

STICK CONTROL GROOVE EXERCISES

3



10

Sticking



1. RLRL
2. LRLR
3. RLL
4. LLRR
5. RLRR LRLR RLRR, L
6. LRLR RLRR LRLR, R
7. RRLR LLRL RRLR, L
8. RLLR RLLR RLLR, L
9. LLRL RLLR LLRL, R
10. RLLRLRRLRLLR, L



11. RLRL
12. LRLR
13. RLL
14. LLRR
15. RLRR LRLR RLRR, L
16. RLLR RLLR RLLR, L
17. RRLR LLRL RRLR, L
18. LLRL RRLR LLRL, R
19. LLRL RLLR LLRL, R
20. RLLR LLRL RLLR, L

HI-HAT FOOT PATTERNS



A

B

C

D

E

F

G

H

I

J

K