

# Independence exercise

Paradiddle (hands) vs Stick control (feet)

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Practice right handed then left handed

The exercise consists of 14 staves of drum notation. The first staff shows the paradiddle pattern (x-r-l-r) and the stick control pattern (v-r-l-r). The following 13 staves, numbered 1-13, show the exercise for the right hand and left hand separately. Each staff contains two measures of the paradiddle pattern and two measures of the stick control pattern.