

# Strikers Basics

♩ = 70 to 140 bpm

**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

## Countdown

**B**

R R R R R R R R L L L L L L L L  $\frac{7}{8}$  R R R R R R R R L L L L L L L L  $\frac{3}{4}$  R R R R R R L L L L L L  $\frac{5}{8}$

$\frac{5}{8}$  R R R R L L L L  $\frac{4}{4}$  R R R R L L L L  $\frac{3}{4}$  R R R L L L R R L L R L R L  $\frac{4}{4}$  R

## Doublestops

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

### 16th notes

**C**

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 Continue

### Doubles

**D**

R R L L      R R L L Continue

L L R R      L L R R Continue

### Paradiddles

**E**

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

### F Check patterns

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

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

R L R L                      R R L R R L                      R

L R L R                      L L R L L R                      L

R L R L                      R L R R L R                      R

L                                      L R L L R L                      L

R L R L                      R L L                                      R

L R L R                      L R R                                      L

R L R L                      L R L                                      R

L R L R                      R L R                                      L

R L R L                      L L                                      R

L R L R                      R R                                      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 L R L R L 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

**P**

R L R L R L R L

R L R L R L R L

L R L R L R L R

L R L R L R L R

### Triplets on 16ths

**A**

**Q**

R R L

R R L

R R L

**Triplets**

**R**

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

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

**Puddidah**

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

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

**Duddipah**

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

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

**Shuffle**

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

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

**Triplets doubled**

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 Continue L

**Singles**

**S**

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

**Roll Builder**

**T**

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  
L

**Triplet Rolls**

**U**

R

**Flam Prep Full Height**

R Downstroke      R Upstroke      L Upstroke      L Downstroke

**Flams Full Height**

L<sub>R</sub>      R<sub>L</sub>

**Repeat from Tap Height**

**Tap & Flam**

R Downstroke      R-Upstroke L-Full      L Downstroke      L-Upstroke R-Full

**Flam 8ths**

L<sub>R</sub> L R L R L<sub>R</sub>      L<sub>R</sub>      R L R L R L R L R