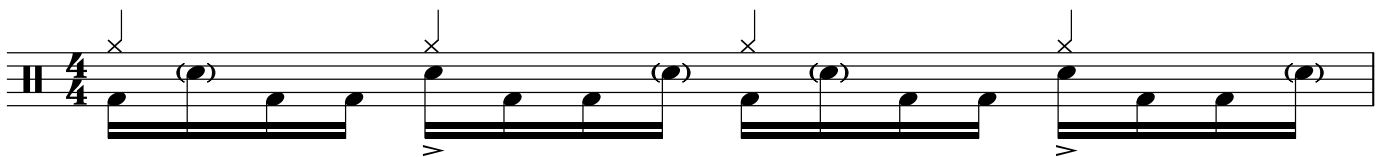


Kick & Ghost Note Workout

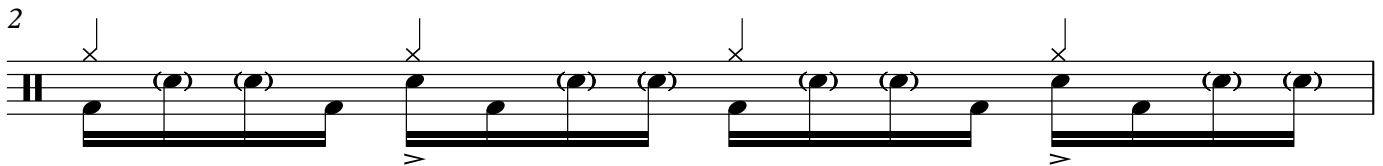
By Alex Ribchester

In this week's lesson we have got a great little workout for anyone looking to strengthen their right foot and improve their left hand doubles and ghost notes. Each groove is made up of paradiddle variations between the right foot and the left hand played as 16th notes with 1/4 notes being played with the right hand. This exercise also works well for improving you independence. Below is a breakdown of each groove, followed by a 4 bar loop with an alternative ending on beat 2 of every two bars. Try and get this going as fast as you can and utilize a trashy cymbal like a china or cymbal stack for a metal style sounding beat. Have fun!

Beat 1 - Kick drum workout



Beat 2 - Ghost note workout



The 4 bar loop with an alternative ending on beat 2 of bars 2 and 4.

