

Single Beat Combinations

Read downward

1 
R L R L R L R L R L R L R L

13 
R R R R L L L L R R R R L L L L

2 
L R L R L R L R L R L R L R

14 
R L R L R R L L R L R L R R L L

3 
R R L L R R L L R R L L R R L L

15 
L R L R L L R R L R L R L L R R

4 
L L R R L L R R L L R R L L R R

16 
R L R L R L R R L R L R L R L L

5 
R L R R L R L L R L R R L R L L

17 
R L R L R L L R L R L R L R R L

6 
R L L R L R R L R L L R L R R L

18 
R L R L R R L R L R L R L L R L

7 
R R L R L L R L R R L R L L R L

19 
R L R L R R R L R L R L R R R L

8 
R L R L L R L R R L R L R L L R L R

20 
L R L R L L L R L R L R L L L R

9 
R R R L R R R L R R R L R R R L

21 
R L R L R L L L R L R L R L L L

10 
L L L R L L L R L L L R L L L R

22 
L R L R L R R R L R L R L R R R

11 
R L L L R L L L R L L L R L L L

23 
R L R L R R R R L R L R L L L L

12 
L R R R L R R R L R R R L R R R

24 
R R L L R L R R L L R R L R L L

* R = right stick
L = left stick

Repeat each exercise 20 times.

Short Rolls and Triplets

1 
 RLRL RLRL RLRL RLRL RLRL RLRL RLRL RLRL

13 
 RRLR RLRL RLRL RLRL RLRL RLRL RLRL RLRL

2 
 LRLR LRLR LRLR LRLR LRLR LRLR LRLR LRLR

14 
 LLRR LRLR LRLR LRLR LRLR LRLR LRLR LRLR

3 
 RLRL RLRL RLRL RLRL RLRL RLRL RLRL RLRL

15 
 RRLR RLRL RLRL RLRL RLRL RLRL RLRL RLRL

4 
 LRLR LRLR LRLR LRLR LRLR LRLR LRLR LRLR

16 
 LLRR LRLR LRLR LRLR LRLR LRLR LRLR LRLR

5 
 RLRL RRLR RRLR RRLR RLRL RLRL RLRL RLRL

17 
 RRLR RRLR RRLR RRLR RRLR RRLR RRLR RRLR

6 
 LRLR LLRR LLRR LLRR LRLR LRLR LRLR LRLR

18 
 LLRR LLRR LLRR LLRR LLRR LLRR LLRR LLRR

7 
 RLRL RRLR RRLR RRLR RLRL RLRL RLRL RLRL

19 
 RRLR RRLR RRLR RRLR RRLR RRLR RRLR RRLR

8 
 LRLR LLRR LLRR LLRR LRLR LRLR LRLR LRLR

20 
 LLRR LLRR LLRR LLRR LLRR LLRR LLRR LLRR

9 
 RLRL RLRL RLRL RLRL RLRL RLRL RLRL RLRL

21 
 RRLR RLRL RLRL RLRL RRLR RRLR RRLR RRLR

10 
 LRLR LRLR LRLR LRLR LRLR LRLR LRLR LRLR

22 
 LLRR LRLR LRLR LRLR LLRR LLRR LLRR LLRR

11 
 RLRL RLRL RLRL RLRL RLRL RLRL RLRL RLRL

23 
 RRLR RLRL RLRL RLRL RRLR RRLR RRLR RRLR

12 
 LRLR LRLR LRLR LRLR LRLR LRLR LRLR LRLR

24 
 LLRR LRLR LRLR LRLR LLRR LLRR LLRR LLRR