

# 12 DOUBLE BASS DRUM HAND/FOOT TRIPLET EXERCISES

1 > 6 > 6 > 6 > 6 6 6 6 6 6  
 R L R L L L R L R L L L R L R L L L R L R L L L R L L L

2 R L 6 R L R L 6 R L R L 6 R L R L 6 R L

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

4 R L R L R L R L R L R L R L R L R L R L R L R L

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

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

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

8 R L R L R L R L R L R L R L R L R L R L R L R L

9 R L R L R L R L R L R L R L R L R L R L R L R L

10 R L R L R L R L R L R L R L R L R L R L R L R L

11 R L R L R L R L R L R L R L R L R L R L R L R L

12 R L R L R L R L R L R L R L R L R L R L R L R L

NOTE: #11 IS VERY DIFFICULT...IT'S OK TO OMIT IT FROM THE EXERCISE UNTIL YOU GET A HANDLE ON THE PATTERN

NOTE: FOR #12, TRY OTHER HAND PATTERNS: ALL RIGHTS, ALL LEFTS AND ALL W BOTH HANDS SIMULTANEOUSLY (DOUBLE STOPS)

SNARE  
 RIGHT FOOT BASS  
 LEFT FOOT BASS