#1: 16 on a Hand
SKILL: One Hand. One Height. Single Strokes
VISUAL: Block 8 / Track
LAYERS: #2, #3, #5, #7, #8, #9

\[ \text{\( \frac{1}{4} \) notes at 116 BPM} \]

UNISON

A

SPLIT #1, #2 or #3

B

R L

C

R L R L L L L L L L L R R R R R R R R R R R R R R R R R L
Bass Drums (6)

#2: Doubles
SKILL: Two Hand. One Height. Double Strokes
VISUAL: Block 8 / Track
LAYERS: #1, #5, #7, #8, #9
SPLITS: A/B, B/A

\( \text{\textbf{A}} \) Split 1's, 2's, or 4's.
Bass Drums (6)  Bass Drums (6)

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

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

\[
\text{\textbf{B}}
\]
#4: Triplet Diddle
SKILL: Two Hand. One Height. Double Strokes.
VISUAL: Block 8 / Track
LAYERS: #6

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

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

\( \text{\textbf{C}} \)
#5: Stick Control

SKILL: Two Hand. Two Height. Double Strokes.

VISUAL: Block 8 / Track

LAYERS: #1, #2, #7, #8, #9
#6: Legato Flams
SKILL: Two Hand. One Height. Multiple Strokes.
VISUAL: Block 8 / Track
LAYERS: #4

\[ \text{\( \frac{1}{4} \)} = 136 \]

\[ A \]

\[ B \]

\[ C \]

\[ D \]

\[ E \]

\[ F \]

\[ G \]

\[ H \]

\[ \text{ALL RIGHT HAND} \]

\[ A \text{ E B F} \]

\[ R R R R R R R R A C A C E G E B D B D F H F \]

\[ \text{D} \]

\[ R R R R R R R R A C A C B D B D R R R R R R R L R \]
#7: Accent to Tap
SKILL: One Hand. Two Height. Single Strokes
VISUAL: Block 8 / Track
LAYERS: #1, #2, #5, #8
SPLITS: A/B, B/A.