

A Daily Hand Workout

Julian Rudall


Here's a daily hand workout that starts with 8-on-a-hand, then goes into singles/doubles/paradiddles.

Bar 6 introduces the inverted paradiddle. Bar 7 introduces the reverse paradiddle

Bar 10 introduces the 5-stroke roll and Bar 11 introduces the 6-stroke roll

Do this with a click. Track your bpm progress.

R R R R R R R R L L L L L L L L x10



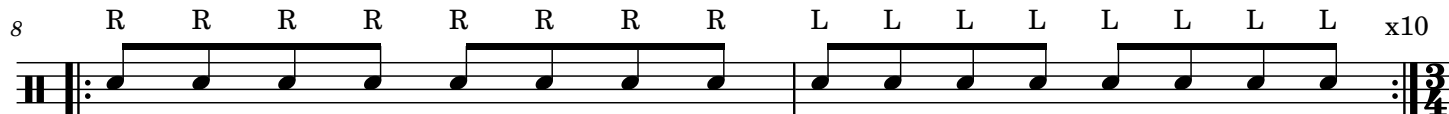
3 R L R L R L R L R L R L R L R L x10 R R L L R R L L R R L L R R L L x10 R L R R L L L R L R R L L L x10



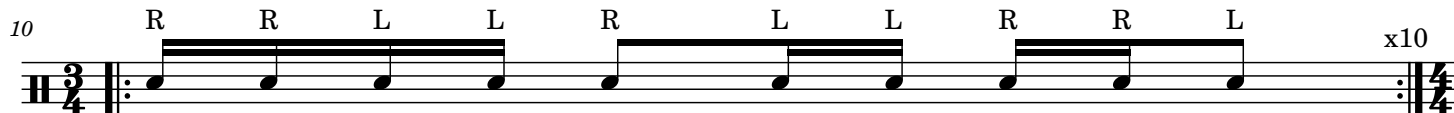
6 R L L R L R R L R L L R L R R L x10 R R L R L L R L R R L R L L R L x10



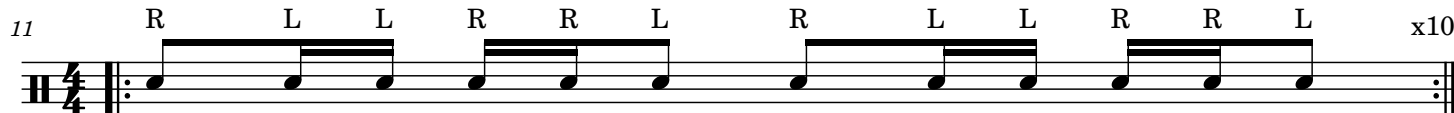
8 R R R R R R R R L L L L L L L L x10



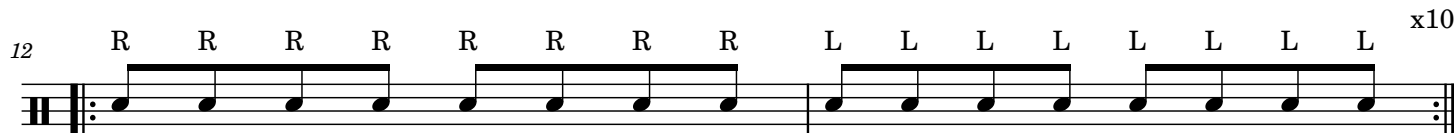
10 R R L L R R L L R R L x10



11 R L L R R L R L L R R L x10



12 R R R R R R R R L L L L L L L L x10



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