

9-STROKE ROLL RUDIMENT PRACTICE

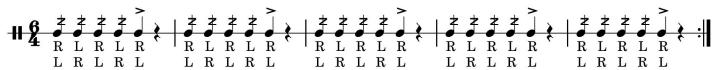
How to Play a Right 9-Stroke Roll:

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

How to Play a Left 9-Stroke Roll:

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

Exercise 1:



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 9, then left-hand 9, 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.

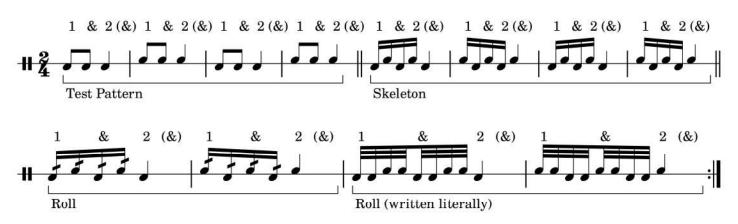
 As you get faster, lower the height. At a full roll, your goal is to still have your sticks coming 6-8 inches off the drum head.
- 3. Be mindful of the timing of the final stroke. In the slower phases, wait the appropriate time between to develop rhythm control.



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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).



Exercise 4a:

Set a metronome to 50bpm, subdivided by triplets (OR, 150bpm). Increase by 5bpm (OR, 15bpm) until 75 (225bpm).



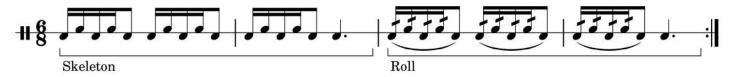
Exercise 4b:

Same metronome cues as Ex. 4a.



Exercise 4c:

Same metronome cues as Ex. 4a.

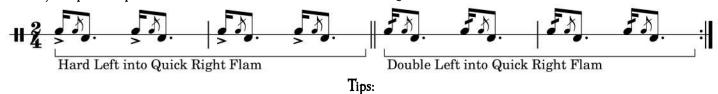




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Exercise 5a:

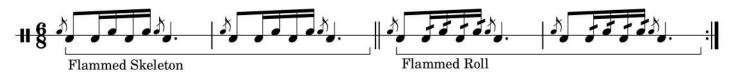
- 1. Play the test pattern: Hard Left Stroke into Right-Hand Flam.
- 2. Play the practice pattern: Double Stroke with Left Hand into Right-Hand Flam.



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

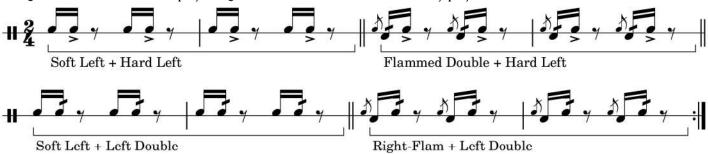
Exercise 5b:

Set a metronome to 50bpm, subdivided by triplets (OR, 150bpm). Increase by 5bpm (OR, 15bpm) until 75 (225bpm).



Exercise 6a:

- 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 6b:

Same metronome cues as Ex. 5b.

