**Exercisezz**

#1: 16 on a Hand  
**Skill:** One Hand. One Height. Single Strokes  
**Visual:** Block 8 / Track  
**Layers:** #2, #3, #7, #8, #9

\[ j = 116 \]

(A) SPLIT #1, #2 or #3

---

B

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C
Bass Drums (6)

#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

1. UNISON
   \[ \text{Split 1's, 2's, or 4's} \]

5.

8.

B.

C.

18.
Bass Drums (6)

#3: Roll Prep (6)
SKILL: Two Hand. One Height. Double Strokes.
VISUAL: Block 8 / Track
LAYERS: #1
SPLITS: A/B, B/A

\[ \text{\( \frac{1}{4} \)} \text{ = 124} \]

UNISON

A

B

B
Bass Drums (6)

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

1  \( \frac{3}{8} = 148 \)

\[ \text{same split as #5} \]

5

8

14

18
#5: Stick Control
SKILL: Two Hand. One Height. Double Strokes.
VISUAL: Block 8 / Track
LAYERs: #4, #6

1. \( \text{\textbullet} \) \( \text{\textbullet} \) \( \text{\textbullet} \) \( \text{\textbullet} \) \( \text{\textbullet} \) \( \text{\textbullet} \) \( \text{\textbullet} \) \( \text{\textbullet} \) \( \text{\textbullet} \) \( \text{\textbullet} \) \( \text{\textbullet} \) \( \text{\textbullet} \) \( \text{\textbullet} \)

5.

8.

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15.

18.
Bass Drums (6)

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

1 \( \frac{1}{2} = 136 \)

A

B

C

ALL RIGHT HAND

D

R R R R R R R R R R R R

A C A C E G E B D B D F H F

R R R R R R R R R R R R

A C A C B D B D R R R R R R R L R
Bass Drums (6)

#7: Accent to Tap

SKILL: One Hand, Single Height. Single Strokes

VISUAL: Block 8 / Track

LAYERS: #1, #2, #8

SPLITS: A/B, B/A

\[ \text{\textbf{Bass Drums (6)}} \]

\[ \text{\textbf{VISUAL: Block 8 / Track}} \]

\[ \text{\textbf{SPLITS: A/B, B/A}} \]

\[ \text{\textbf{SKILL: One Hand, Single Height. Single Strokes}} \]

\[ \text{\textbf{Bass Drums (6)}} \]

\[ \text{\textbf{VISUAL: Block 8 / Track}} \]

\[ \text{\textbf{SPLITS: A/B, B/A}} \]

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

$\frac{1}{4} = 124$

Bass Drums (6)
#9: Flam Skeleton
SKILL: Two Hand. Two Height. Multiple Strokes
VISUAL: Block 8 / Track
LAYERS: #1, #2, #7, #8
SPLITS: A/B, B/A

\[ \text{\textbf{Bass Drums (6)}} \]

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Bass Drums (6)

#3

25 UNISON FILL 2s, 3s & 4s

30

34