

Hand Speed Exercise - Practice Pad

By Alex Ribchester

In this weeks lesson we have got a great little exercise for improving your hand speed. The pattern consists of bursts of 32nd notes amongst single stroke 16th notes. We begin with playing single stroke 32nd notes before switching to doubles a bit later on. The idea is to promote the use of our fingers, which is essential to increasing the speed of your rolls. Start slow with this one and take it one measure/bar at a time. When you have internalised the pattern play the entire sequence as a 4 measure exercise and watch your hand speed improve (over time) :)

Measure 1



Measure 2



2 bar exercise to be repeated.... many, many times over



Same rhythm using double strokes



The full monty. Go for it!!

