

5 Practice Pad Exercises

One exercise from each skill level

Practice each exercise at slow, medium and faster tempos with a metronome.

1

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



2

R L R L... R L R L...



R R L L... R R L L...



3

RLRL... RRLL...



RLRL RLRL RRLL RRLL RLRR LLLL RLRR LLLL



4




5

