

Weaker Hand Workout

By Alex Ribchester

In this lesson we have got a paradiddle style sticking pattern to give our weaker hand a good workout. You can use the idea as a groove, as well as orchestrating it around the kit. The first two exercises will help you the sticking pattern down, and the later ideas are some cool ideas that you can do with the sticking pattern.

Play the right hand notes as accents.

1

2

Add a bass drum on beat 1 and 3 to turn it into a groove.

3

Some orchestration ideas with the right hand moving around the kit.

4

5

Here is the idea from later in the video with the alternative sticking pattern on beats 1 & 2 in the second measure

6

8

R L L R L L R L