

5-STROKE ROLL RUDIMENT PRACTICE

How to Play a Right 5-Stroke Roll:

- Right Double Strokes
- Left Double Strokes
- Right Accent

How to Play a Left 5-Stroke Roll:

- Left Double Strokes
- Right Double Strokes
- Left Accent

Exercise 1:

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

Notice the sticking marked below. Play just the top line until comfortable, then switch to the second line until comfortable. Once you can play those, practice alternating (a right-hand 5, then left-hand 5, etc.)

Exercise 2:

Set a metronome to 60bpm, subdivided by eighth notes (OR, 120bpm).

Increase by 5bpm (OR, 10bpm) until 90 (180bpm).

Technique

1. Play the first stroke of the doubles a little harder than the second.
2. Lift your hands up high after each set of doubles. During the slower movements, try to lift them back to eye level. As you get faster, lower the height. At a full roll, your goal is to still have your sticks coming 6-8 inches off the drum head.
3. Be mindful of the timing of the final stroke. In the slower phases, wait the appropriate time between to develop rhythm control.

HISTORIC DRUMMING PRACTICE GUIDE

5-STROKE ROLL RUDIMENT PRACTICE

Exercise 3:

Set a metronome to 60bpm, subdivided by eighth notes (OR, 120bpm).

Increase by 5bpm (OR, 10bpm) until 120 (240bpm).

Tips:

During the Skeleton, keep the second stroke even and directly between the two clicks.

Don't rush to start the next 5. Listen to the clicks so you're starting and ending a roll on a click.

Exercise 4a:

1. Play the test pattern: Hard Left Stroke into Right-Hand Flam.

2. Play the practice pattern: Double Stroke with Left Hand into Right-Hand Flam.

Tips:

Make this movement fast and aggressive, with the goal to have no space between.

Exercise 4b:

Set a metronome to 60bpm, subdivided by eighth notes (OR, 120bpm).

Increase by 5bpm (OR, 10bpm) until 120 (240bpm).

Tips:

Follow the same tips as Ex. 3 - except now the final Right is a Flam.

Make sure there's no gap between the Left Stroke and Flam - the Flam falls on a click.

Exercise 5a:

1. Soft Left + Hard Left - start with left hand low in a Grace Note position, then quickly come up and play a hard stroke
2. Flammed Double + Hard Left - play a Right-Hand Flam but bounce the Right Hand, immediately play a Hard Left
3. Soft Left + Left Double - start with left hand low in a Grace Note position, quickly come up and play a Left-Hand Double
4. Right-Flam + Left Double - play a Right-Hand Flam and then immediately play a Left-Hand Double

Exercise 5b:

Set a metronome to 60bpm, subdivided by eighth notes (OR, 120bpm).

Increase by 5bpm (OR, 10bpm) until 120 (240bpm).

Exercise 6a:

Set a metronome to 60bpm, subdivided by eighth notes (OR, 120bpm).

Increase by 5bpm (OR, 10bpm) until 80 (160bpm).

Tips:

Note the accents (>) on stroke 1 & 4.

These strokes should be played hard and will match each click of the metronome.

HISTORIC DRUMMING PRACTICE GUIDE

5-STROKE ROLL RUDIMENT PRACTICE

Exercise 6b:

Same metronome cues as Ex. 6a.

Skeleton

Roll

Exercise 7a:

Set a metronome to 50bpm, subdivided by triplets (OR, 150bpm).

Increase by 5bpm (OR, 15bpm) until 75 (225bpm).

Right Tight 5-stroke roll Right

Right

Tips:

Make sure not to rush into or out of the 5.

There is a slight pause after the first Right Stroke and there is a pause after the 5 before playing the final Right Stroke.

Exercise 7b:

Same metronome cues as Ex. 7a.

9-Stroke Roll Skeleton

Right - Double - Double - Right - Left - Right

HISTORIC DRUMMING PRACTICE GUIDE

5-STROKE ROLL RUDIMENT PRACTICE

Exercise 8a:

Set a metronome to 60bpm, subdivided by eighth notes (OR, 120bpm).

Increase by 5bpm (OR, 10bpm) until 90 (180bpm).

1 e & a 2 (e&a) 1 e & a 2 (e&a) 1 e & a 2 (e&a) 1 e & a 2 (e&a)

Test Pattern Skeleton

1 e & a 2 (e&a) 1 e & a 2 (e&a) 1 e & a 2 (e&a) 1 e & a 2 (e&a)

Roll Roll (written literally)

Tips:

If you're having trouble keeping the rhythm, you can try setting your metronome to 60bpm, subdivided to 16th notes.

Every stroke will match a click.

Keep the 5-stroke roll tight, but relax and open up coming out of the roll.

Exercise 8b:

Same metronome cues as Ex. 8a.

1 e & a 2 e & a 1 (& 2 &) 1 e & a 2 e & a 1 (& 2 &)

Test Pattern Skeleton

1 e & a 2 e & a 1 (& 2 &) 1 e & a 2 e & a 1 (& 2 &)

Roll Roll (written literally)