THE DRUMMING BLOG'S

TECHNIQUE BUILDER WORKSHEET 1

SINGLE STROKE ROLL

	Grip?		Metronome	How Many Quarter Notes Can You Hold it For? (goal = 100)		
	(French, American,	What Rhythm ?	Marking	Right Hand	Left Hand	Both Hands
Date	or German?)	(32nds or Triplets?)	(BPM?)	(alone)	(alone)	(the Roll)