

## EXERCISES

### Exercise #20: "Flam Tap Rebound"

As the speed increases on Flam Taps, it becomes necessary to play rebound strokes instead of controlled strokes. Use a full stroke on the accent, but allow stick to rebound for the second and third notes. The third note becomes the grace note for the opposite hand flam.

Exercise #20 is written on a single bass staff in 4/4 time. It consists of three measures of music. Each measure contains a series of eighth notes with accents. The notation is as follows:

Measure 1: RRR RRR RRR RRR  
LLL LLL LLL LLL

Measure 2: RRR RRR RRR RRR  
LLL LLL LLL LLL

Measure 3: RR L RR L RR L RR L  
LL R LL R LL R LL R

### Exercise #21: "Flam Accents and Single Drags"

Use this exercise to isolate the alternating motion of the hands on Flam Accents and Single Drags.

Exercise #21 is written on two staves in 4/4 time. The first staff contains two measures of music, and the second staff contains two measures. Each measure contains a series of eighth notes with accents. The notation is as follows:

Staff 1, Measure 1: R L R L R L  
Staff 1, Measure 2: R L R L R L

Staff 2, Measure 1: R L R L R L R L  
Staff 2, Measure 2: R L R L R L R L

### Exercise #22: "Flams, Drags and Rolls"

The two height motion in the first measure should be exactly the same in the second. Play the accents at 9 inches and taps at 3.

Exercise #22 is written on three staves in 12/8 time. Each staff contains two measures of music. The notation is as follows:

Staff 1, Measure 1: R L R L R L R L R L R L  
Staff 1, Measure 2: R L R L R L R L R L R L

Staff 2, Measure 1: R L R L R L R L R L R L  
Staff 2, Measure 2: R L R L R L R L R L R L

Staff 3, Measure 1: R L R L R L R L R L R L  
Staff 3, Measure 2: R L R L R L R L R L R L

### Exercise #23: "Triplet Timing"

This exercise works on the rhythmic timing of triplet patterns. Play at a consistent volume level with REBOUND strokes.

Exercise #23 is written on two staves in 4/4 time. The first staff contains two measures of music, and the second staff contains two measures. Each measure contains a series of eighth notes with accents. The notation is as follows:

Staff 1, Measure 1: R L R L R L R L R L R L  
Staff 1, Measure 2: R L R L R L R L R L R L

Staff 2, Measure 1: R L R L R L R L R L R L  
Staff 2, Measure 2: R L R L R L R L R L R L