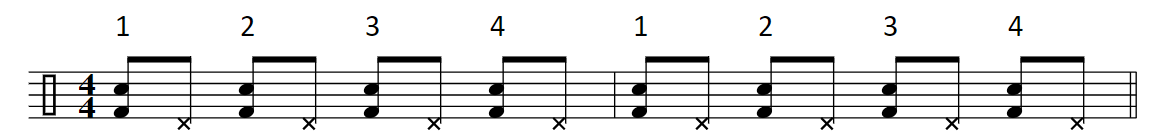
Double Stops… 

Tribal!…

Tribal! #2…

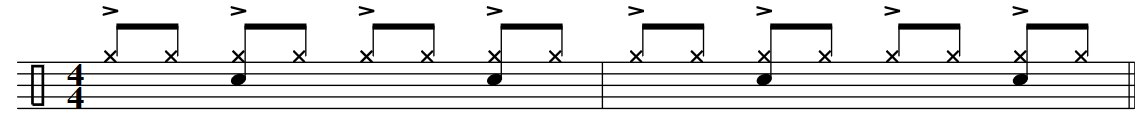
Subdivision Grid

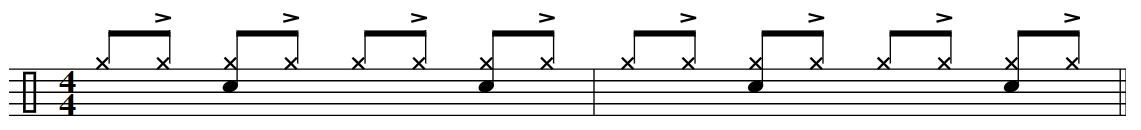
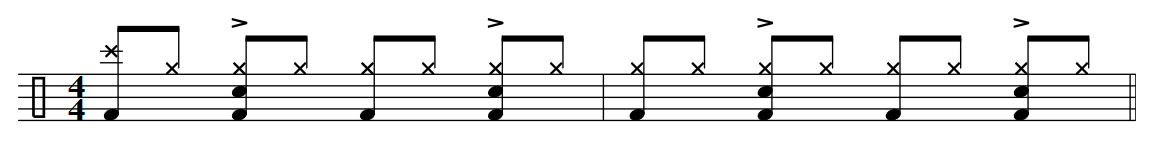
    

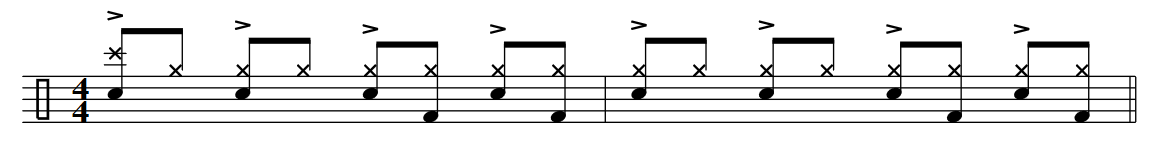
With a Pulse… “A rythynm without a pulse, doesn’t have a purpose.” 

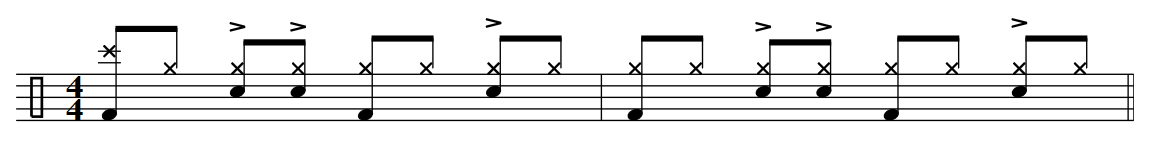
8th Note Hi-Hat Grooves

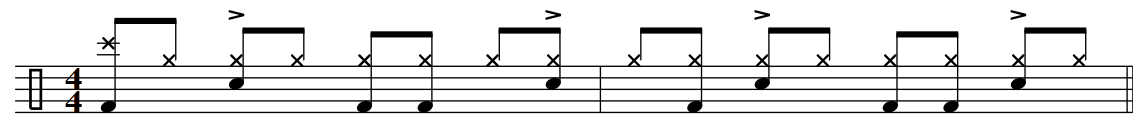
Tempos: 70, 86, 90, 96, 110, 128, 60

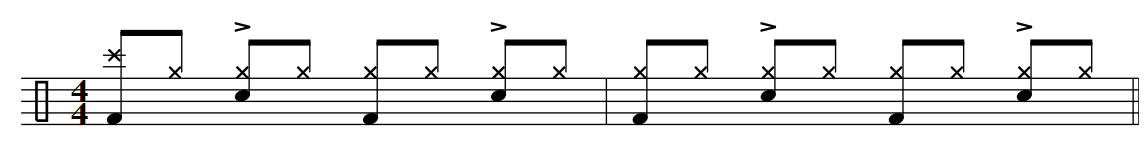
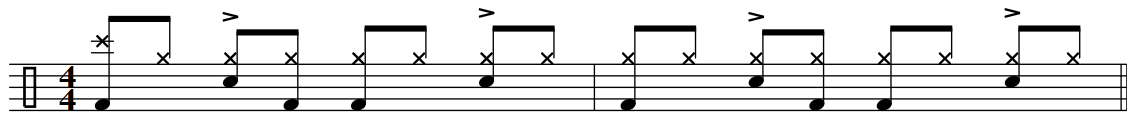
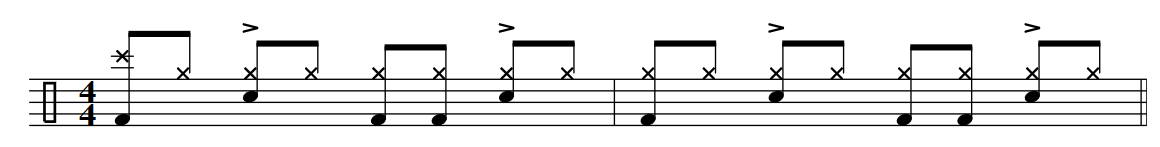
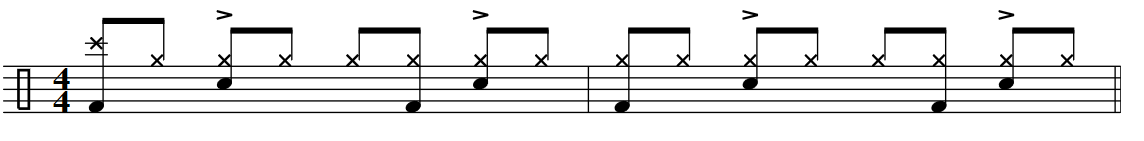
Shank Tip… 

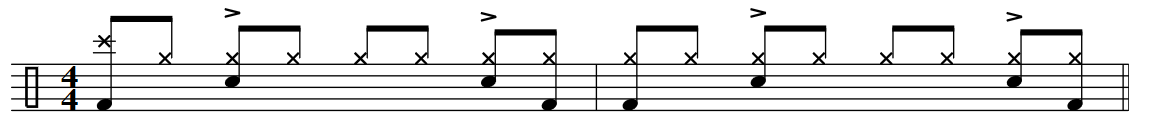
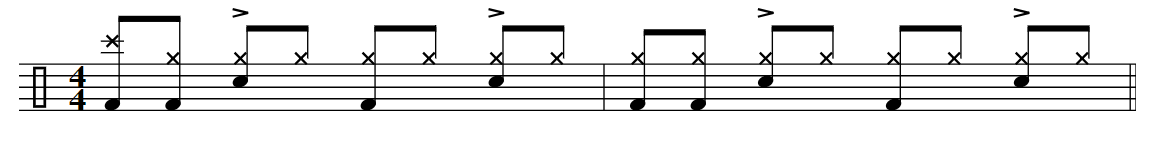
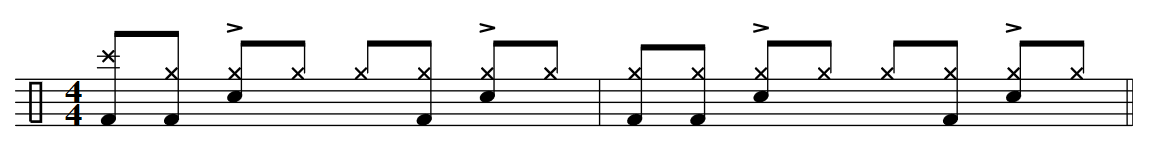
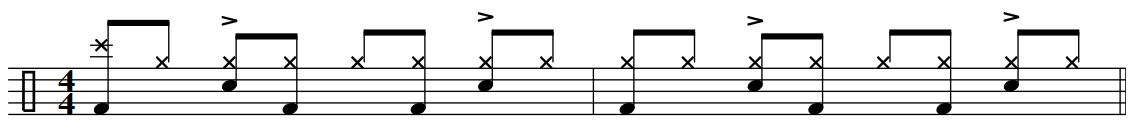
Tip Shank…4 on the Floor… 

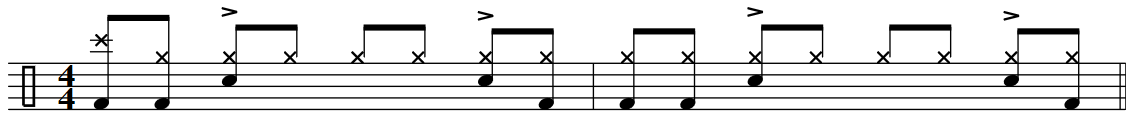
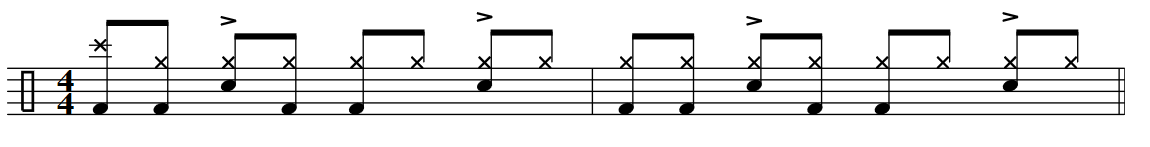
4 Top…

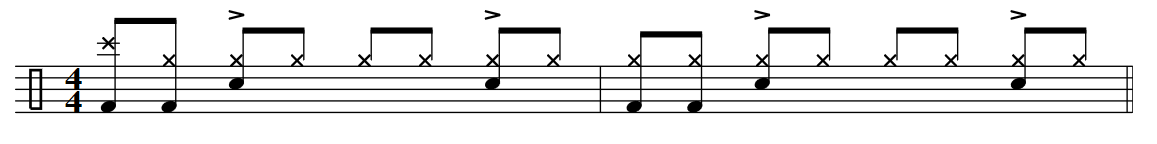
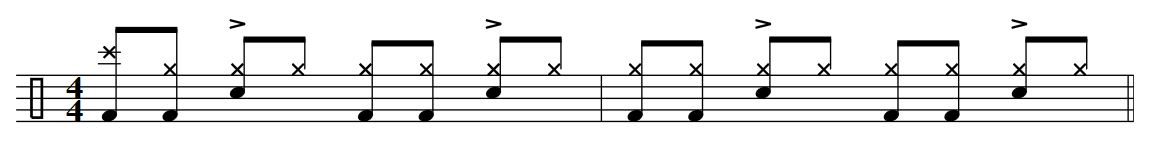
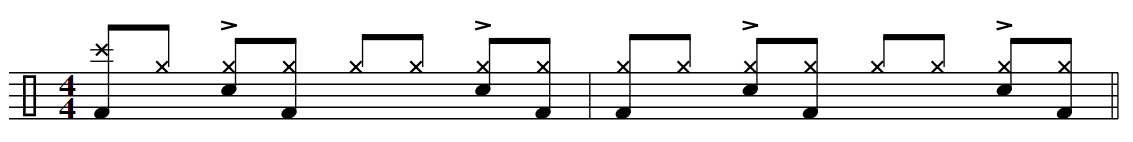
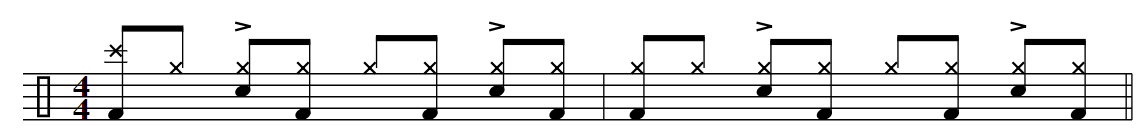
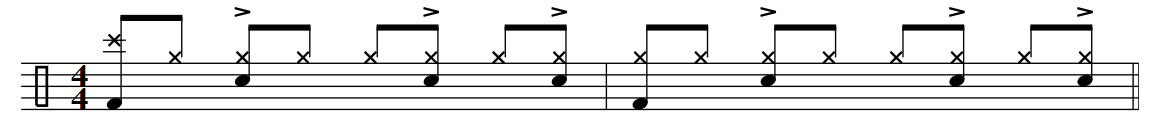
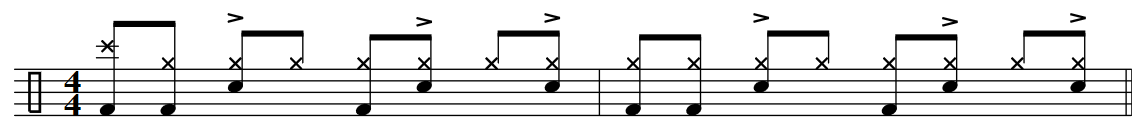
Surf City…

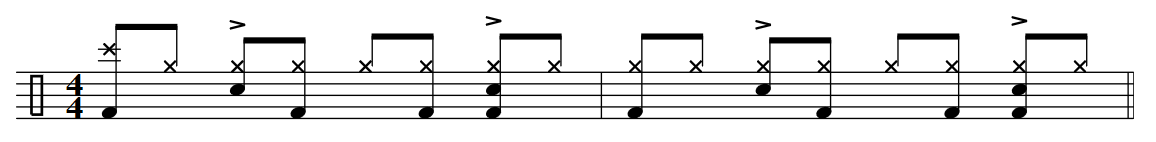
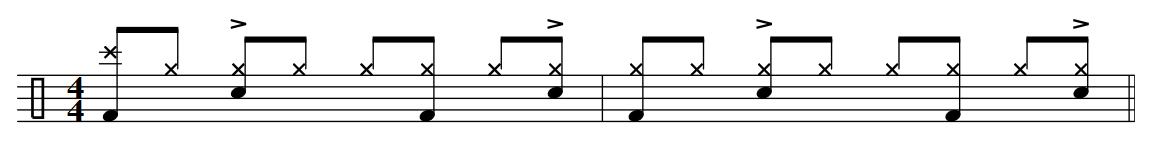
Funky Drummer…

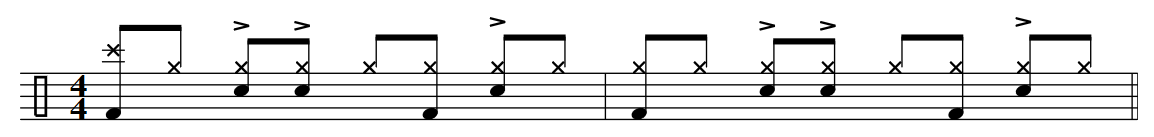
1. 2. 3.4. 5

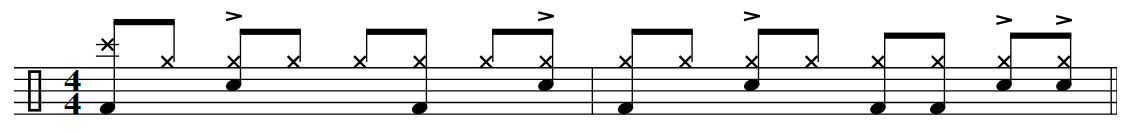
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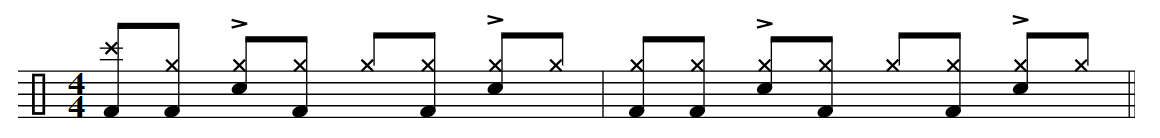
9.10. 

11.12.13.  14. 15. 16. 

17. 18. 

19. 20. 

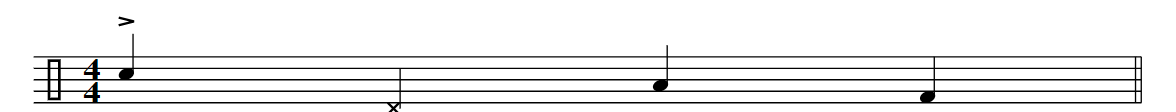
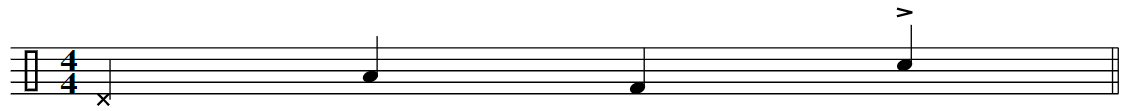
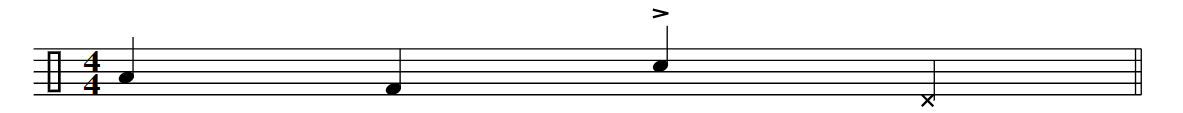
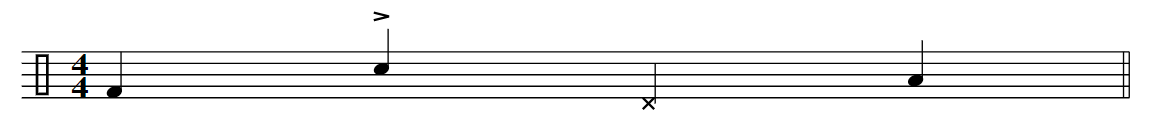
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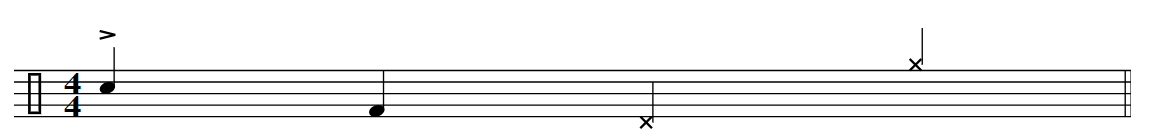
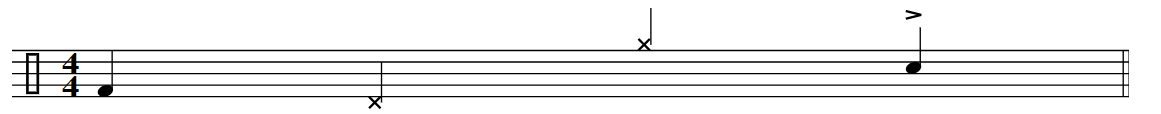
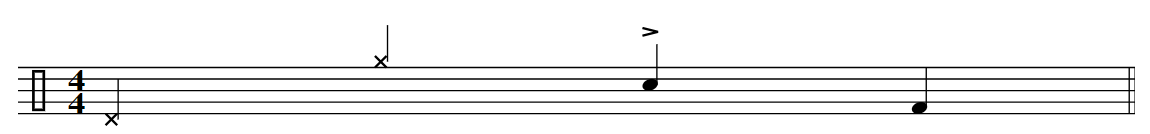
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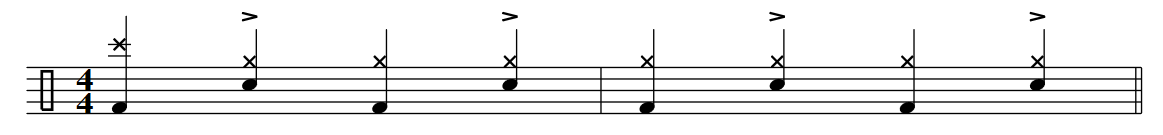
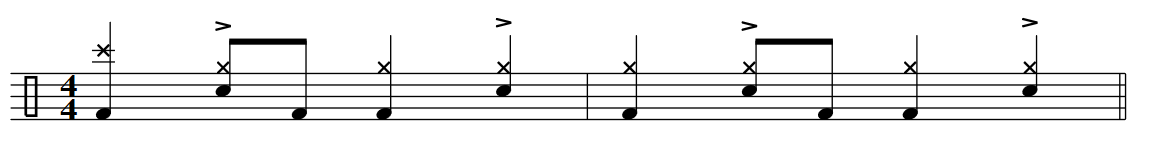
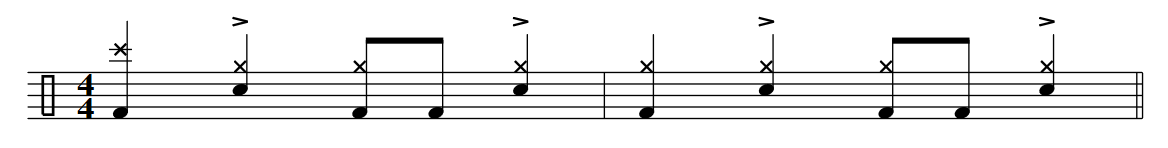
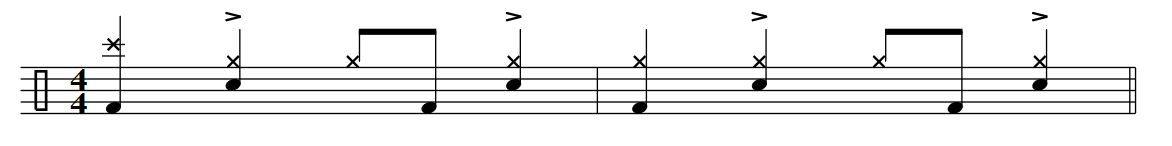
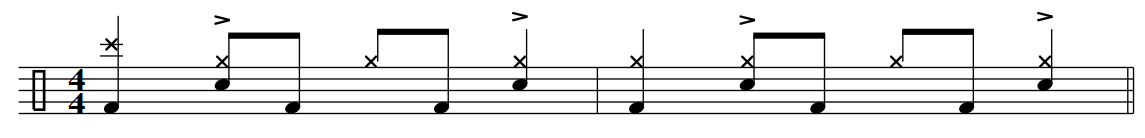
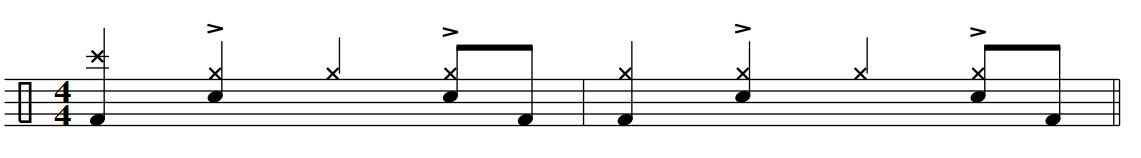
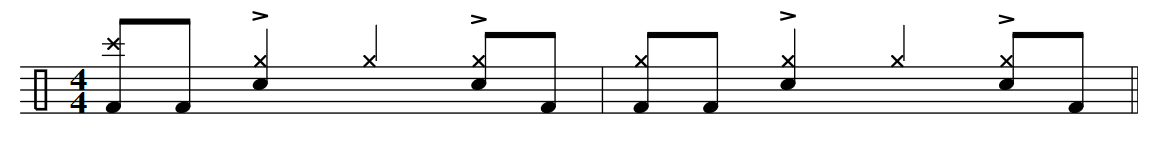
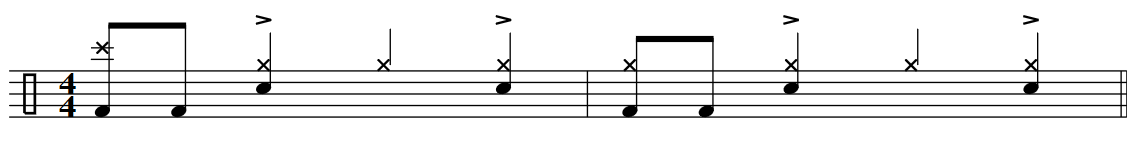
Quarter ¼ Notes

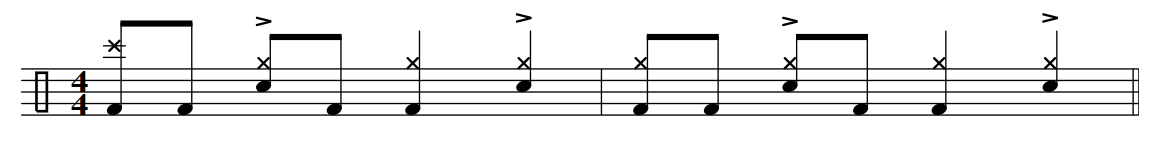
Quarter Note Limb Grid

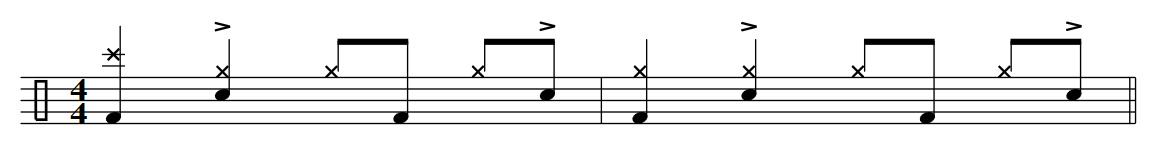
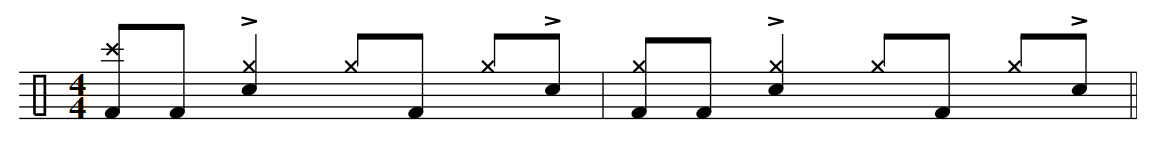
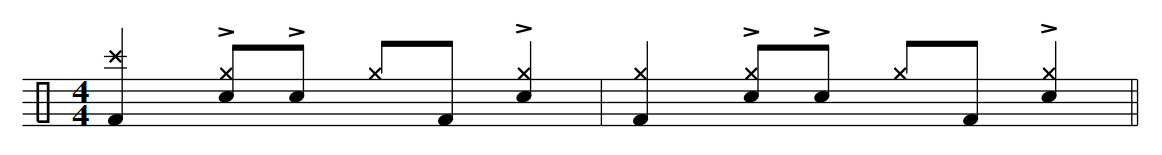
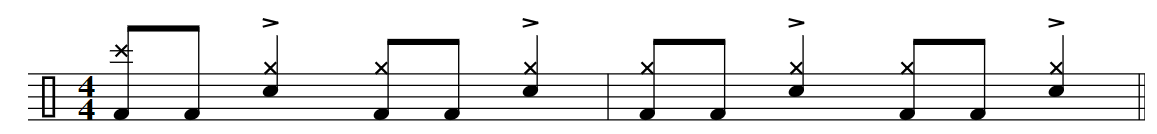
Right Foot: Kick. Left Foot: Hi hat. Right Hand: Floor Tom. Left Hand: Snare.

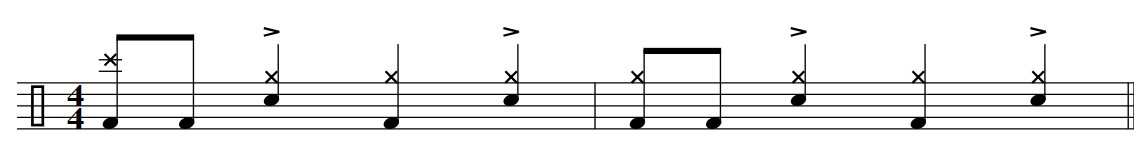


Right Foot: Kick. Left Foot: Hi Hat. Right Hand: Hi Hat. Left Hand: Snare. 

1. 2. 3. 4. 5. 6. 7. 8. 

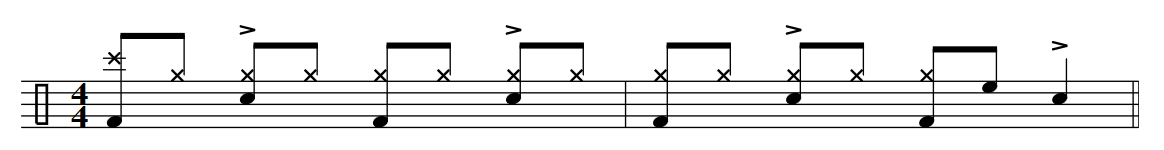
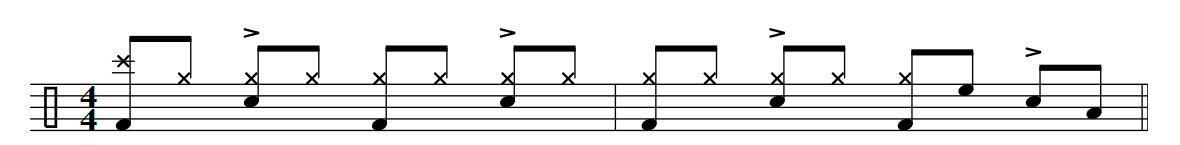
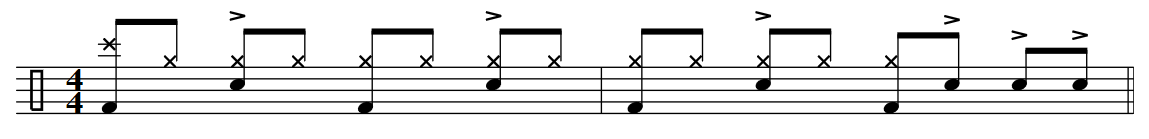
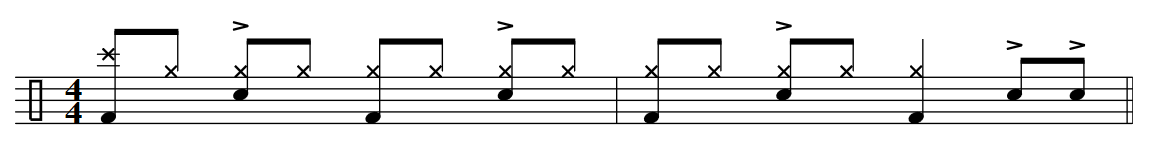
9. 

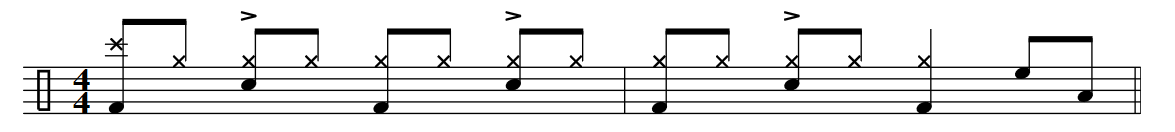
10.11. 12. 13. 

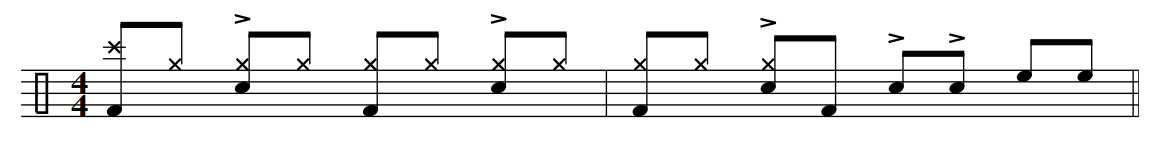
14. 

8th Note Short Fills

Tempos: 70, 86, 90, 96, 110, 128, 60

1.2.3. 4.

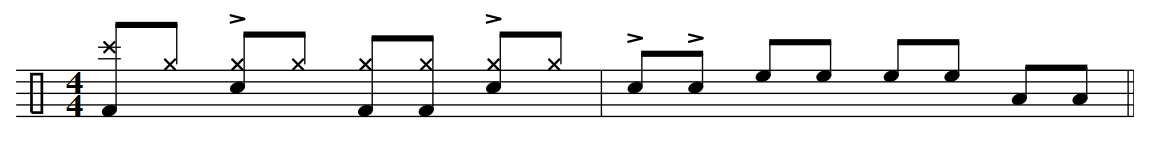
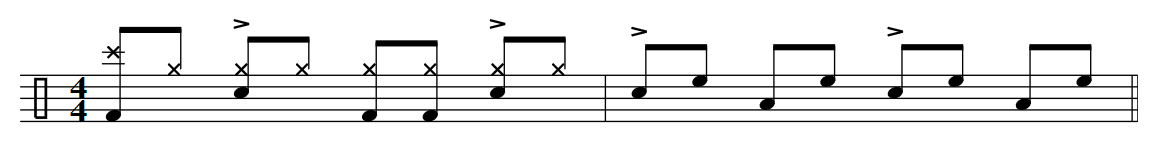
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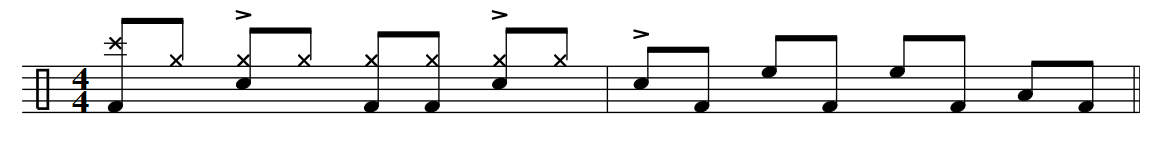
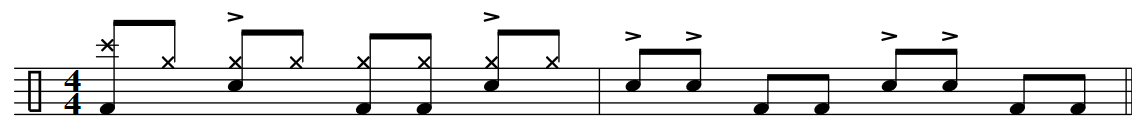
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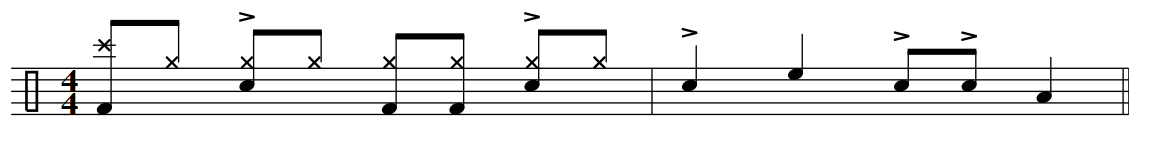
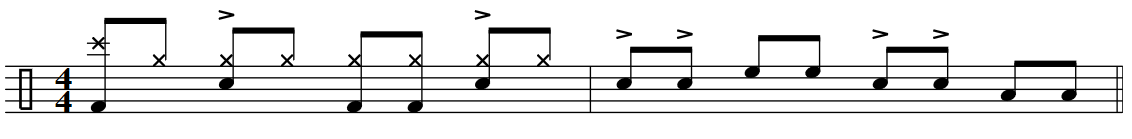
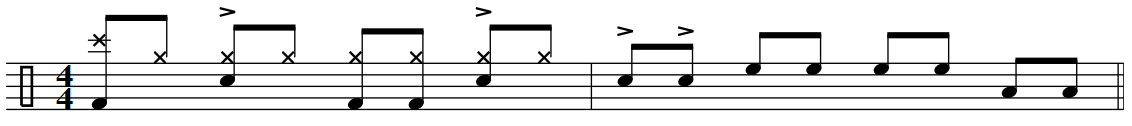
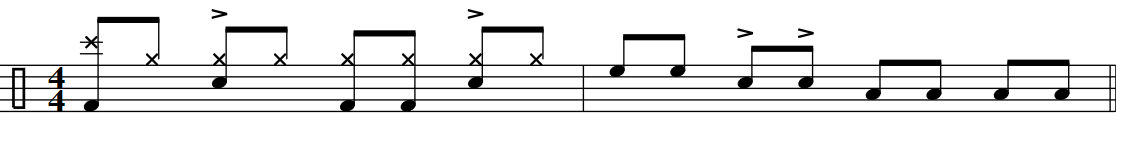
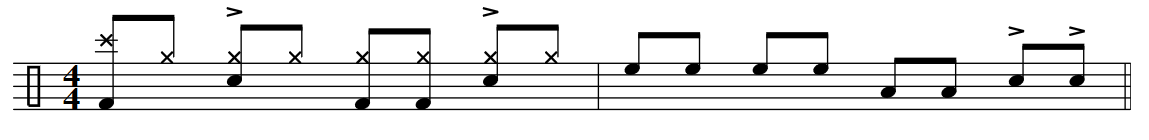
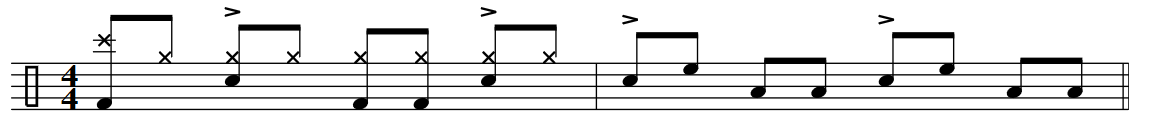
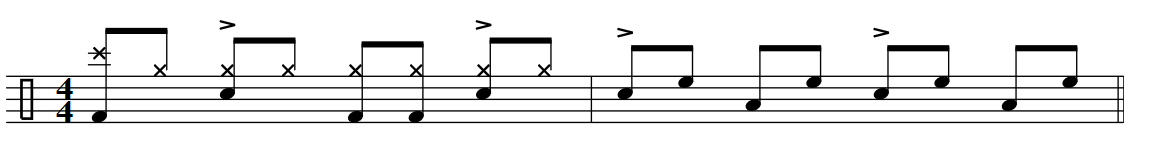
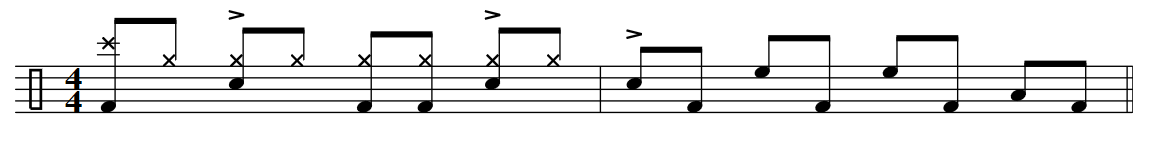
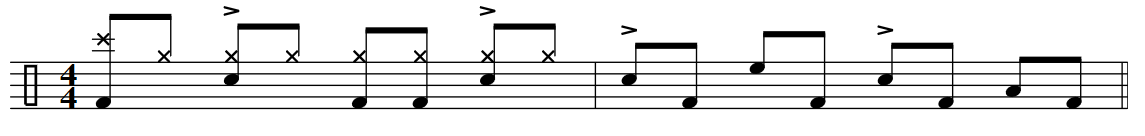
8thNote Long Fills

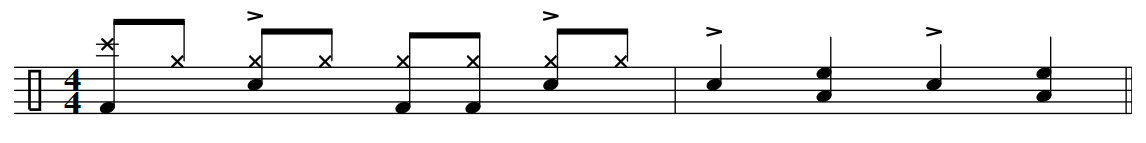
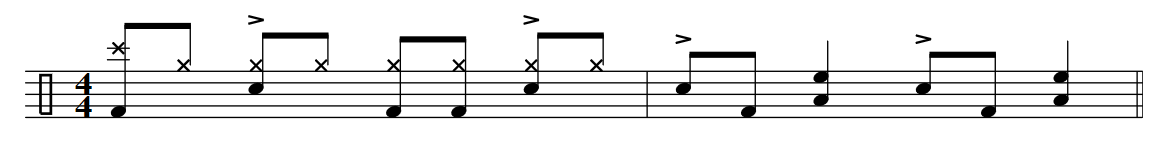
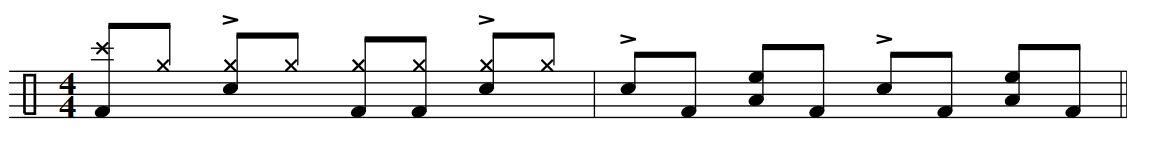
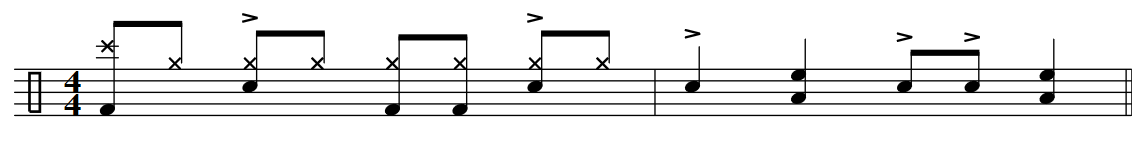
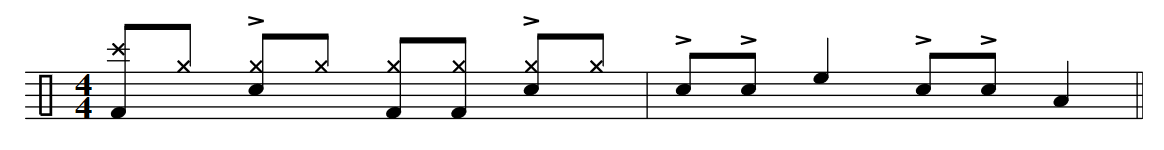
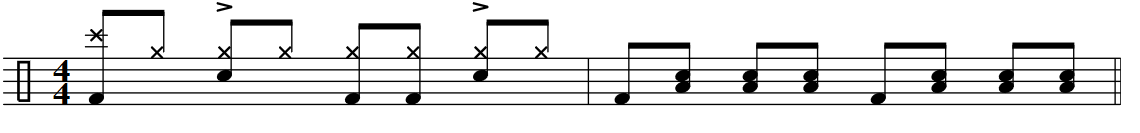
Tempos: 70, 86, 90, 96, 110, 128, 60.

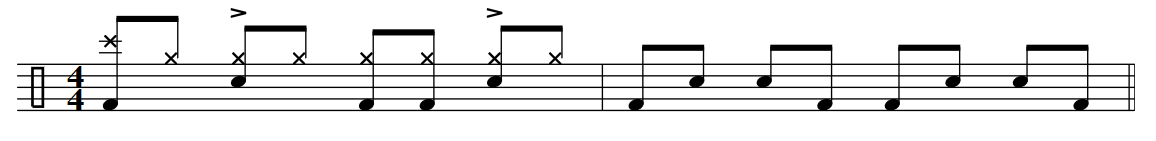
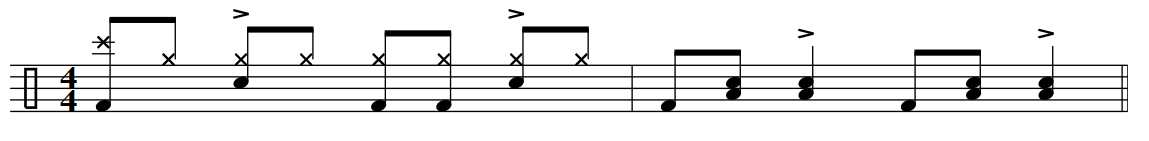
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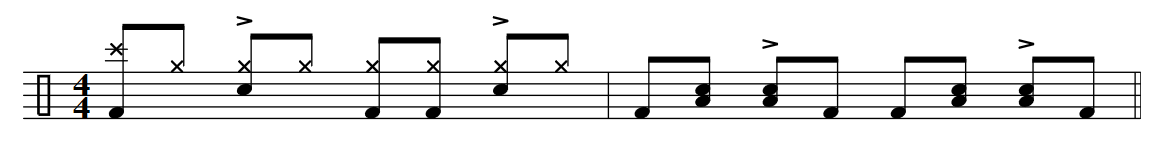
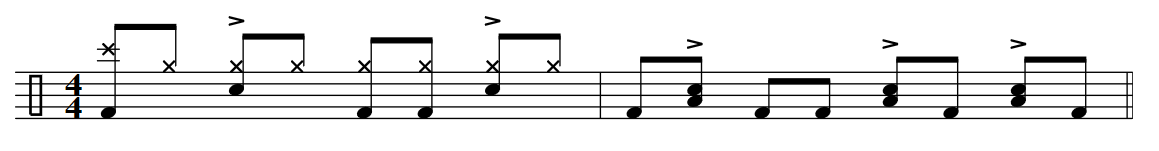
 

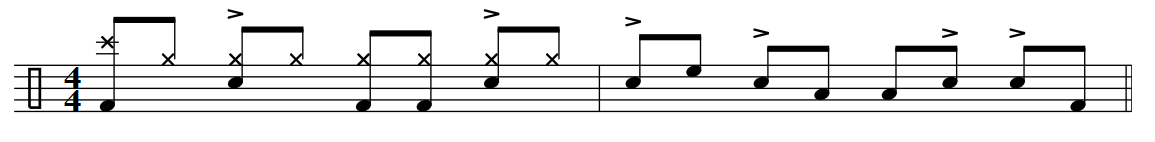
Hand / Foot Combo…  

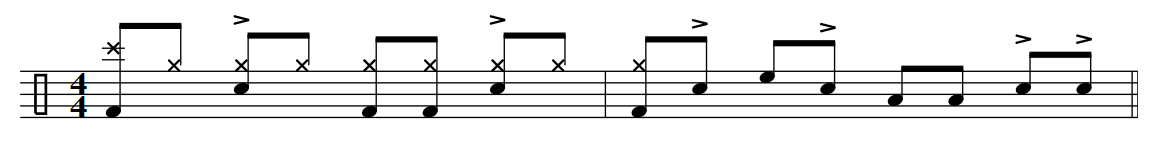
1. 2. 3. 4. 5. 6. 7. 8. 9. 

10. 11. 12. 13. 14. 15.16.

17.18.

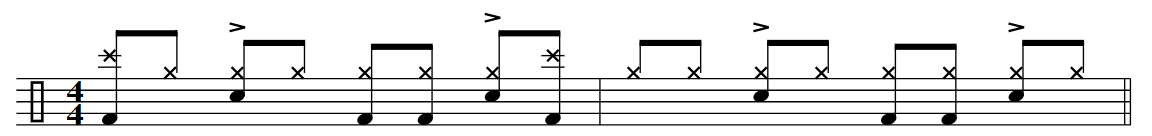
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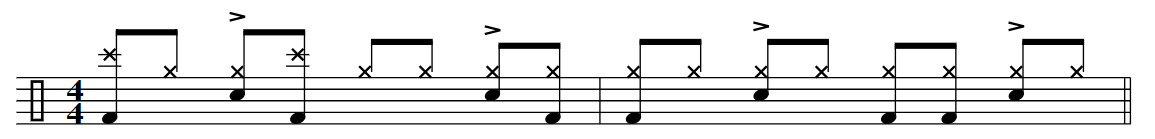
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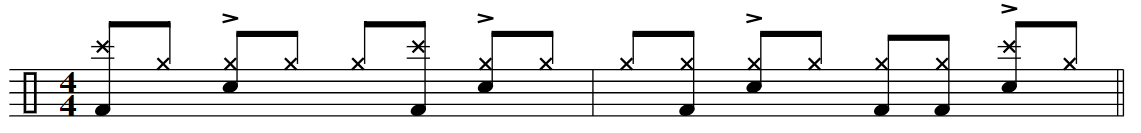
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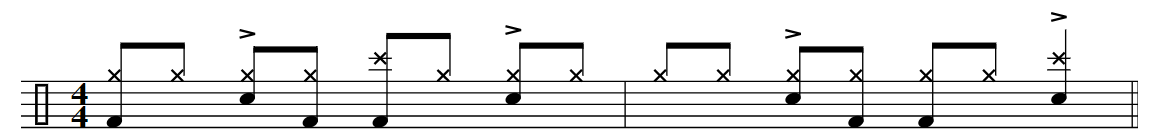
8th Note Grooves with Hits

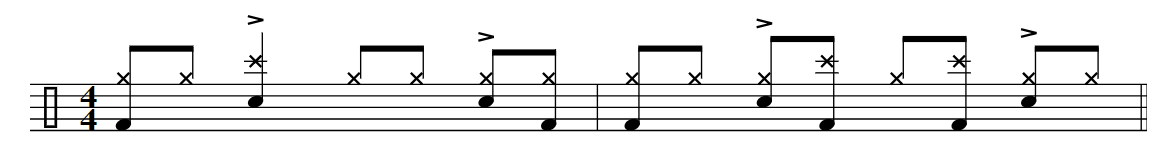
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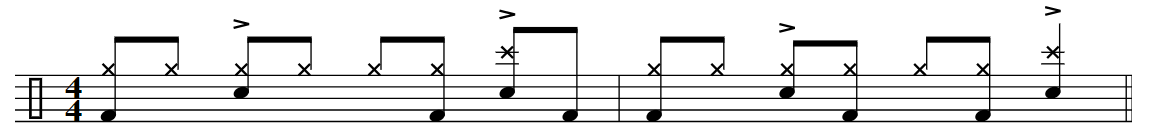


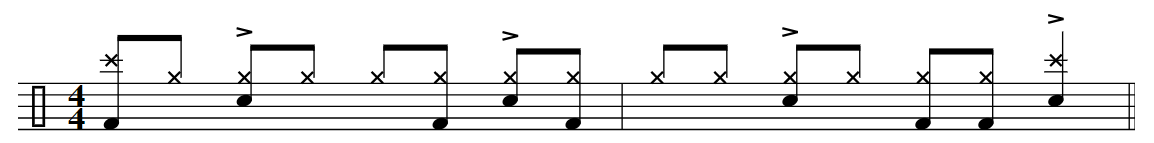
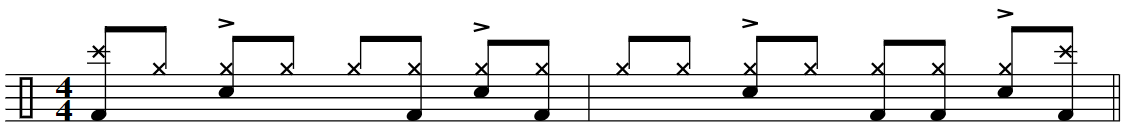
2.

3.

4.

5.

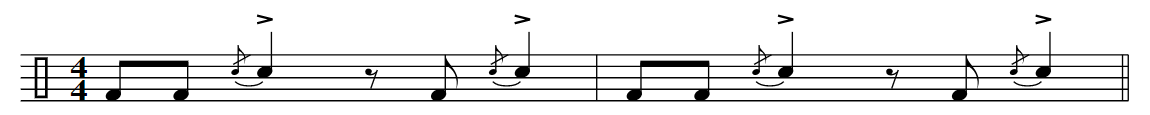
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7.8.

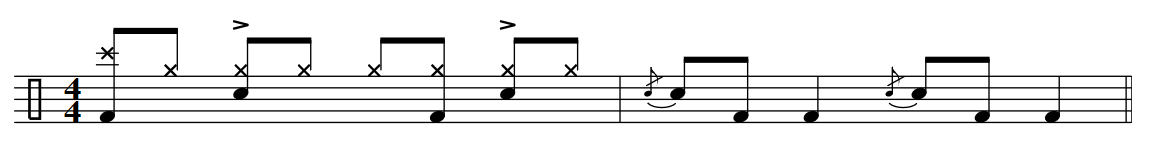
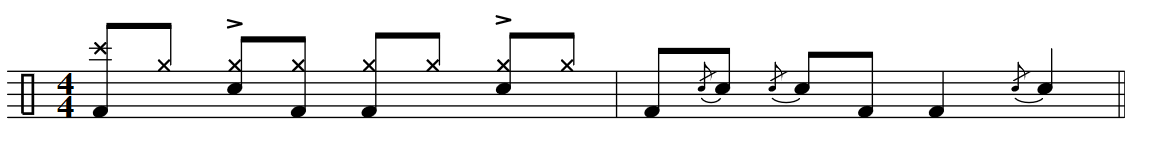
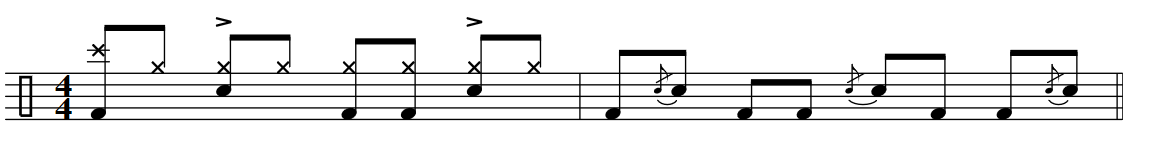
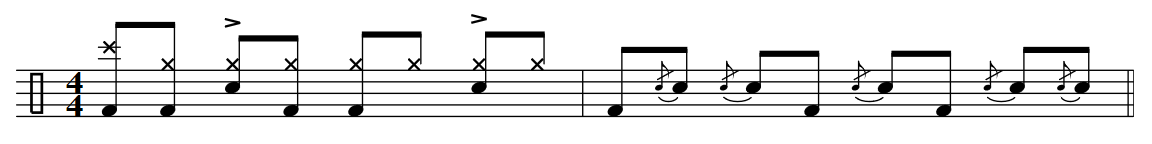
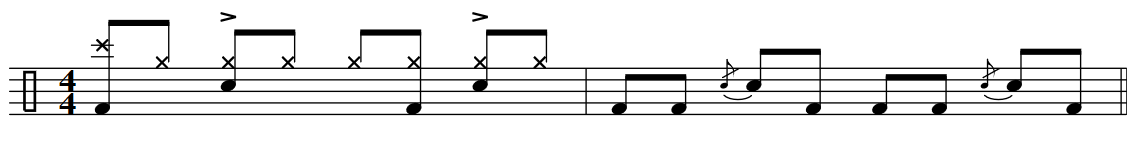
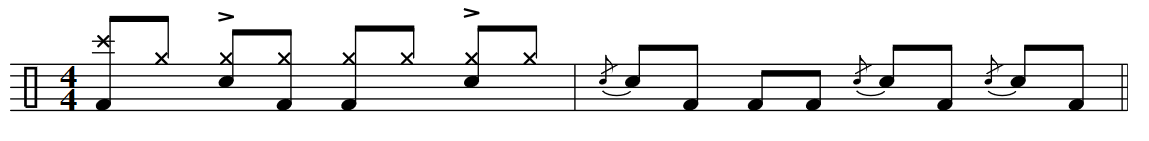
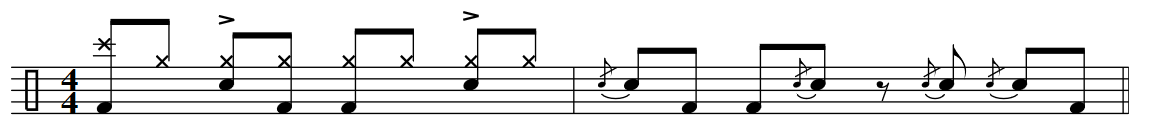
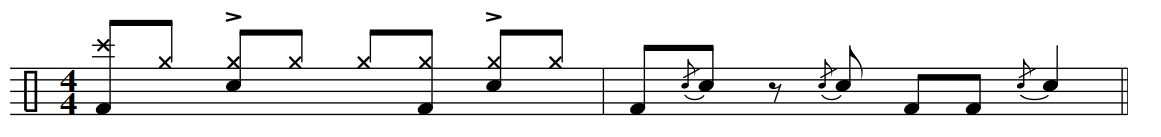
Flam / Kick

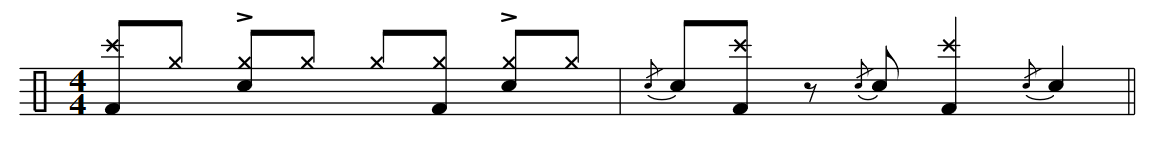
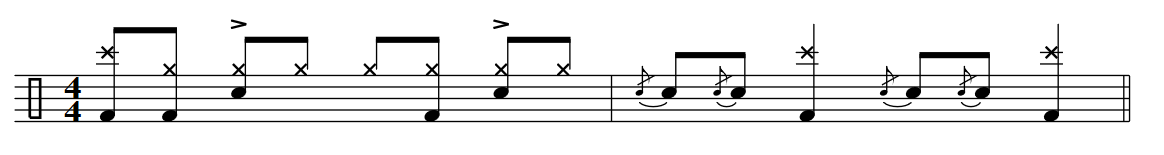
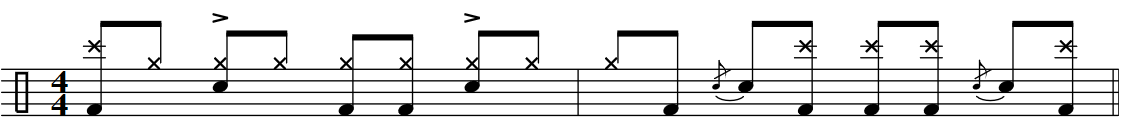
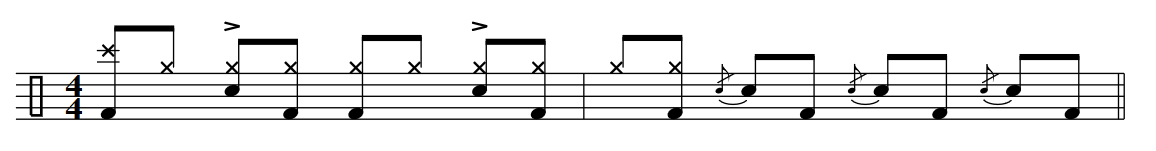
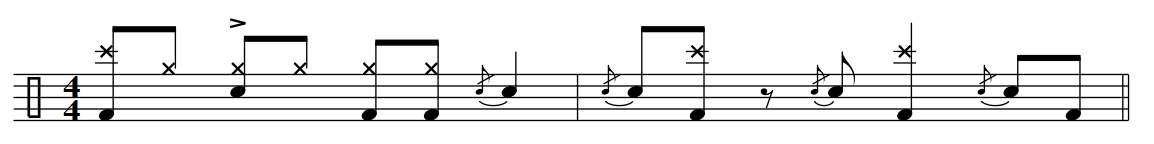
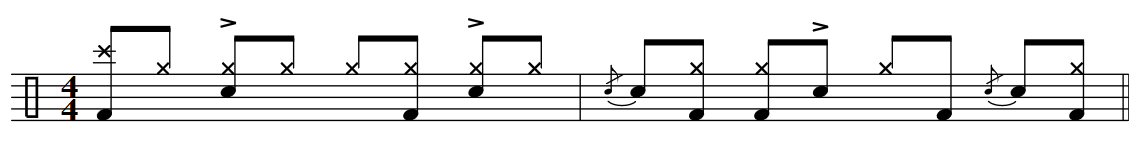
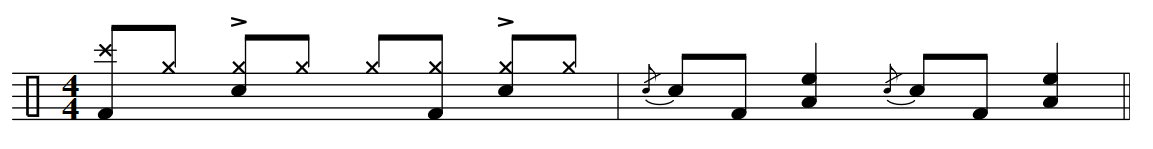
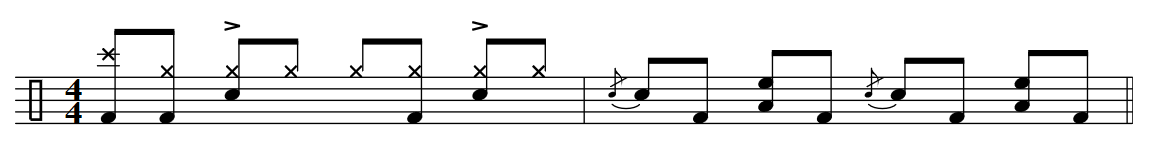
Tempos: 70, 86, 90, 96, 110, 128, 60.

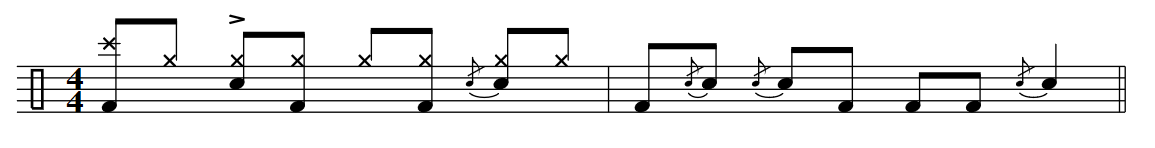
Grooves…

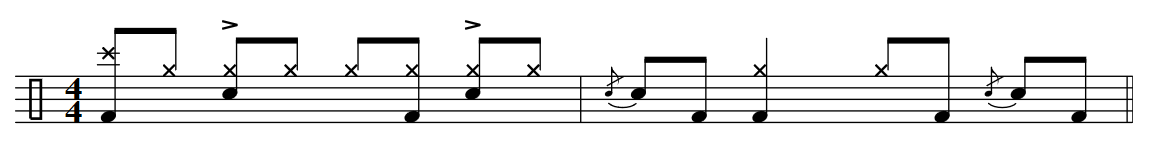
1.2.3.4.5.6.7.8.9. 

Fills…

1.2. 3.4.5. 6. 7. 8.9. 

10.11.12.13.14. 15.16.17. 

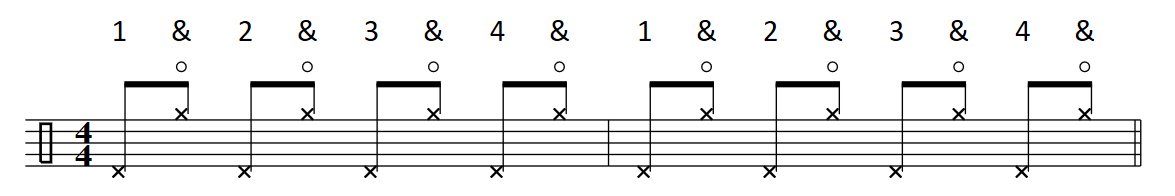
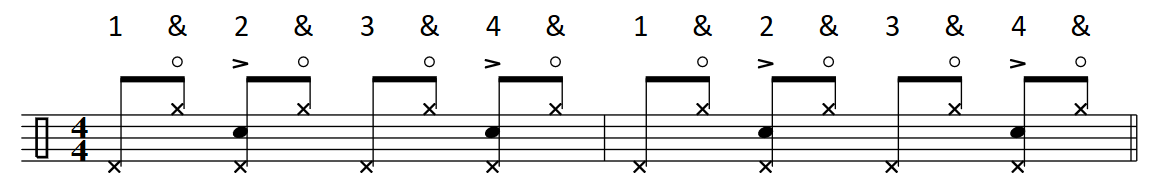
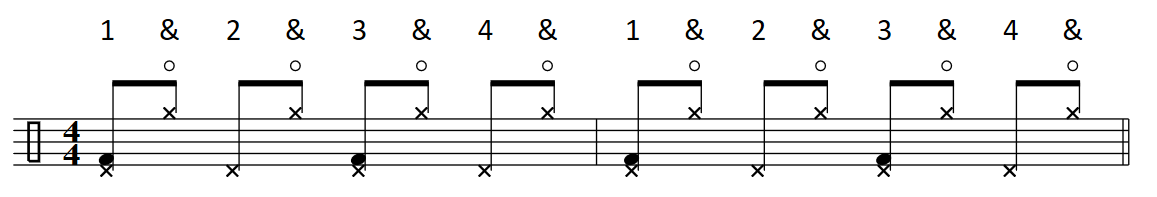
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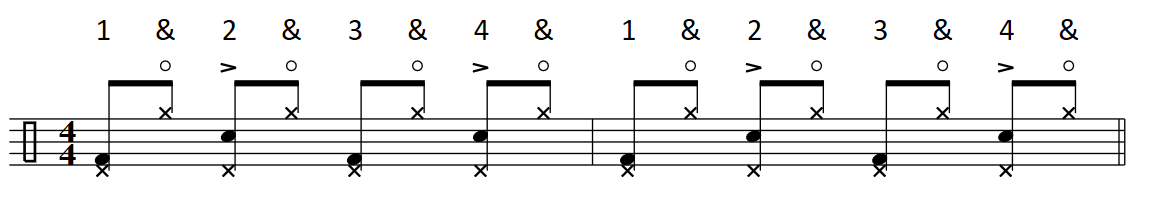
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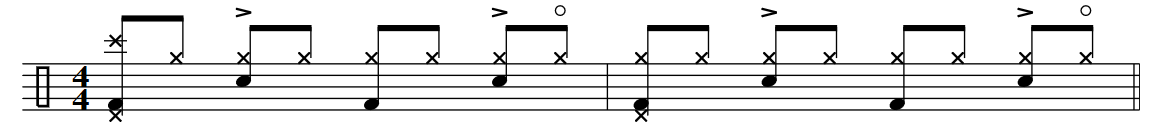
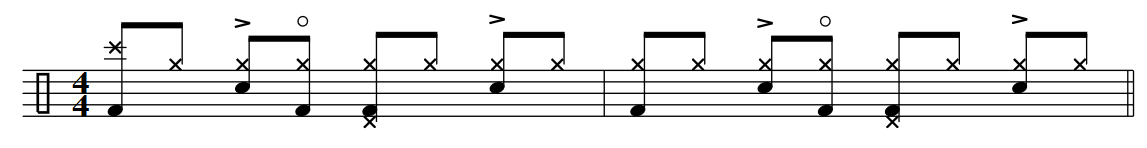
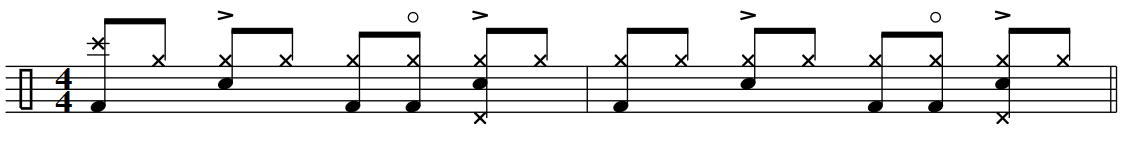
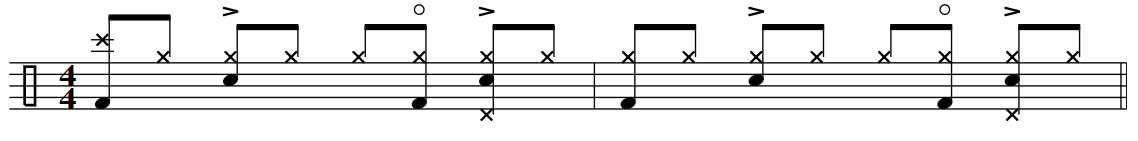
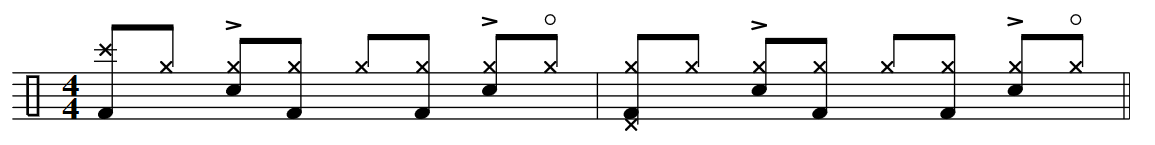
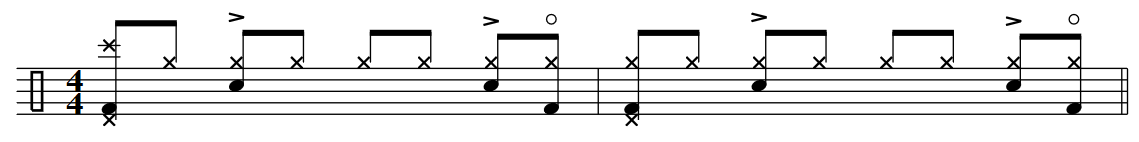
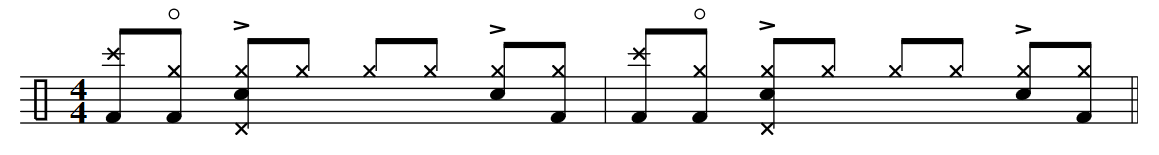
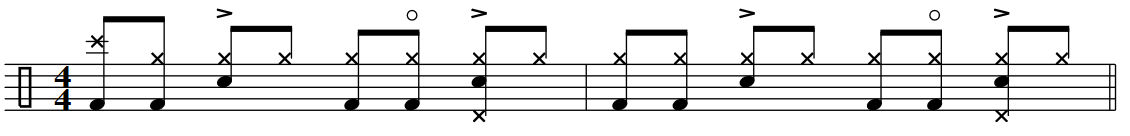
8th Note open Hi-Hat Grooves

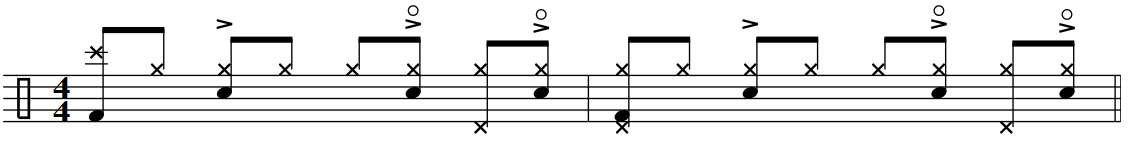
Tempos: 70, 86, 90, 96, 110, 128, 60.

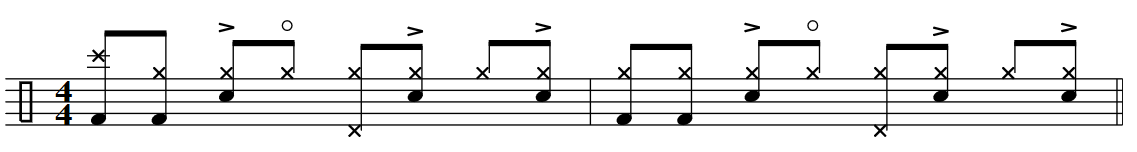
The Process

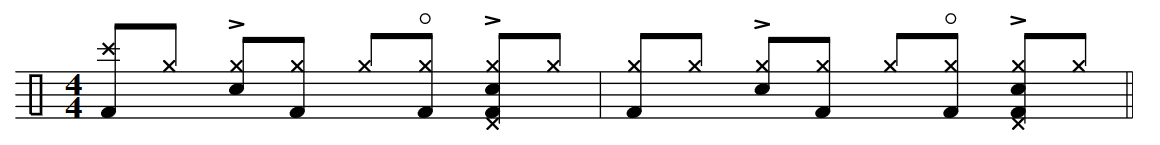
Up-Beat Open Hi/Hat…  Snare 2/4…  Kick 1/3… 

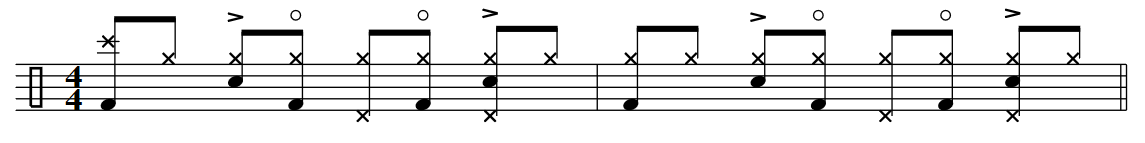
Disco Inferno… 

1.2. 3. 4. 5. 6. 7. 8. 9. 

10. 

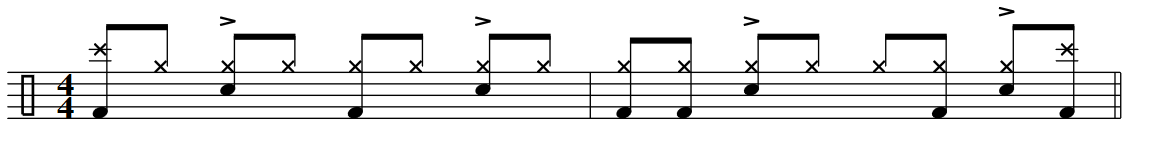
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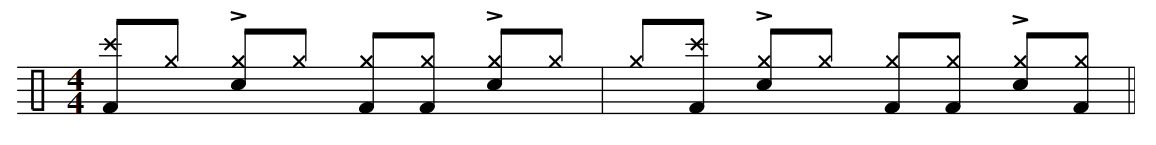
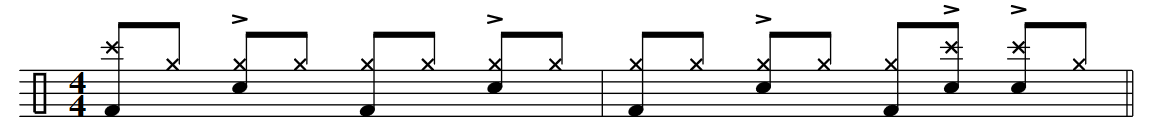
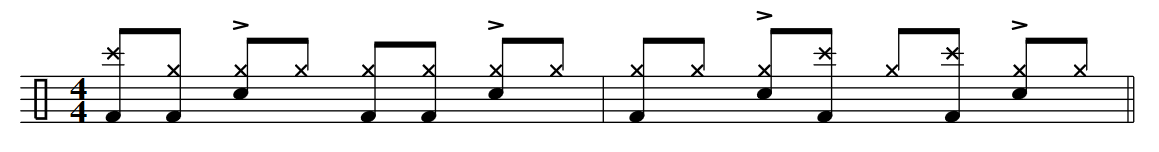
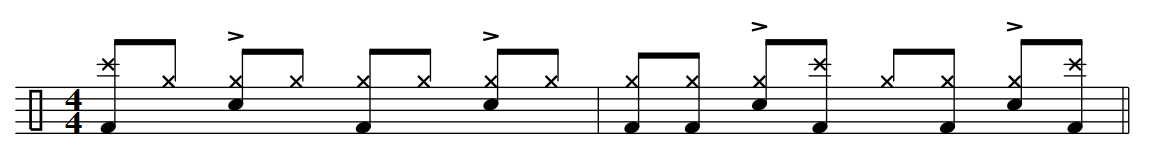
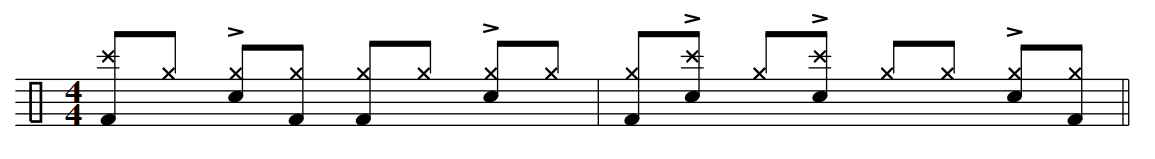
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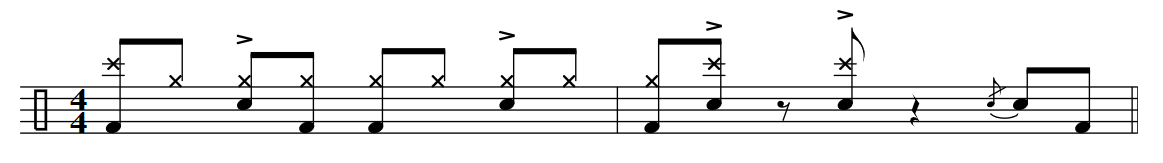
13. 

8th Note Grooves with Hits

Tempos: 70, 86, 90, 96, 110, 128, 60

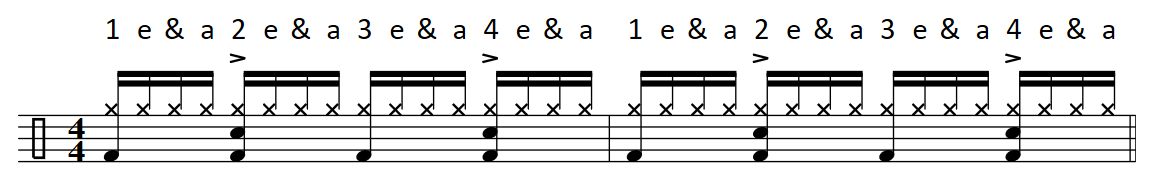
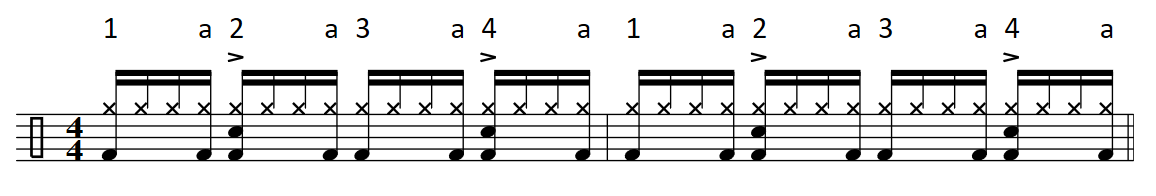
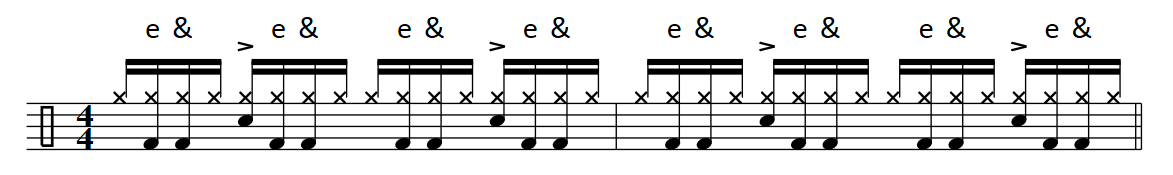
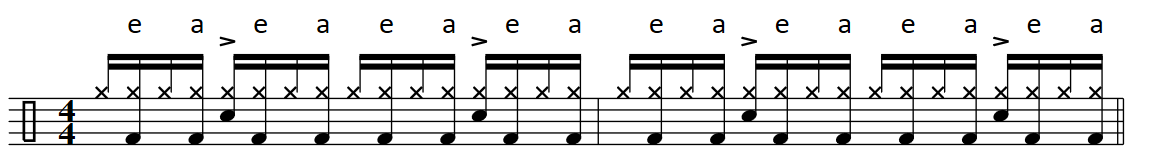
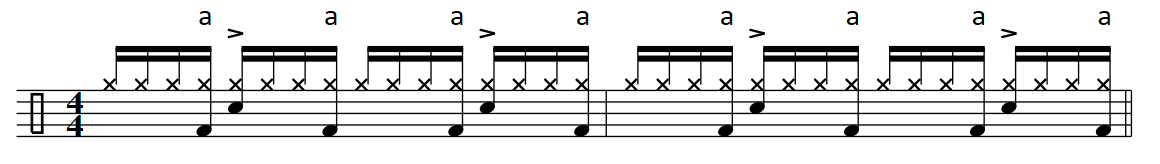
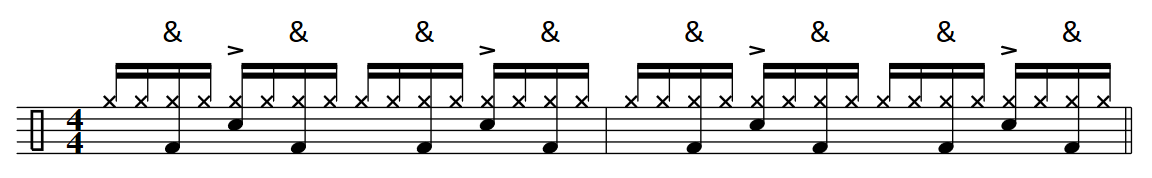
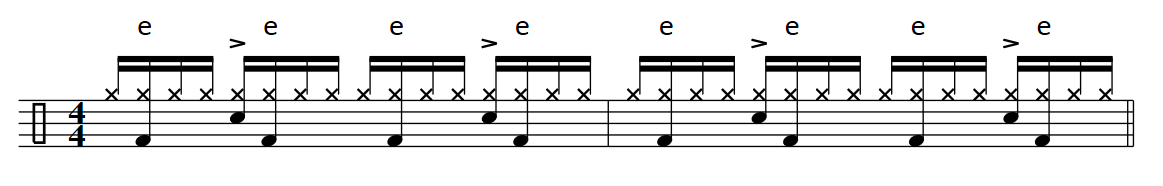
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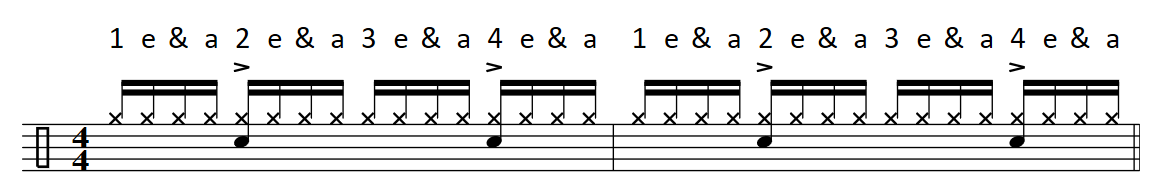
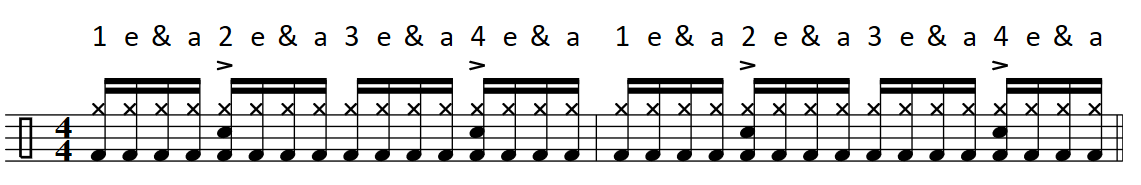
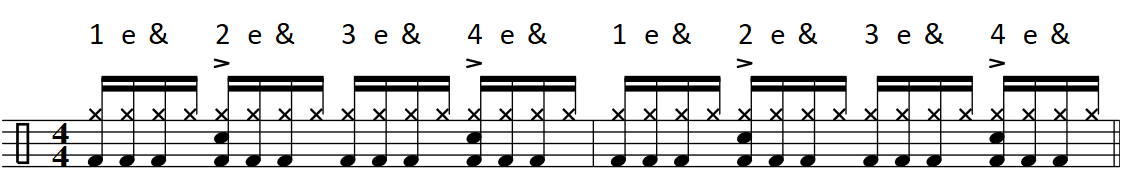
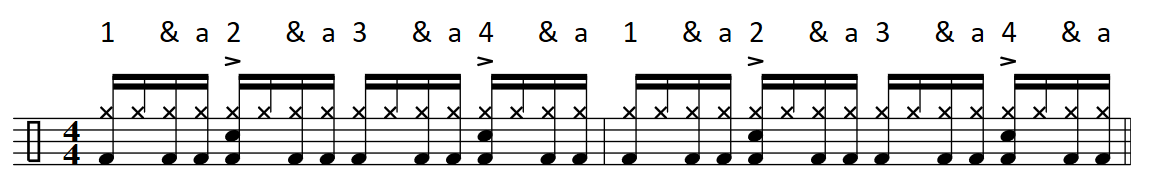
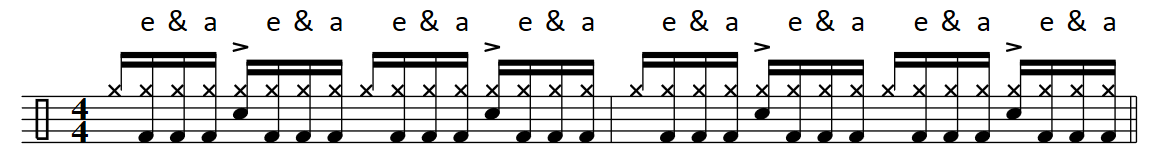
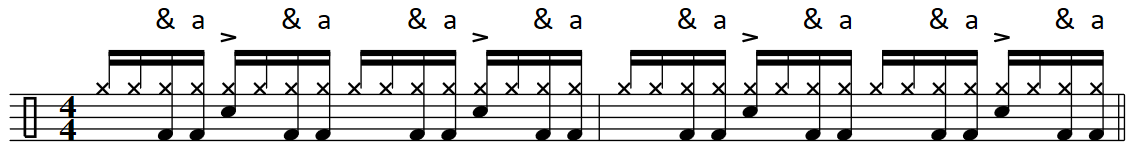
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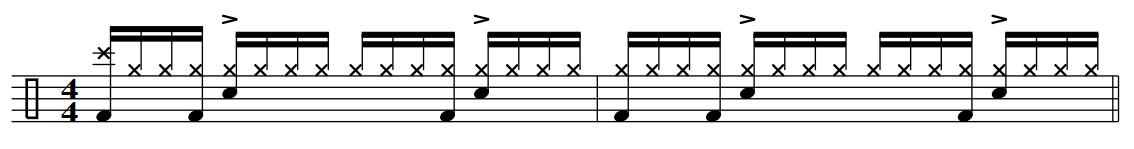
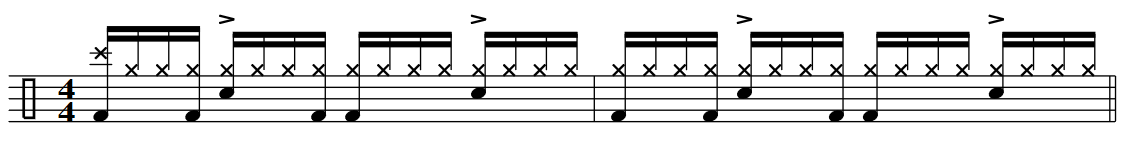
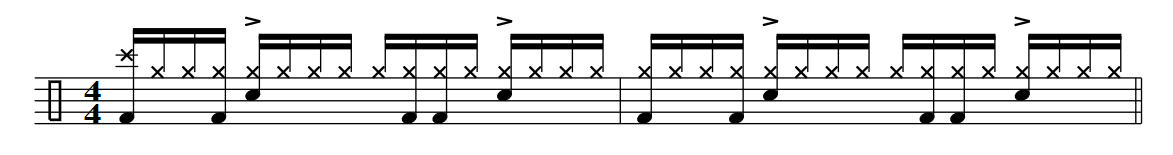
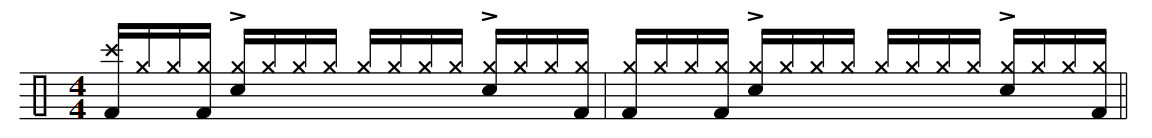
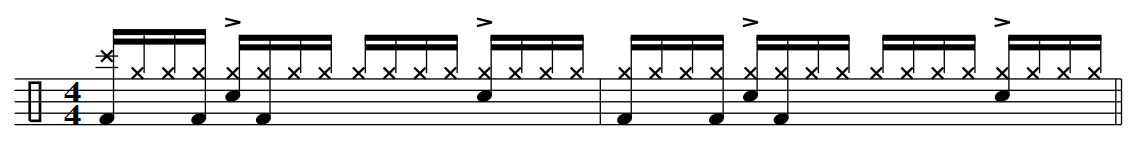
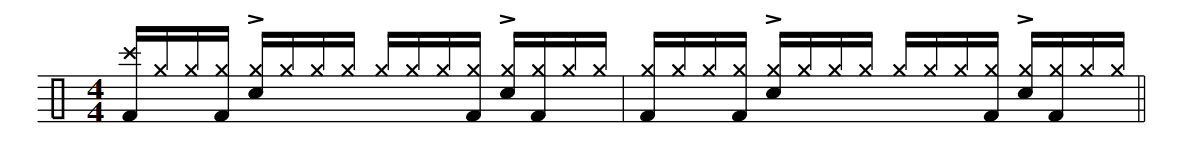
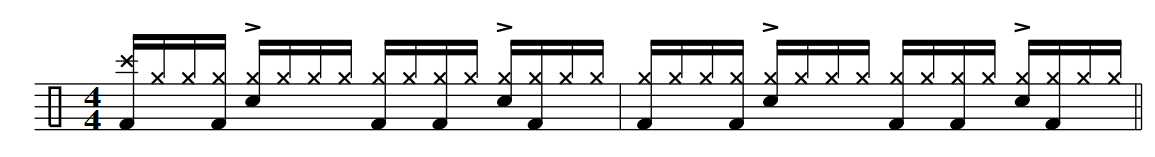
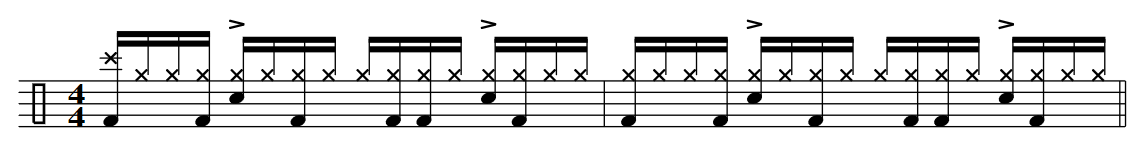
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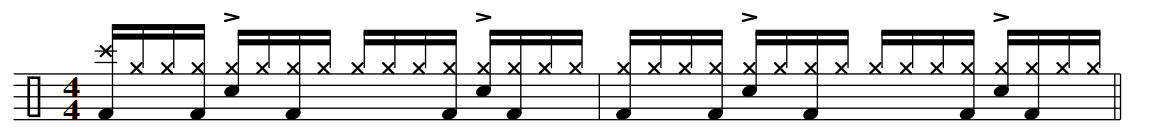
Single Hand 16th Note Hi-Hat Grooves

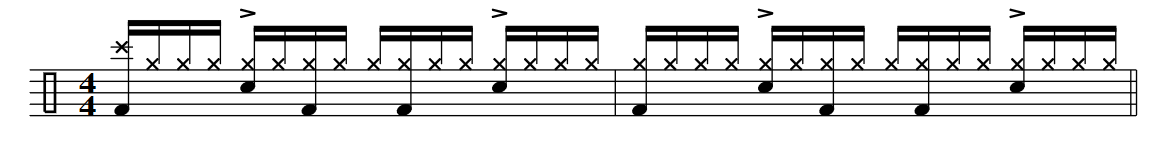
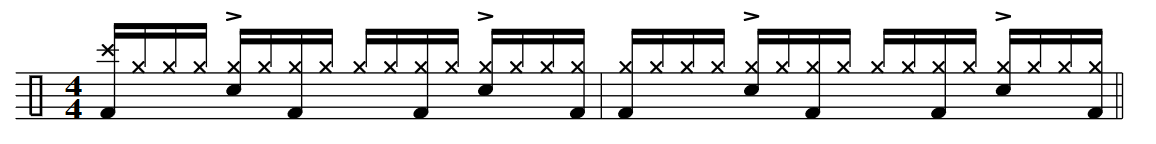
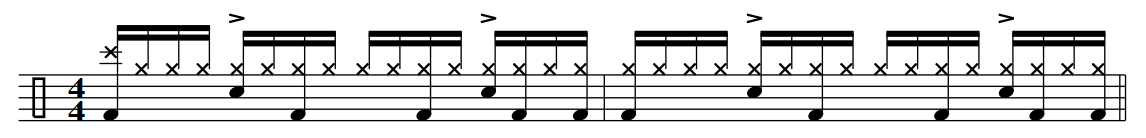
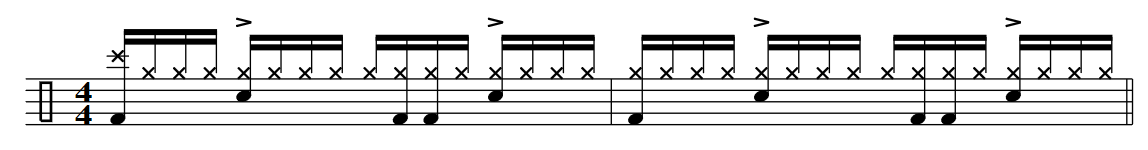
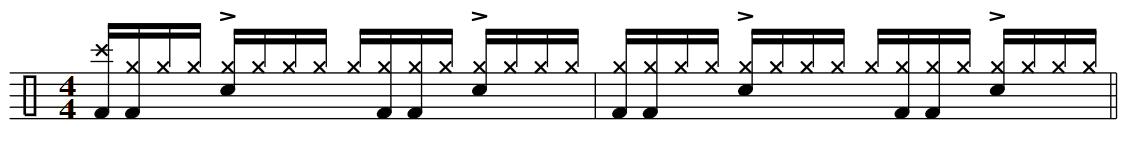
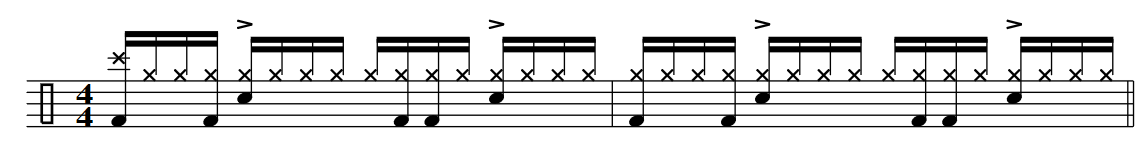
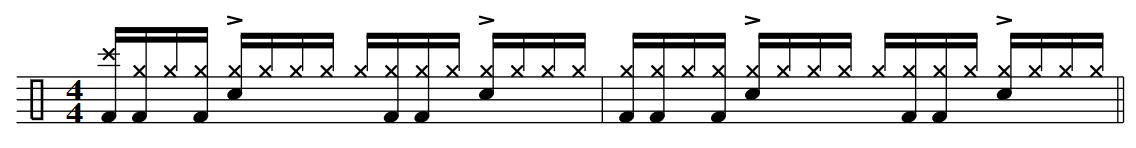
Tempos: 46, 52, 65, 76,

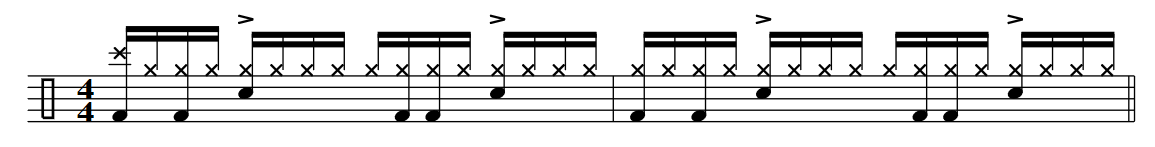
The grid… 

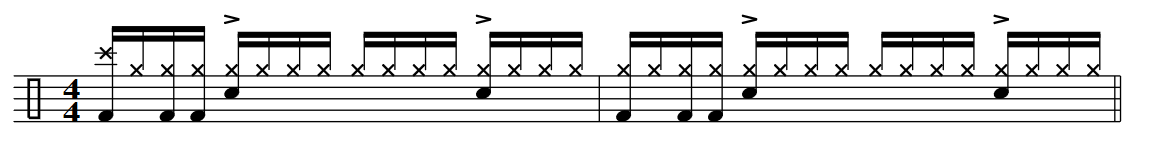
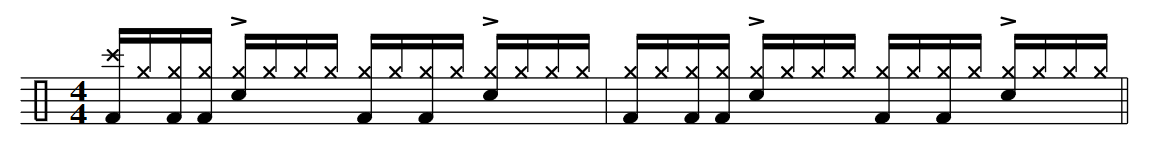
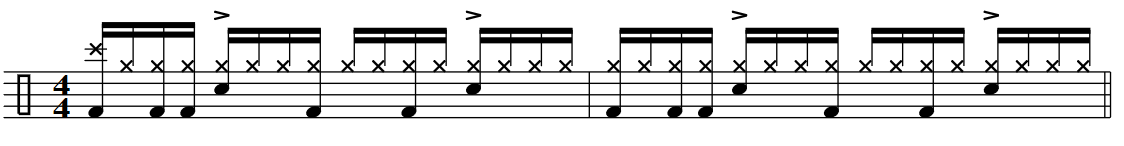


1.2.3.4.5.6.7.8.

9.

10.11.12.13.14.15.16.

17.

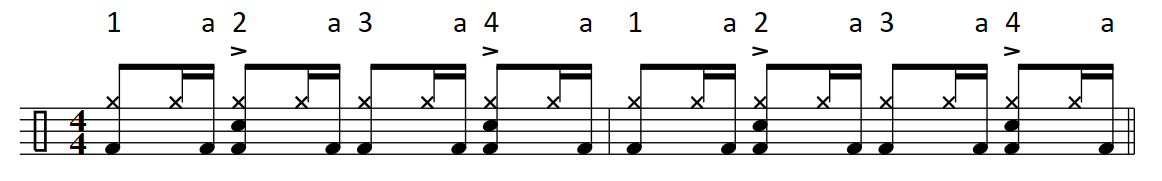
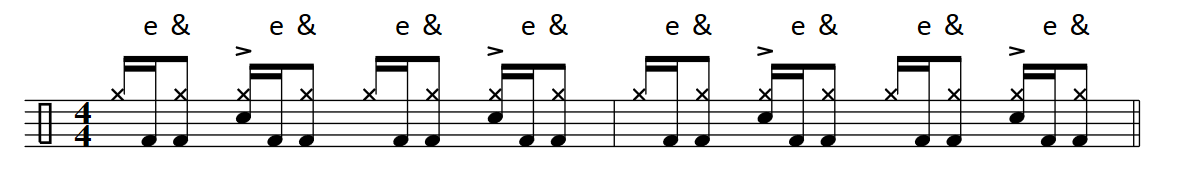
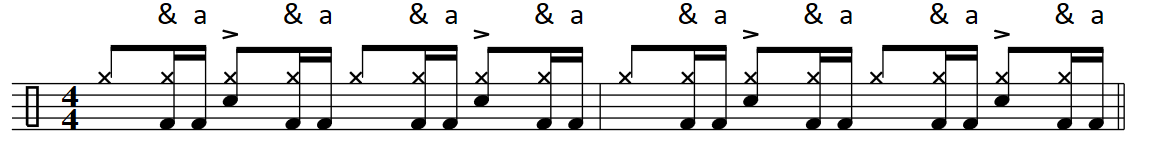
18.19.20.21.

16th Note Grooves 8th Note Hi-hat

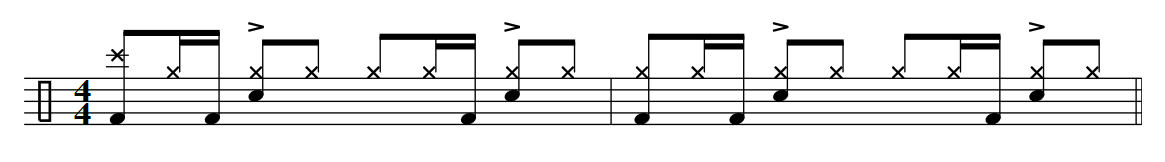
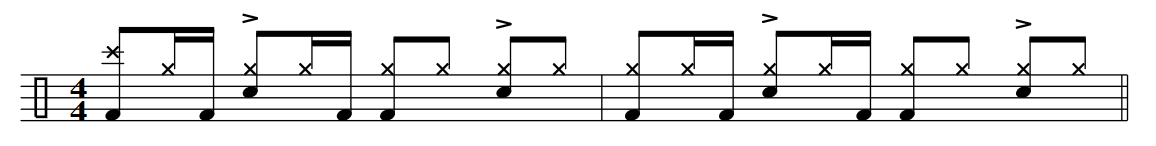
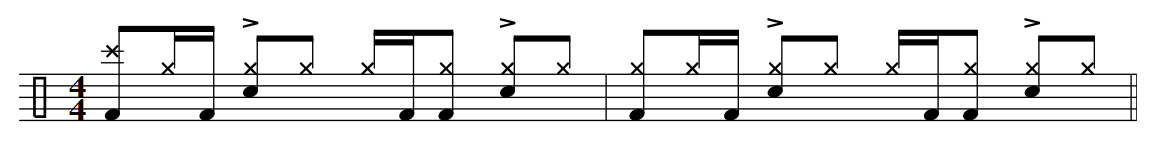
Tempos: 50, 62, 76, 87, 90, 96, 100

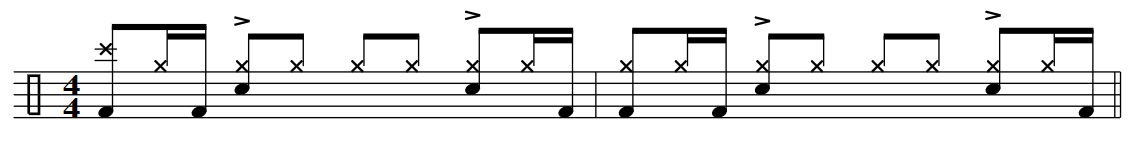
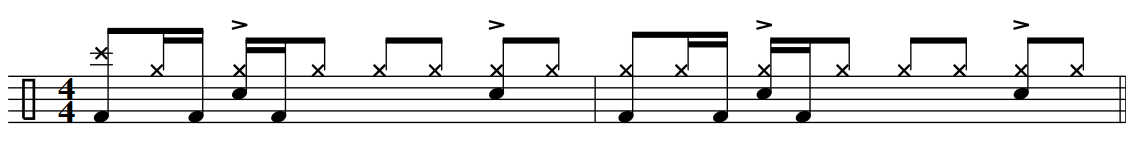
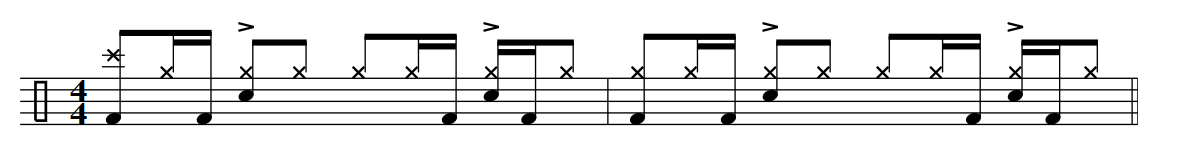
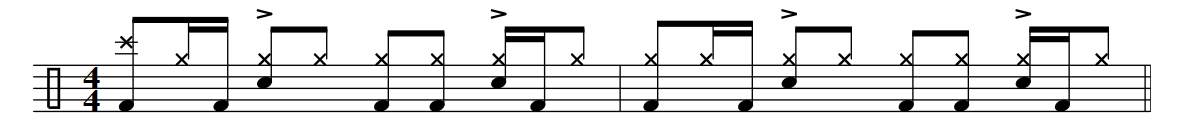
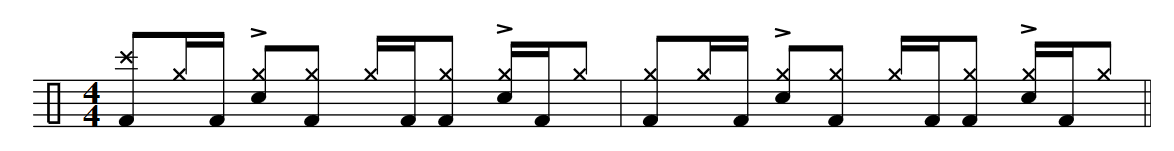
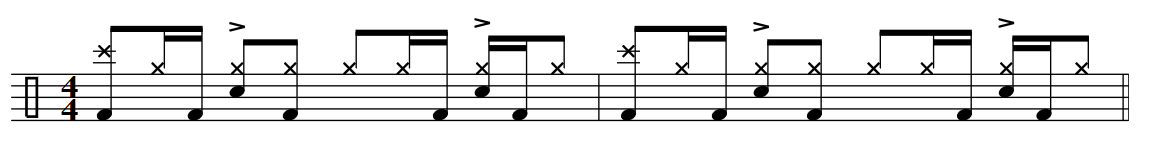
The Process

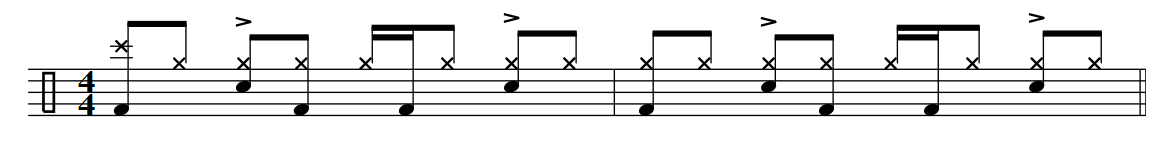
16th Note Mini Grid…

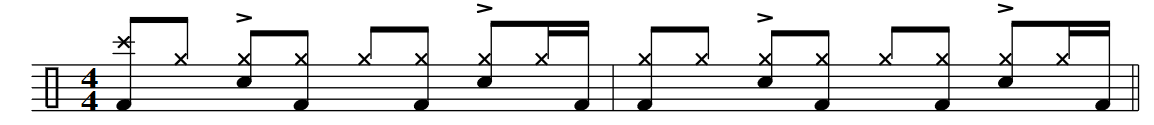


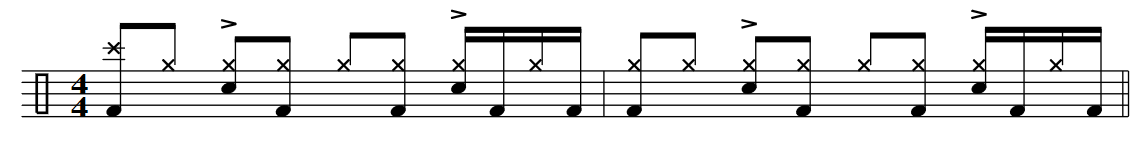
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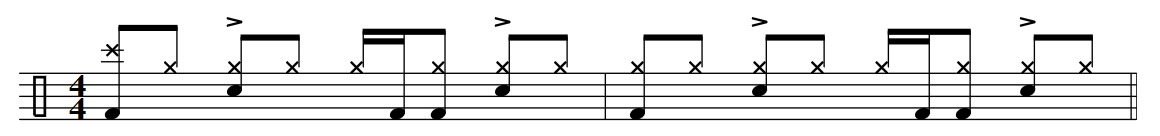
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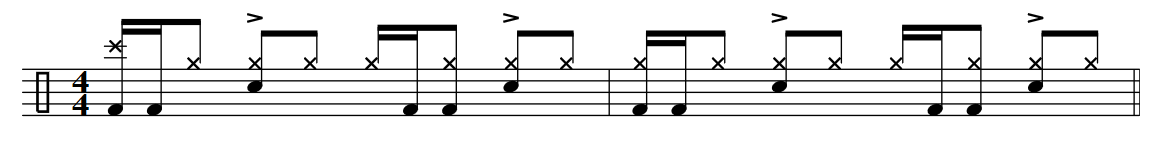
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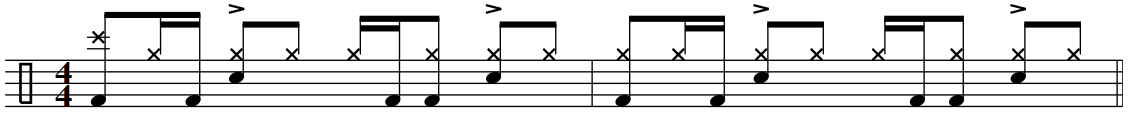
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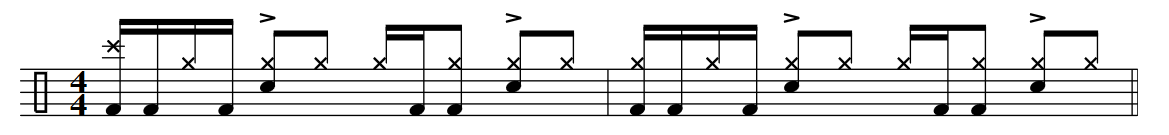
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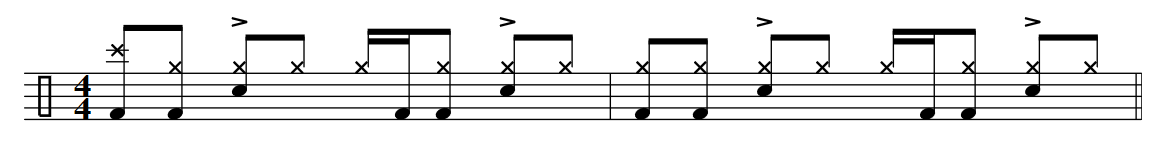
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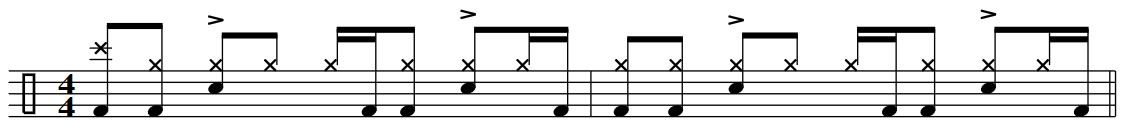
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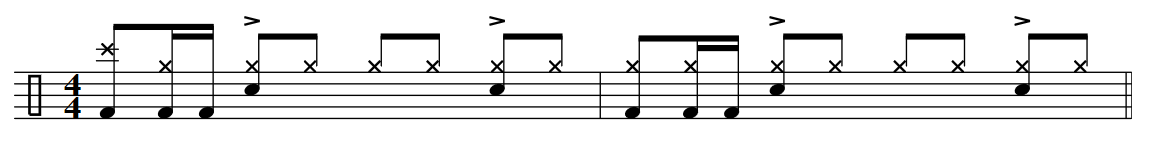
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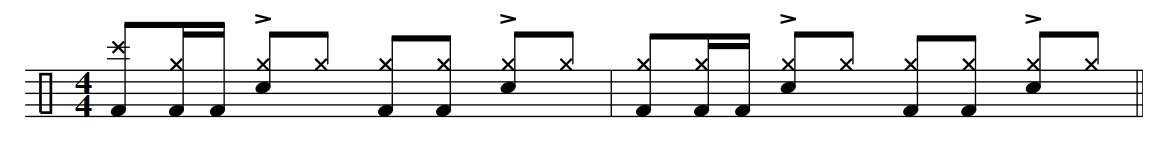
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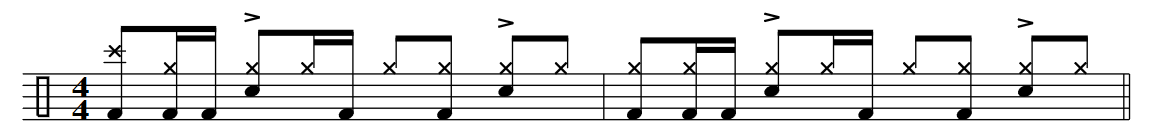
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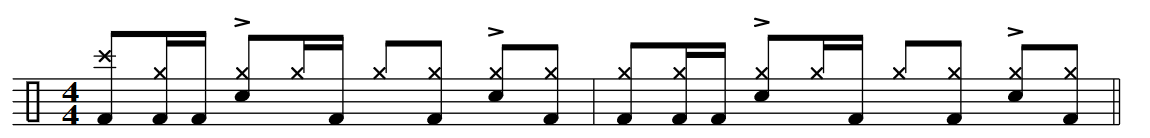
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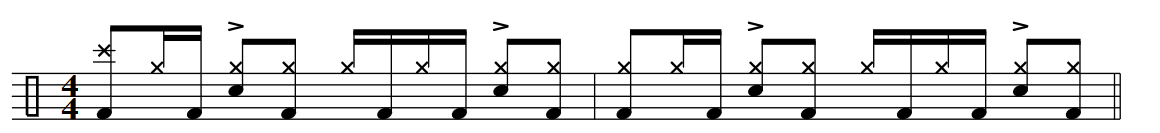
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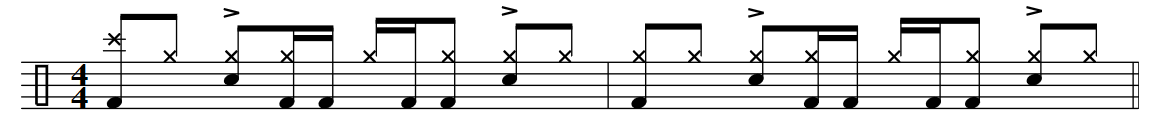
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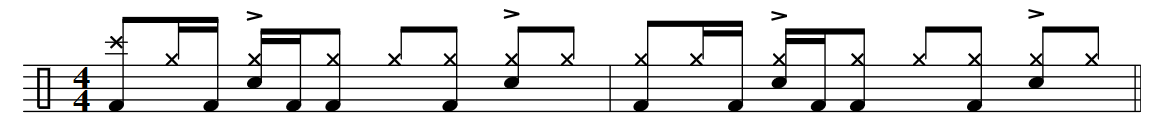
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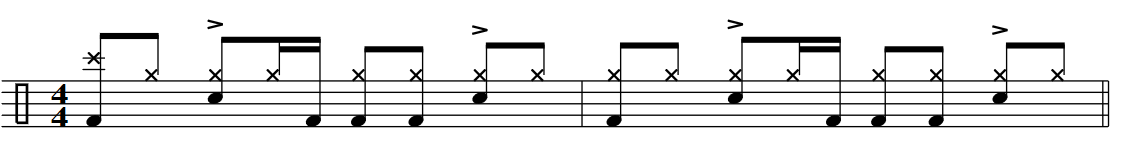
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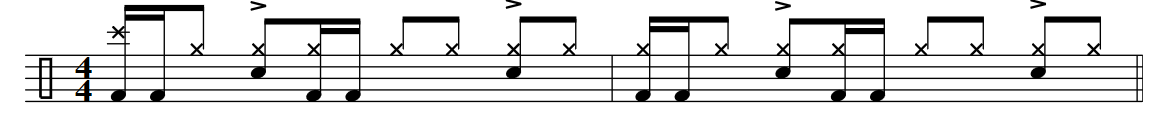
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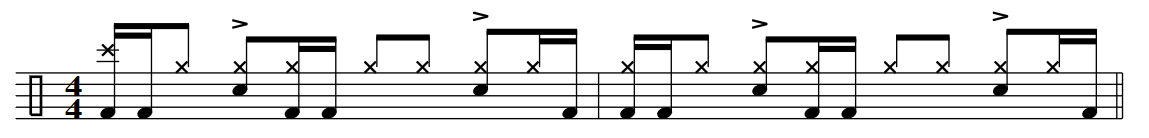
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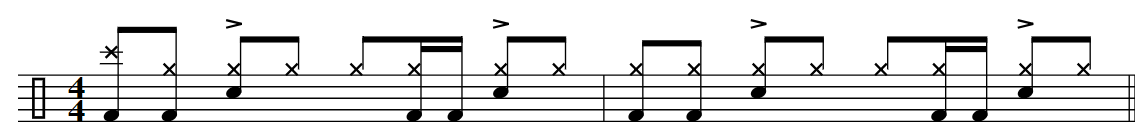
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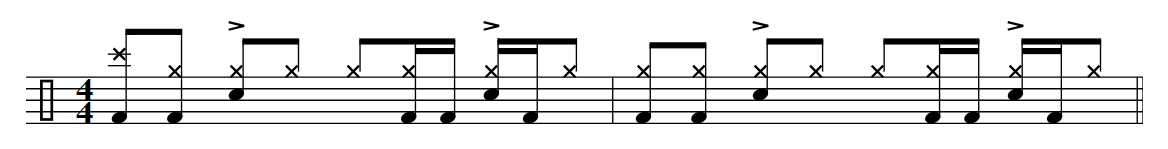
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26. 

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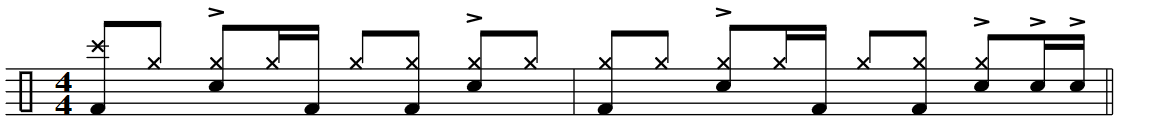
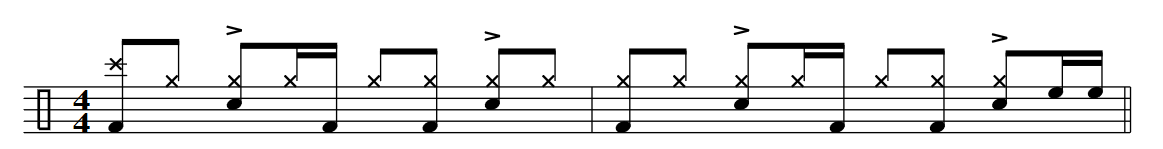
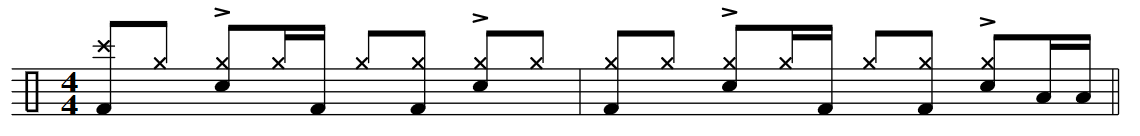
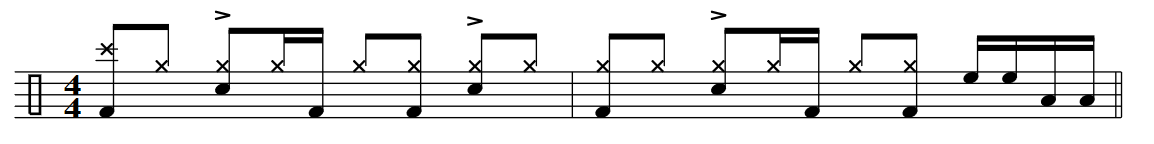
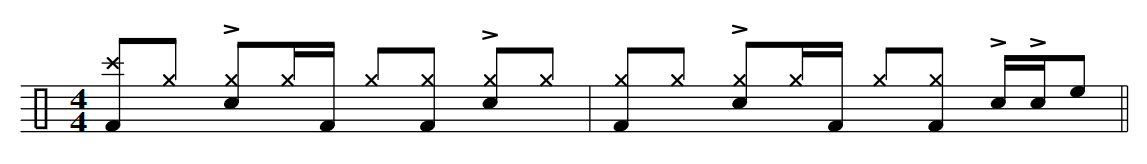
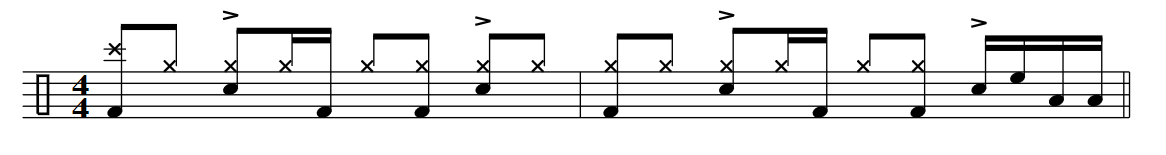
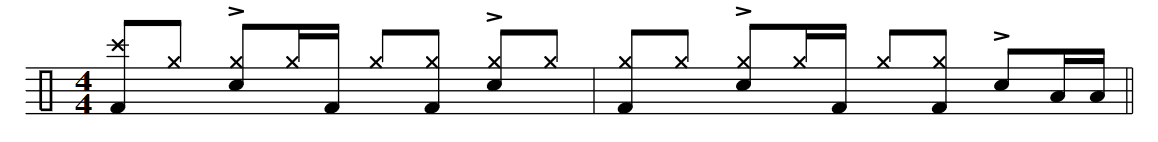
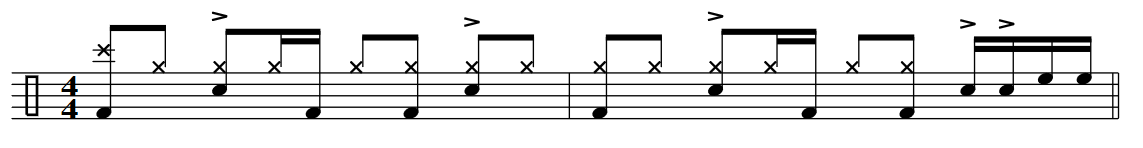
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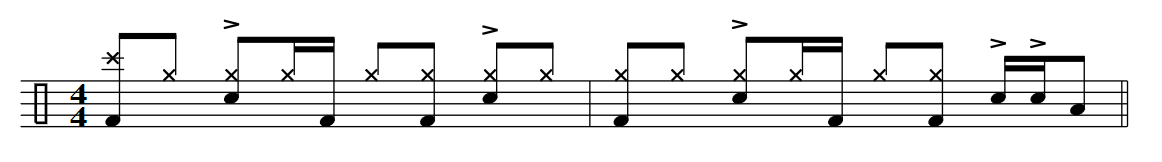
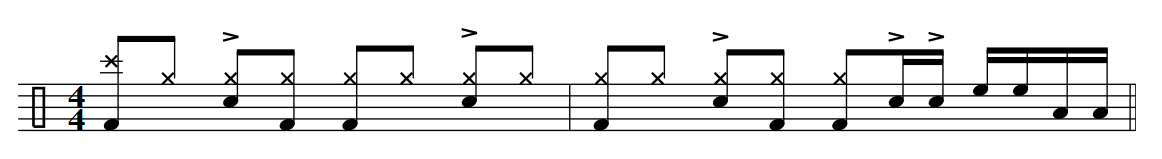
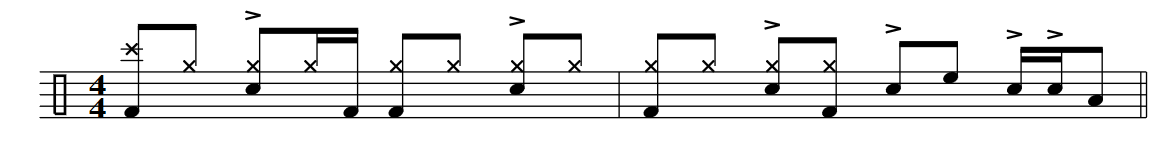
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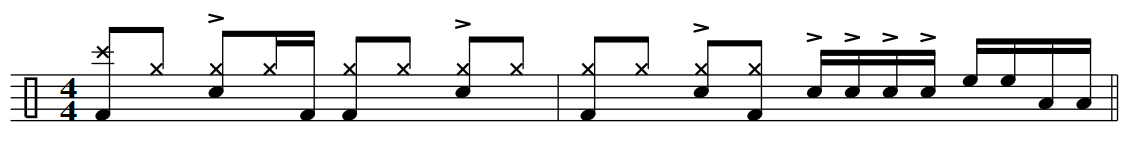
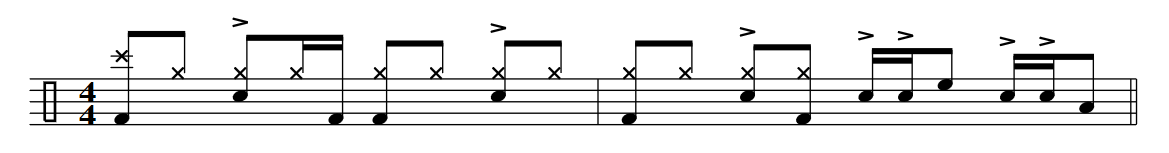
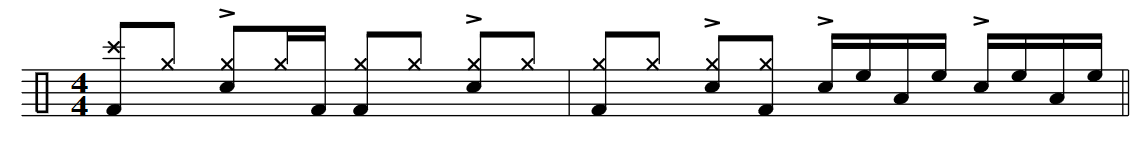
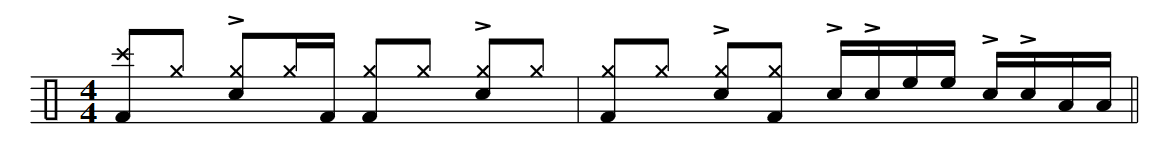
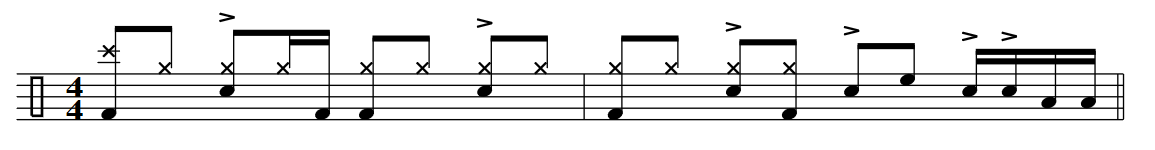
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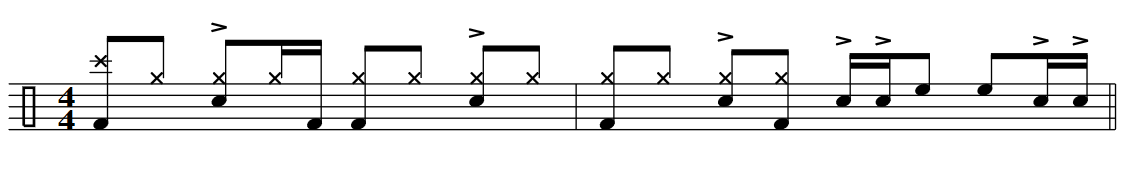
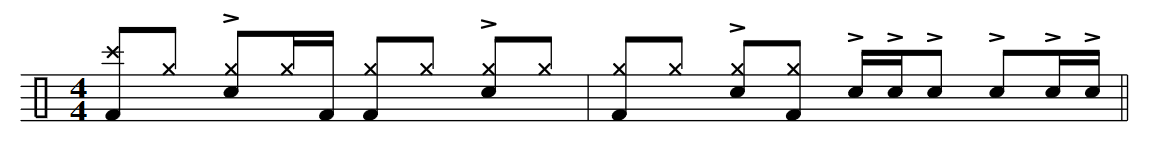
16th note short fills

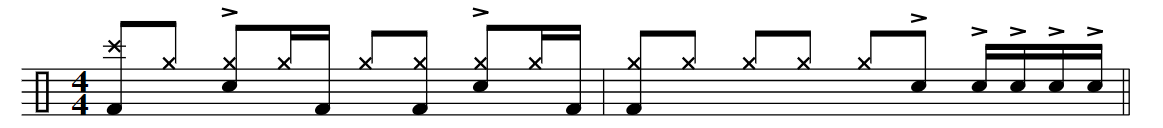
Tempos: 70, 86, 90, 96, 110, 128, 60.

1. 2. 3. 4. 5.6.7. 8. 

9.10. 11.

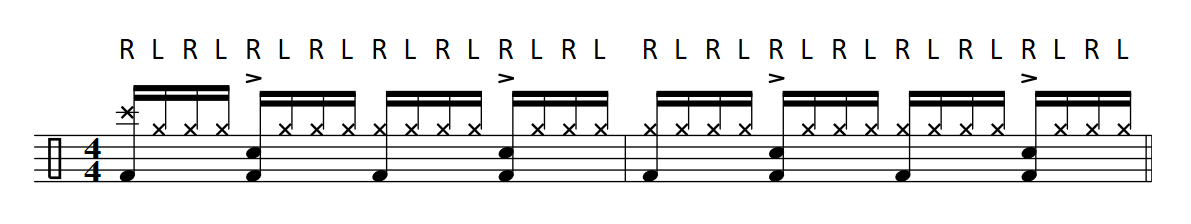
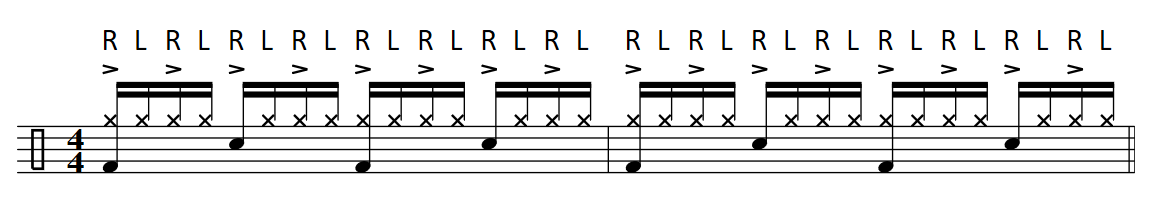
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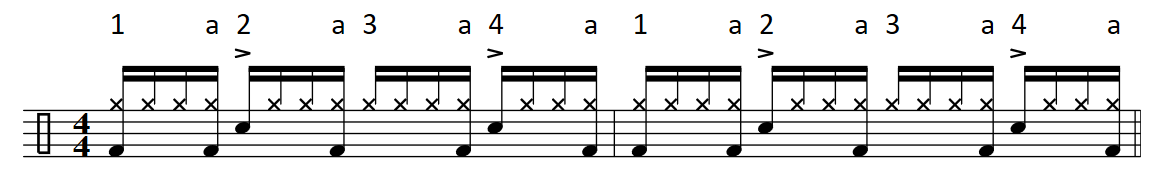
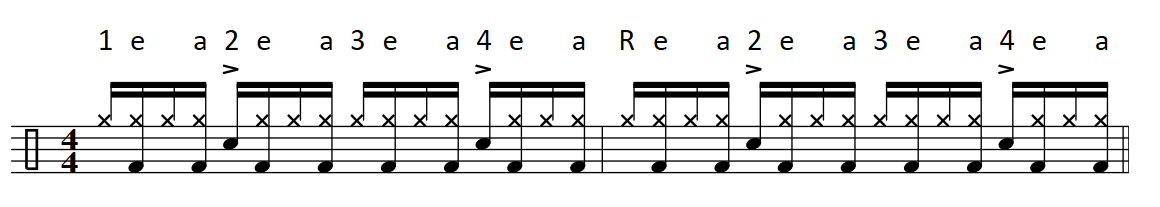
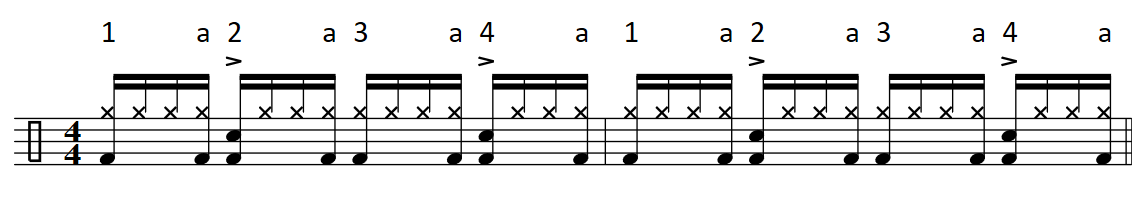
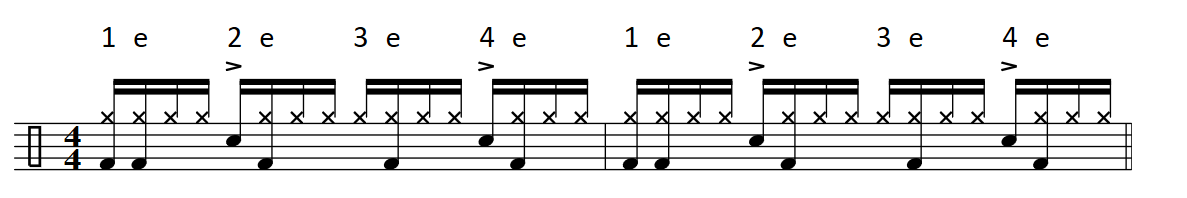
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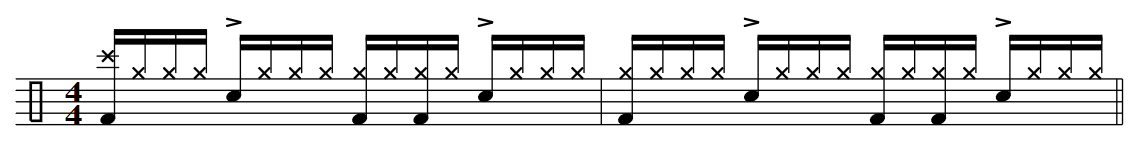
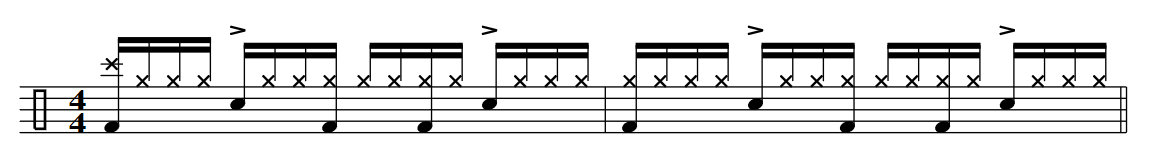
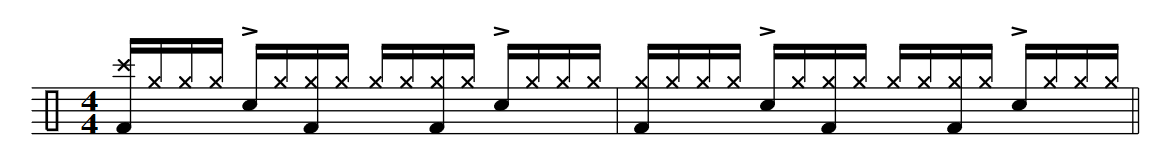
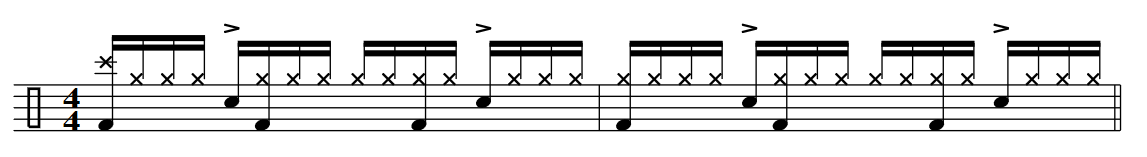
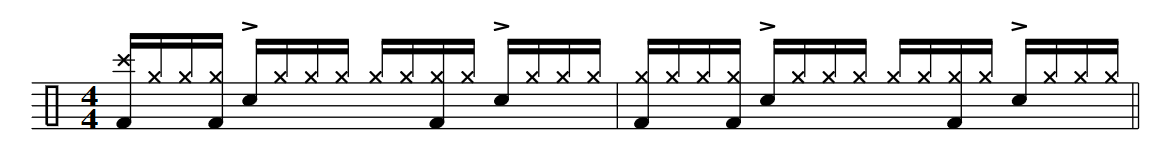
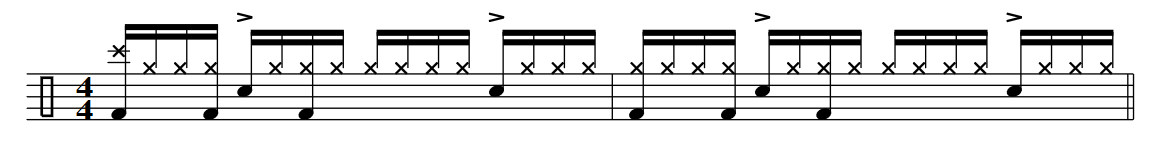
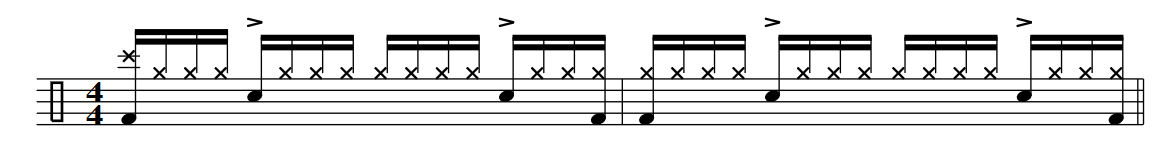
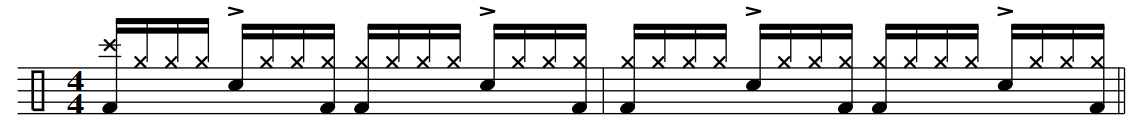
16th Note Two Handed Hi-Hat Grooves

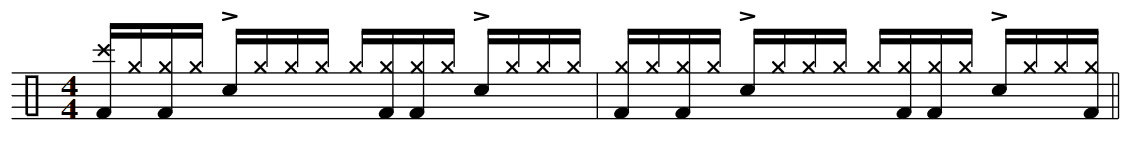
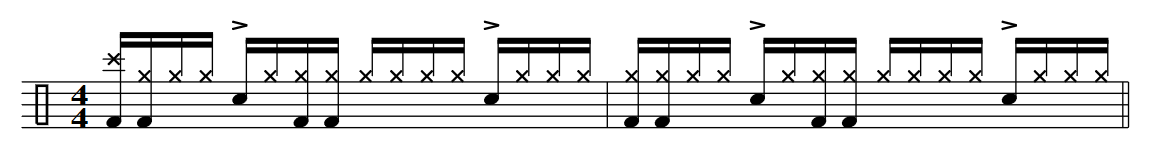
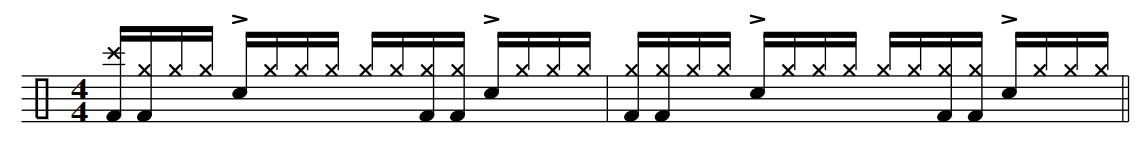
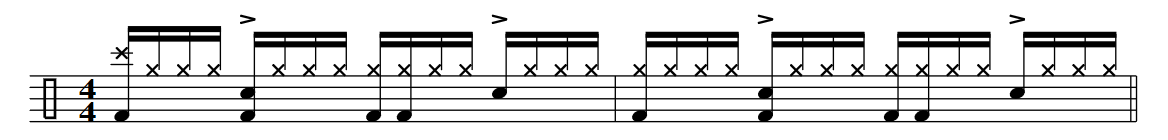
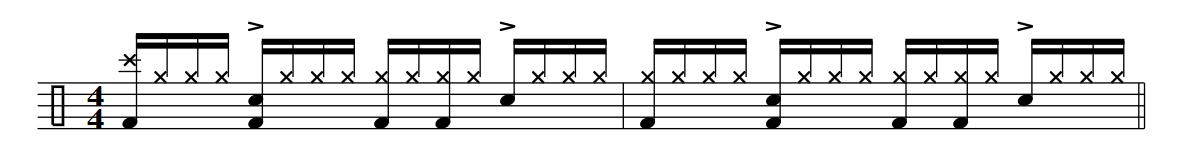
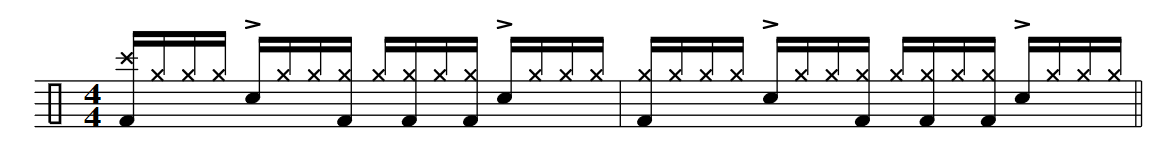
Tempos: 66, 74, 86, 95, 110, 115, 50

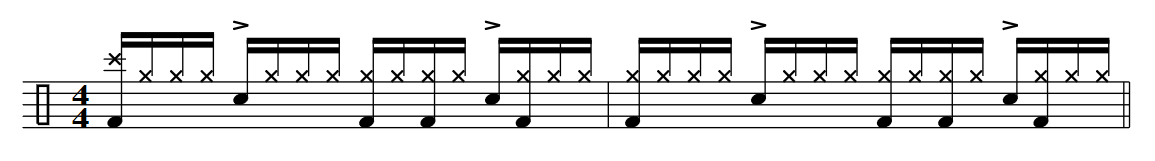
Lock it Down…Right Hand, Shank Tip Left Hand, Tap Strokes…

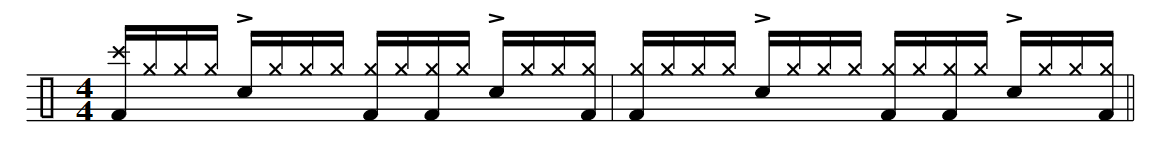
Up Beat Mini Grid… Get the left hand comfortable playing notes with the right foot. Two Hand Hi-Hat…

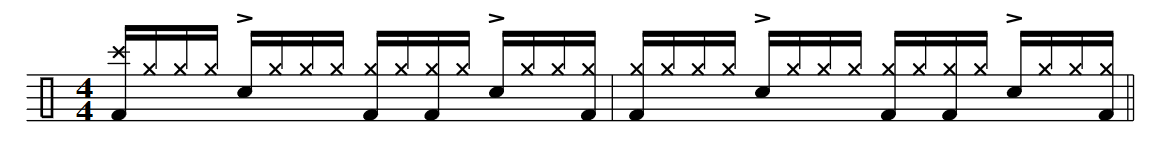
Tempos:50, 62. 76, 87, 95. 

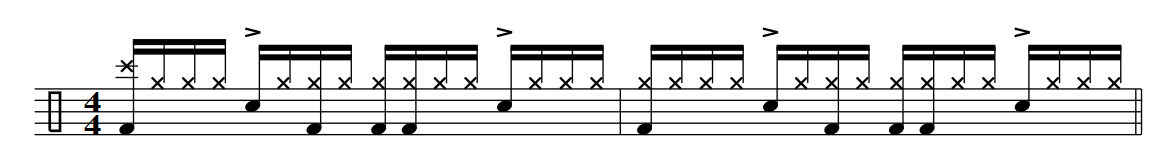
1.2.3.4.56.7.8.

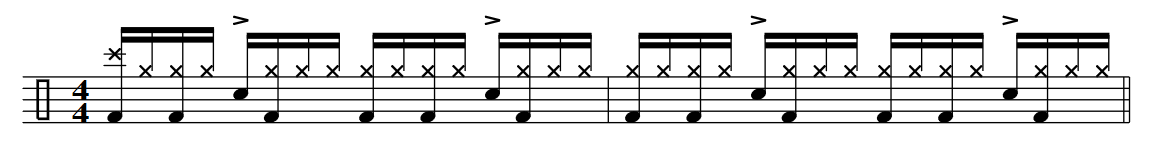
9.10.11.12.13.14

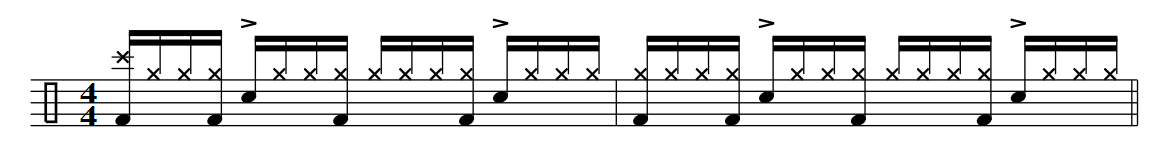
15. 

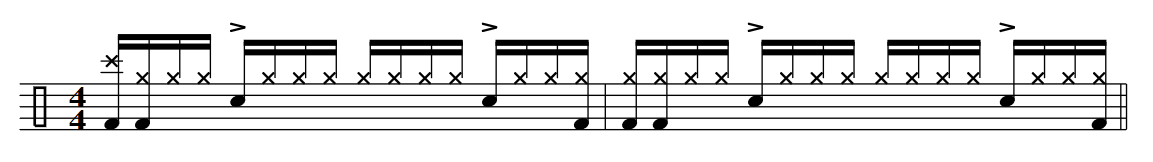
16. 

17. 

18. 

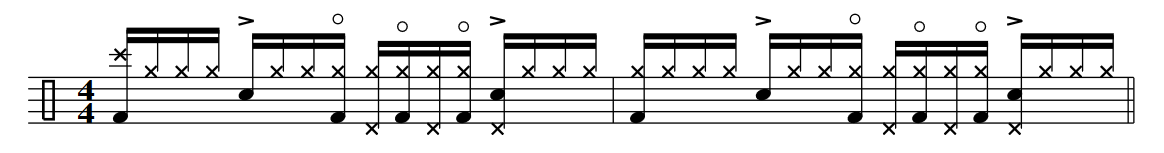
19. 

20. 

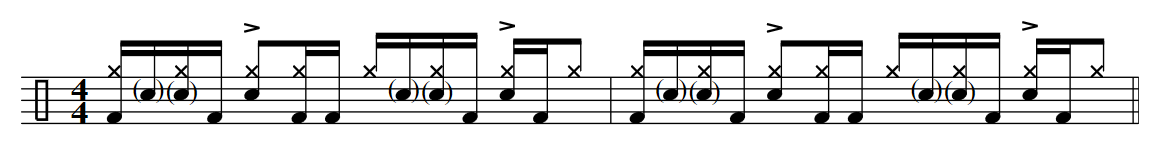
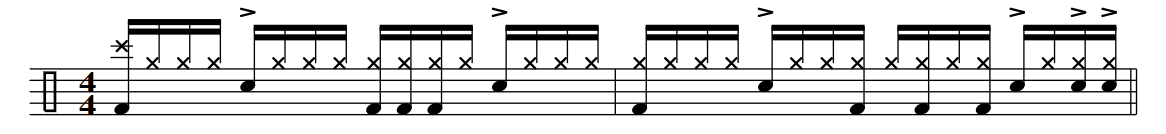
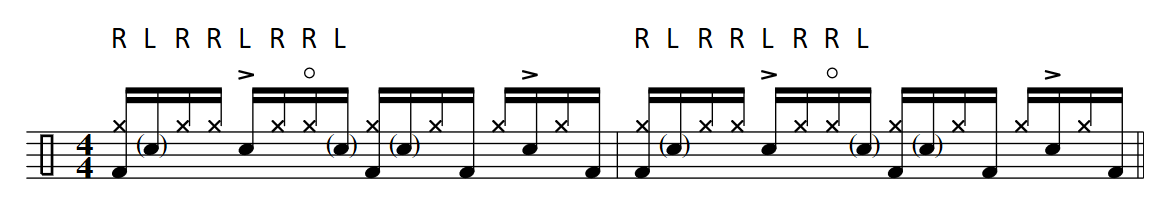
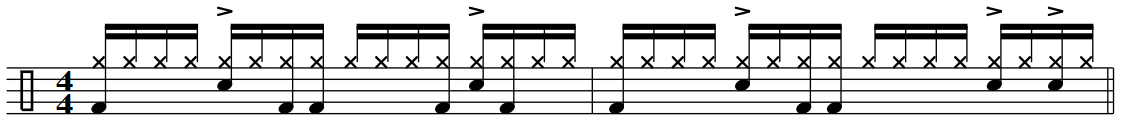
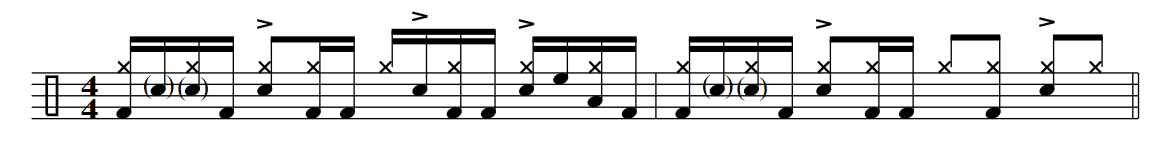
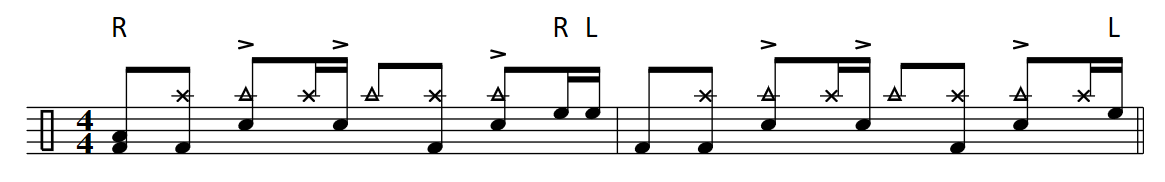
21. 

Two Handed 16th Note Grooves w/open Hi-Hats

Tempos: 66, 74, 86, 95, 110, 115, 50



Tasty Grooves

1.2. 3.4. 5.6. 7. 