

Stroke Type Exercises

"Full Strokes" - 8,4,2,1

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

" Tap Stroke" - 8,4,2,1

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

"Down Stroke and Up Strokes"

3
 down up down up d u d u d u d u
 R R R R R R R R R R R R R R R R
 L L L L L L L L L L L L L L L L

"Down, Tap and Up strokes"

4
 down tap tap up down tap up d t u d u full down tap up f d t u
 R R R R R R R R R R R R R R R R
 L L L L L L L L L L L L L L L L

"Flams"

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

"Buzz Stroke"

6
 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 R L R L

"Double Stroke"

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