

Strikers Basics

Quads

♩ = 70 to 140 bpm

Strikers

A

R R R R R R R R L L L L L L L L R R R R R R R R L L L L L L L L

R R R R L L L L R R R R L L L L Continue

R R L L R R L L Continue

R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L

B Countdown

R R R R R R R R L L L L L L L L R R R R R R R R L L L L L L L L

R R R R R R R L L L L L L L R R R R R L L L L L L

R R R R L L L L R R R L L L R R L L R L R L R

Doublestops

R R R R R R R R R L L L L L L L L R L R L

R L R L R L L L L L L L L L R R R R R R R R

L R L R L

C 16th notes

R L R L R L R L R L R L R L R L R R L R L Continue

L R L R L R L R

D Doubles

R R L L R R L L

L L R R L L R R

E Paradiddles

R L R R L R L L R L R R L R L L L R R L R R Continue

L R L L R L R R L R L L L R L R R L L R L L Continue

Check patterns

F

RLRL RRRR 2 2 R

L LLLL 2 2 L

RLRL RRLRRL 2 2 R

LRLR LLRLLR L

G

RLRL RLRRLR 2 2 R

L LRLRL L

H

RLRL RLL 2 2 R

L LRR L

I

RLRL LRL 2 2 R

LRLR RLR L

J

RLRL LL 2 2 R R

LRLR RR L

Accent Tap -- Strikers!

K

R First time through is all R, 2nd time all L

Accents

L

R L R L

R L R L

L R L R

L R L R

M

R L R L

R

R L R L

L R L R

L R L R

N

R L R L

R L R L

L R L R

L R L R

O

R L R L

R L R L

L R L R

L R L R

Accent Flow - East Coast

P Musical notation for the first part of the East Coast Accent Flow exercise. It consists of two measures of music on a single staff. The first measure contains four groups of eighth notes, each with an accent (>). The second measure contains four groups of eighth notes, each with an accent (>). Below the staff, the rhythm is indicated as R L R L for the first measure and R L R L for the second measure.

R L R L R L R L

 Musical notation for the second part of the East Coast Accent Flow exercise. It consists of two measures of music on a single staff. The first measure contains four groups of eighth notes, each with an accent (>). The second measure contains four groups of eighth notes, each with an accent (>), followed by a quarter rest. Below the staff, the rhythm is indicated as R L R L for the first measure and R L R L for the second measure.

R L R L R L R L

West Coast

 Musical notation for the first part of the West Coast Accent Flow exercise. It consists of two measures of music on a single staff. The first measure contains four groups of eighth notes, each with an accent (>). The second measure contains four groups of eighth notes, each with an accent (>). Below the staff, the rhythm is indicated as L R L R for the first measure and L R L R for the second measure.

L R L R L R L R

 Musical notation for the second part of the West Coast Accent Flow exercise. It consists of two measures of music on a single staff. The first measure contains four groups of eighth notes, each with an accent (>). The second measure contains four groups of eighth notes, each with an accent (>), followed by three quarter rests. Below the staff, the rhythm is indicated as L R L R for the first measure and L R L R for the second measure.

L R L R L R L R

Triplets on 16ths - East

A

Q Musical notation for the first part of the Triplets on 16ths - East exercise. It consists of two measures of music on a single staff. The first measure contains two groups of eighth notes, each with an accent (>). The second measure contains two groups of eighth notes, each with an accent (>), followed by a quarter rest. Below the staff, the rhythm is indicated as R for the first measure and R L for the second measure.

R R L

2x A repeat sign consisting of two diagonal slashes with dots at the ends, indicating two repetitions of the following measure.

B

 Musical notation for the second part of the Triplets on 16ths - East exercise. It consists of two measures of music on a single staff. The first measure contains two groups of eighth notes, each with an accent (>). The second measure contains two groups of eighth notes, each with an accent (>), followed by a quarter rest. Below the staff, the rhythm is indicated as R for the first measure and R L for the second measure.

R R L

2x A repeat sign consisting of two diagonal slashes with dots at the ends, indicating two repetitions of the following measure.

C

 Musical notation for the third part of the Triplets on 16ths - East exercise. It consists of two measures of music on a single staff. The first measure contains two groups of eighth notes, each with an accent (>). The second measure contains two groups of eighth notes, each with an accent (>), followed by a quarter rest. Below the staff, the rhythm is indicated as R for the first measure and R L for the second measure.

R R L

2x A repeat sign consisting of two diagonal slashes with dots at the ends, indicating two repetitions of the following measure.

R Triplets

R L R L R L R L R L R L R R R Continue R

L R L R L R L R L R L R L L Continue

RLL Puddidah

R L L R L L R L L R L L R R L L Continue R

L R R L R R L R R L R R L L R R Continue L

RRL Duddipah

R R L R R L R R L R R L R R L R R L Continue R

L L R L L R L L R L L R L L L R L L R Continue L

RLR Shuffle

R L R R L R R L R R L R R L R R L R R Continue R

L R L L R L L R L L R L L L R L L R L L Continue L

Triplets doubled

R R L L R R L L R R L L R R L L R R Continue R

L L R R L L R R L L R R L L R R L L R R Continue L

S Singles

R L R L R L R L R L R L R L R L R

R L R L R R L R L R L R L L R

R L R L R R R

T Roll Builder

R L R L R L R L R R L R R L R R L R R L R L R L R L R L R L L R L L R L L R L L

R L R L R L R L R R L L R R L L R R L L R R L L R

Roll Builder (written as 16ths)

R

U Triplet Rolls

R

V Flam Prep Full Height

Musical notation for Flam Prep Full Height in 4/4 time. The staff shows a sequence of notes with stems: a quarter note (R Downstroke), an eighth note (R Upstroke), a quarter rest, a quarter note (L Upstroke), an eighth note (L Downstroke), a quarter rest, and a quarter note. The piece ends with a repeat sign.

Repeat from Tap Height

Flams Full Height

Musical notation for Flams Full Height in 4/4 time. The staff shows a sequence of notes with stems: a quarter note (L R), a quarter rest, a quarter note (R L), a quarter rest, and a quarter note. The piece ends with a repeat sign.

Tap & Flam

Musical notation for Tap & Flam in 4/4 time. The staff shows a sequence of notes with stems: a quarter note (R Downstroke), a quarter rest, a quarter note (R Upstroke), a quarter rest, a quarter note (L Downstroke), a quarter rest, a quarter note (L Upstroke), a quarter rest, and a quarter note. The piece ends with a repeat sign.

Flam 8ths

Musical notation for Flam 8ths in 4/4 time. The staff shows a sequence of notes with stems: a quarter note (L R L R L R), a quarter rest, a quarter note (L R), a quarter rest, a quarter note (L R L R L R L R), a quarter rest, a quarter note (L R), and a quarter rest. The piece ends with a repeat sign.