

Developing The Single Stroke Roll

Part One

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Exercise 1



R R R R R R R R R L R L R L R L R L R L R L R L

Exercise 2



L L L L L L L L L R L R L R L R L R L R L R L R L R

These two exercises are based on the notion that if one can play a steady stream of eighth notes at equal speeds with either hand, then putting both hands together will allow a roll to be played twice as fast.

This speaks to the idea that one should work on each hand separately, because the following holds true with hand technique: you are only as strong as your weakest link.

In each exercise above, the "leading" hand plays a stream of eighth notes and the other hand fills in the sixteenth notes to complete the roll. The leading hand plays the eighth notes continuously....it never stops playing.

Work on each exercise separately....do not try to go directly from one exercise to the other....that is not the point. The point is to work on numbers one and two separately and repeat them each many times. Repetition with PROPER FORM and RELAXED muscles that allow the sticks to bounce will build good technique and a nice even roll.