

Fun, Fast Hand Speed Exercise

By Alex Ribchester

For this week's drum lesson we have got a fun hand exercise to help you improve your hand speed and movement around the kit. The great thing about this exercise is that it also works really well as a cool drum fill or solo idea. The exercise consists of two bars of solid 16th note triplets (single strokes) so we have got 24 notes for each measure.

Bar 1 has got a 12 note pattern repeated twice and bar 2 has got a 6 note pattern repeated four times. Feel free to mix up the order of the patterns and see what you come up with. The third line of this sheet has got the entire exercise with the addition of a basic 8th note pattern with the feet.

Bar 1

Musical notation for Bar 1, showing a 4/4 time signature and a drum staff with a snare drum. The bar contains two measures of 12 notes each, each measure consisting of two 6-note triplets. The notes are quarter notes. Brackets under each 6-note triplet are labeled with the number '6'. There are asterisks above the first note of each triplet.

Bar 2

Musical notation for Bar 2, showing a 4/4 time signature and a drum staff with a snare drum. The bar contains four measures of 6 notes each, each measure consisting of a 6-note triplet. The notes are quarter notes. Brackets under each 6-note triplet are labeled with the number '6'. There are asterisks above the first note of each triplet.

Both measures with basic 8th note feet pattern

Musical notation for both measures with a basic 8th note feet pattern. The notation shows a 4/4 time signature and a drum staff with a snare drum and a bass drum. The snare drum part is identical to Bar 1 and Bar 2. The bass drum part consists of a basic 8th note pattern: quarter, eighth, eighth, quarter, eighth, eighth, quarter, eighth, eighth, quarter. Brackets above each 6-note triplet are labeled with the number '6'. There are asterisks above the first note of each triplet.