

"Stone Killers"

Endurance and Stick Control Exercises - Part 1

Play each line with a metronome at a comfortable tempo 10 times each and move to the next line without stopping. Play it both without accents and with the accents on the downbeats. Make sure your 16th notes are even and consistent.

Work up to doing each line 50 times. Once up to 50 times per line gradually increase the metronome tempo.

1/4

R R R R L L L L

2/4

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

3/4

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

4/4

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