

What with all the stress and strain shown by football managers of late, I thought we drummers and percussionists could apply a bit of the same pressure with this warm up routine for 'mind and body'. Very simple but great for developing independence.

Example 1, 16ths paradiddle between the hands with the feet playing an eighth note paradiddle between the bass drum and hi hat foot.

Example 2, 16ths inverted paradiddle between the hands with the feet playing an eighth note inverted paradiddle between the bass drum and hi hat foot.

Example 3, 16ths paradiddle between the hands with the feet playing an eighth note inverted paradiddle between the bass drum and hi hat foot.

Example 4, 16ths inverted paradiddle between the hands with the feet playing an eighth note paradiddle between the bass drum and hi hat foot.

MMMM...Lovely stuff, and that's just the start. get your tattered copy of stick control out and use some of those examples combined. Bear in mind it is not just an exercise. Make it sound like a groove.

Thanks for all your positive feedback this year, esp to 'Harry and Jim'

INDEPENDENCE DAY 6 PETE LOCKETT

1

(PARADIDDLE = F)
(PARADIDDLE = J)

2

(INVERTED PARADIDDLE = J)
(INVERTED PARADIDDLE = J)

3

(PARADIDDLE = J)
(INVERTED PARADIDDLE = J)

4

(INVERTED PARADIDDLE = J)
(PARADIDDLE = J)