

"The Ladder" Part Two

Single Stroke Roll Exercise

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6 3 3 3 3

9 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3

11 3 3 3 3

14 3 3 3 3

The Ladder Part Two simply adds 16th note triplets to the mix of what is played in Part One. This addition increases the rhythmic control needed to execute the exercise and also necessitates a change in the goal tempo that one should shoot for, relative to Part One. In Part Two, a tempo of 133 bpm will yield a 16th note triplet roll of equal speed as the 16th notes played at 200 bpm in Part One, and hence, that is our goal here.

All the other rules apply.....loose, relaxed strokes that feel like bouncing a ball are the goal.

In addition, play the exercise leading with the Right hand: RLRLRLRL.....as well as with the Left hand: LRLRLRLR.

Use a metronome and keep a log of your progress to keep yourself on track.