

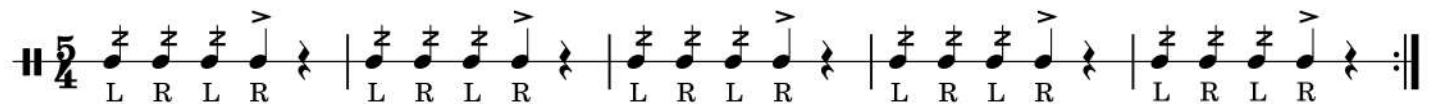
7-STROKE ROLL

RUDIMENT PRACTICE

How to Play a Left 7-Stroke Roll:

- Left Double Strokes
- Right Double Strokes
- Left Double Strokes
- Right Accent

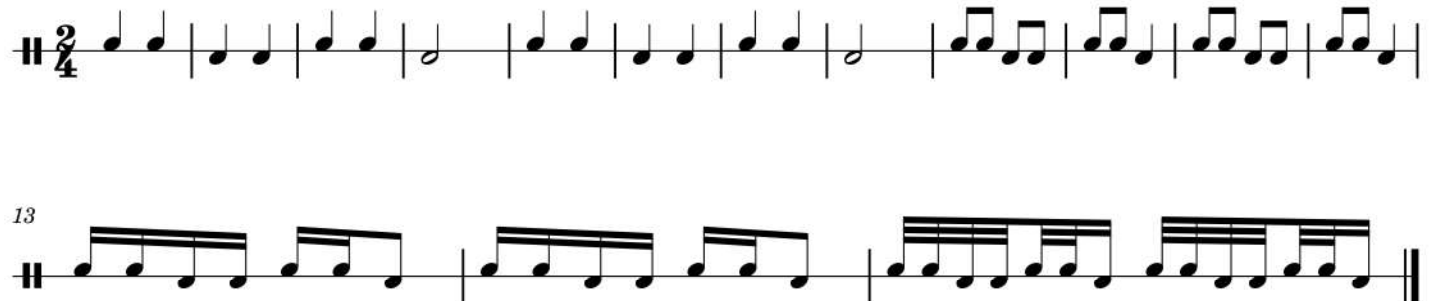
Exercise 1:



Notice the sticking marked below. ALWAYS start with the Left Hand and end with the Right Hand.

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.

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Exercise 3:

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

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

1 & 2 (&) 1 & 2 (&) 1 & 2 (&) 1 & 2 (&) 1 & 2 (&) 1 & 2 (&)

Test Pattern Skeleton Roll Roll (written literally)

Tips:

When you transition to the rolled portion, keep your hands moving evenly from the first single stroke into the double strokes.

NOTE: The first stroke is NOT part of the roll.

It's simply to establish the beat, since 7-stroke rolls generally begin off-beat and roll into the beat.

Exercise 4a:

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

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

1 & 2 (&) 1 & 2 (&) 1 & 2 (&) 1 & 2 (&) 1 & 2 (&) 1 & 2 (&)

Test Pattern Skeleton Roll Roll (written literally)

Tips:

Lift your hands after the first Right Stroke before commencing the 7-Stroke Roll.

Play the triplet quick and aggressively.

NOTE: The first stroke is NOT part of the roll.

It's simply to establish the beat, since 7-stroke rolls generally begin off-beat and roll into the beat.