

Developing The Single Stroke Roll

Part 3

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Tempo Goals:
 exs # 1-4 : 200 bpm
 exs # 5-8 240 bpm

ex #1



R L R L R L R L R L

ex #2



L R L R L R L R L R

ex #3



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

ex #4



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

ex #5



R L R L R L R L R L

ex #6



L R L R L R L R L R

ex #7



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

ex #8



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