

# "The Ladder" Part One

Single Stroke Roll Exercise

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6 3 3 3 3

9 3 3 3 3 3 3 3

14 3 3 3 3 3 3 3 3

19 3 3 3 3

22 3 3 3 3

This exercise will help you develop your single stroke roll. Begin by leading with your right hand: RLRL, etc, but also work on the exercise leading with your left hand: LRLR, etc. Start slowly, work with a metronome, and work towards gradually speeding up the tempo at which you are able to execute the exercise. Stay relaxed and focus on proper hand position, fulcrum, and loose, bouncing strokes. If you feel any tension, you are going too fast! Stop and find a metronome marking where you can execute the exercise with no muscle tension.

One goal to shoot for is 200 bpm.....but don't be in a hurry. It will take time to get there.