

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).

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

Test Pattern Skeleton

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

Roll Roll (written literally)

Exercise 4a:

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

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

Check Pattern 9-Stroke Roll Skeleton Triplet 9-Stroke Roll

Exercise 4b:

Same metronome cues as Ex. 4a.

9-Stroke Roll Skeleton Triplet 9-Stroke Roll

Exercise 4c:

Same metronome cues as Ex. 4a.

Skeleton Roll

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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.

Tips:

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.