#1: 16 on a Hand
SKILL: One Hand. One Height. Single Strokes
VISUAL: Block 8 / Track
LAYERS: #2, #3, #7, #8, #9

\[ \frac{2}{4} \]

**LEFT HAND INTRO**

A

6

B

C
#2: Doubles
SKILL: Two Hand. One Height. Double Strokes
VISUAL: Block 8 / Track
LAYERS: #1, #7, #8, #9
SPLITS: A/B, B/A

\[ \frac{1}{4} \] = 132
#3: Roll Prep

SKILL: Two Hand. One Height. Double Strokes.

VISUAL: Block 8 / Track

LAYERS: #1

SPLITS: A/B, B/A

\[ \sum \sum \sum \sum \]
#4: Triplet Diddle
SKILL: Two Hand. One Height. Double Strokes.
VISUAL: Block 8 / Track
LAYERS: #5,#6

\[ \begin{align*}
1 & \quad \frac{1}{4} = 148 \\
2 & \quad \text{R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L}
\end{align*} \]
Snare

#5: Stick Control
SKILL: Two Hand. One Height. Double Strokes.
VISUAL: Block 8 / Track
LAYERS: #4, #6

\( \text{\textbf{A}} \)

1 \( \text{\textbf{B}} \)

5

8

10

15

18
#6: Legato Flams
SKILL: Two Hand. One Height. Multiple Strokes.
VISUAL: Block 8 / Track
LAYERS: #4, #5

1 \( \frac{4}{4} \) = 136

A

\( \frac{4}{4} \)

R R R L L L R R L L R R L L R R L L R R L L

B

R R R L L L R R L L R R L L R R L L R R L L

C

R R L R R L L R R L L R R L L R R L L R R L L

D

R R L R R L L R R L L R R L L R R L L R R L L

18

R R L L R R L L R R L L R R L L R R L L R L R R
#7: Accent to Tap
SKILL: One Hand. Two Height. Single Strokes
VISUAL: Block 8 / Track
LAYERS: #1, #2, #8
SPLITS: A/B, B/A

\[ \text{\textbf{L}} \quad \text{\textbf{R}} \]

\[ \text{\textbf{A}} \]

\[ j = 124 \]

\[ \text{\textbf{B}} \]

\[ \text{\textbf{L}} \quad \text{\textbf{R}} \]

\[ \text{\textbf{L}} \quad \text{\textbf{R}} \]

\[ \text{\textbf{L}} \quad \text{\textbf{R}} \]

\[ \text{\textbf{L}} \quad \text{\textbf{R}} \]

\[ \text{\textbf{L}} \quad \text{\textbf{R}} \]
#8: Paradiddlezz
SKILL: Two Hand. Two Height. Double Strokes
VISUAL: Block 8 / Track
LAYERS: #1, #2, #7
SPLITS: A/B, B/A

$\text{\textbf{S}nare \textbf{M}anual \textbf{L}ITE}$

\[ \text{\textbf{1}8} \]

\[ \text{\textbf{1}5} \]

\[ \text{\textbf{8}} \]

\[ \text{\textbf{6}} \]

\[ \text{\textbf{4}} \]

\[ \text{\textbf{2}} \]

\[ \text{\textbf{1}} \]
Snare

#9: Flam Skeleton
SKILL: Two Hand. Two Height. Multiple Strokes
VISUAL: Block 8 / Track
LAYERS: #1, #2, #7, #8
SPLITS: A/B, B/A

\[ \text{Tempo: } \frac{4}{4} = 116 \]

A

B

15

18