

16 MORE EXERCISES TO BUILD FACILITY WITH INVERTED PARADIDDLES

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1
 R L L R L R R L R L L R L R R L

2
 R L L R L R R L R L L R L R R L

3
 R L L R L R R L R L L R L R R L

4
 R L L R L R R L R L L R L R R L

5
 R L L R L R R L R L L R L R R L

6
 R L L R L R R L R L L R L R R L

7
 R L L R L R R L R L L R L R R L

8
 R L L R L R R L R L L R L R R L

9
 R L L R L R R L R L L R L R R L

10
 R L L R L R R L R L L R L R R L

11
 R L L R L R R L R L L R L R R L

12
 R L L R L R R L R L L R L R R L

13
 R L L R L R R L R L L R L R R L

14
 R L L R L R R L R L L R L R R L

15
 R L L R L R R L R L L R L R R L

16
 R L L R L R R L R L L R L R R L

Legend for drum notation:

- HI HAT
- BASS W FOOT DRUM
- FLOOR TOM
- ACCENTED SNARE
- HI TOM
- HI HAT
- OPEN HI HAT
- SNARE DRUM