DOUBLE STROKE ROLL EXERCISES:

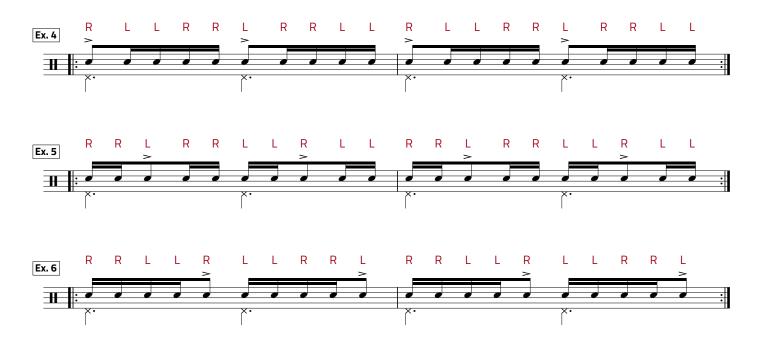
SHIFTING THE ACCENT

You'll need a good reference to the pulse, so keep time with your stepped hi-hat while you play these exercises. You could also use your bass drum (or both) if you wanted.



SUBDIVIDE

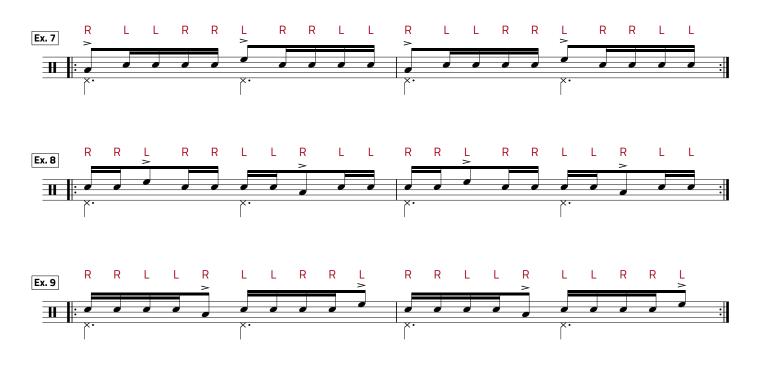
Now subdivide the unaccented notes. You should play these low to the surface of the drum as if you were playing ghost notes.



TOM ACCENTS

Now move your accented notes to the toms: LH on the hi-tom and the RH on the floor tom.

TIP: Remember to keep a consistent motion flowing between the hands, as if you were playing triplets.



CRASHES

Now play your accented notes with the crash cymbal / bass drum:





