

Basic Duplet Warm-Up

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Start at a slow tempo (e.g. 60 bpm) and don't speed up till you can play all 12 bars smoothly. Don't forget the accents & remember to relax!

Once you can play all the patterns comfortably, try the following:

- 1) At a faster tempo
 - 2) Moving the hands around the kit
 - 3) With more advanced foot patterns, some examples included at the bottom of this page.
- Enjoy *

SINGLES

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a
RLRL RLRL RLRL RLRL RLRLRLRLRLRLRLRL RLRLRLRLRLRLRLRL

DOUBLES

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a
RLL RLL RLL RLL RLLRLLRLLRLL RLLRLLRLLRLL

PARADIDDLES

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a
RLRR LRL RLRR LRL RLRRLLRLLRLLRLL RLRRLLRLLRLLRLL

More Advanced Foot Patterns

Eighths

Samba

Rumba / 3 Clave

KEY

Bass Drum

Snare

Hi Hat (played with foot)