

# HISTORIC DRUMMING PRACTICE GUIDE

## DOUBLE STROKE ROLL EXERCISES

Our next major rudiment is the Double Stroke Roll. As their name implies, these rolls are made by playing two strokes on one hand, then two strokes on the other. Up to speed, these strokes are played very rapidly, creating the tight rolling sound.

Double Stroke Rolls are broken down into numbered rolls (the 5-stroke roll, 7-stroke roll, and 9-stroke roll the most important for Germanic drumming), which allow us to play short, standard rolls for different beatings.

The Double Stroke Roll is a challenging rudiment that takes time to get up to speed and well controlled. To start, we'll focus on learning how to "bounce" the stick, which will allow us to play a Buzzed Roll or Multiple-Bounce Roll. This is like a "messy" version of what we want to work towards.

### Exercise 1:

Start with just your right hand. Strike the drum and push the stick into the head. The goal is to force the stick to bounce multiple times.

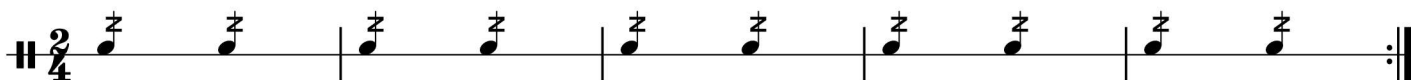


### TIPS:

- Hit the drum with a strong (but not especially hard) stroke.
  - Right as the stick hits the drum, squeeze the stick press down into the head.
- Experiment with this pressure.
- If the stick isn't bouncing, you're squeezing / pushing too hard.
  - If it's bouncing more than 5 times, squeeze just slightly harder.
  - If the stick flies away from you or is hitting multiple spots on the drum head, you're loosening your grip and losing control.

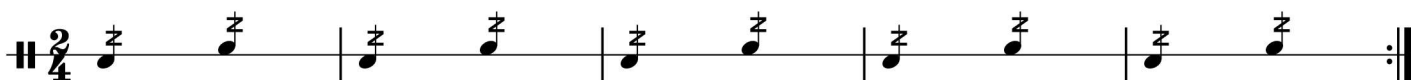
### Exercise 2:

Once you make progress with the right hand, switch to just the left. For traditional grip, squeeze the thumb down into your pointer finger.



### Exercise 3:

When both sides feel comfortable, try alternating. The goal is to play a steady "One Two One Two", with each stroke a clean bounce. Over time, increase the speed but make sure the bounces stay clean.



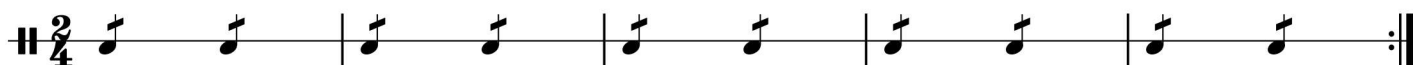
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## DOUBLE STROKE ROLL EXERCISES

Once you can alternate buzzed strokes comfortably, you want to work towards Bounced Strokes. Buzzed strokes are multiple bounces. We want to control these buzzed strokes into two bounces.

### Exercise 1:

Start with just your right hand. Strike the drum as if to play a buzzed stroke, but "catch" the stick after two bounces.



### TIPS:

- At first, you can literally pull the stick away from the drum.
- As your buzzes get better, you want to keep your grip a little more relaxed, so the bounce rebounds higher. This will make the stroke sound less "buzzy" or crushed and will make it easier to stop the stroke after only two bounces.
- When you're "catching" the stick, think about throwing it back up until the stick is at chin or nose height.

### Exercise 2:

Once you make progress with the right hand, switch to just the left.



### Exercise 3:

When both sides feel comfortable, try alternating. The goal is to play a steady "One Two One Two", with each stroke a clean bounce. Over time, increase the speed but make sure the bounces stay clean.



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## THE DOUBLE STROKE ROLL RUDIMENT PRACTICE

One of the most important rudiments is the Long Roll, or the Double Stroke Roll. We essentially play double strokes very fast, so that they create a continuous sound - a roll! Be patient. Increase your speed slowly. Once you get tense, slow down just a bit and stay there until you're comfortable.

### How to Play a Double Stroke Roll:

- Begin in the First Position (tips of the sticks at eye level)
- 2 Left-Hand Full Strokes
- 2 Right-Hand Full Strokes

*NOTE: Always return to First Position.*

### Exercise 1:

First, try to get comfortable with the double stroke movement. Really focus on getting the sticks back up to eye level.

1 [2] 3 [4] 1 [2] 3 [4] 1 [2] 3 [4] 1 [2] 3 [4] 1 2 3 4 1 2 3 4 1 & 2 & 3 & 4 &

*Practice this to a metronome. Set the metronome to 60-75bpm.*

*The number below the notes equal the click you strike on:*

*The half notes are every other click. The quarter notes are every click. The eighth notes (final measure) are two strokes to each click.*

### Exercise 2:

Next, we'll develop speed. Try to get your sticks up as high as possible, but they will necessarily get lower as you get faster.

1 & 2 & 3 & 4 & 1 e & a 2 e & a 3 e & a 4 e & a

*Set the metronome to 120-150bpm.*

*The clicks represent "1 & 2 & 3 & 4 &", like in the first measure. Each stroke should match a click.*

*In measure two, you must make two strokes per click.*

### Exercise 3:

Finally, we'll add the roll. In the first measure, play clean strokes; in the second, bounce the sticks as needed.

1 e & a 2 e & a 1 e & a 2 e & a

*Set the metronome to 120-150bpm.*

*The clicks represent "1 & 2 & 3 & 4 &". In measure one, you must make two strokes per click.*

*In measure two, you must play two sets of bounces per click.*

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## THE DOUBLE STROKE ROLL RUDIMENT PRACTICE

### *Opened to Closed to Opened Exercise*

7

11

12

13

14

18

### *Metronome Tips*

For this exercise, it's preferred that you have a metronome that can subdivide.

Set it to 60bpm, subdivided with eighth notes.

Each click will match an eighth note starting in measure 7.

By measure 9, you'll play two strokes (two 16th notes) for every click.

For measures 11-13, you'll be rolling. The clicks will align with the first right stroke of each pair of doubles.

*Once you master this exercise at 60bpm, increase in 10-15bpm increments up to about 150bpm.*