

Triplet Grid

With a metronome and while marking time:

- Play with natural sticking off the right and left
- Make up your own variations:
 - Flam on first partial, second, third; flam on accents
 - Diddle on first partial, second, third
 - Flam/Diddle combinations

Three staves of musical notation for a triplet grid exercise. The first staff is in 12/8 time, the second in 6/8, and the third in 9/8. Each staff contains a sequence of triplet eighth notes with accents, ending with a final measure in 12/8 time.

7/8 Paradiddles

With a metronome and while marking time:

- Play off the right hand, then repeat off the left hand
- Play off the left hand, then repeat off the right hand
- When playing multiple times, continue to alternate the starting hand

Two staves of musical notation for 7/8 paradiddle exercises. The first staff is in 7/8 time and includes a rhythmic diagram below the notes. The second staff is in 7/8 time and includes a rhythmic diagram below the notes, ending with a final measure in 12/8 time.