



# Long Tone, Basic Warm-Ups

## A Developing Bounce Strokes

*\*Keep the sticks down, light touch.*

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

RRL RRL RRL RRL RRL RRL RRL RRL

RR RR RR RR LL LL LL LL RRLLRRLLRRLLRRL

R R R R

## B Rhythm Studies

*\*Be consistent with wrist technique and stick heights*

R L R L R L R L RLRLRLRLRLRLRL RLRL RLRL

R L RL RRL RRL R L RL RRL RRL R L R L RRL RRL RLRLRLRLRL

RR RRRR RR R R LL LLLL LL L L

## Double Strokes

RRL R L RRL R L RRL RRL RRL RRL

16th Note - Round

*\*Each group starts at the beginning when their number is reached*

1 RRL RRL RRL RRL 2 R L L R L L R L L R L L 3 4