

HAND TO FOOT COORDINATION

Using Paradiddles to develop hand and foot "crosstalk"



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Ex 1. Single Paradiddle (no accents)

2/4

R L R R L R L L R L R R L R L L

Ex 2. L replaced by bass drums, R moves to the floor tom

Ex 2a - 2e. Start adding back L strokes on the snare drum

2

R L R R L R L L R L R R L R L L

R L R R L R L L R L R R L R L L

Ex 2b.

Ex 2c.

4

R L R R L R L L R L R R L R L L

R L R R L R L L R L R R L R L L

Ex 2d.

Ex 2e.

6

R L R R L R L L R L R R L R L L

R L R R L R L L R L R R L R L L

Ex 3. R replaced by bass drums, L moves to the high tom

Ex 3a - 3e. Start adding back R strokes on the snare drum

8

R L R R L R L L R L R R L R L L

R L R R L R L L R L R R L R L L

Ex 3b.

Ex 3c.

10

R L R R L R L L R L R R L R L L

R L R R L R L L R L R R L R L L

Ex 3d.

Ex 3e.

12

R L R R L R L L R L R R L R L L

R L R R L R L L R L R R L R L L

Ex 4. Sample groove adding some hihat splashes to "garnish" it a little bit

14

+ 0 + 0 + 0 + 0 + 0 + 0 +