

Quarters / Dotted Eighth

♩ = 152 – 288

♩. = ~101 – 192*

On repeat, reverse sticking

Stick patterns for Quarters / Dotted Eighth:

Staff 1: L L L L L L L L r L r L r L r L r L r

Staff 2: R I R I R I R I R I R R R R R R R

Dotted Eighth / Quarters

♩ = 152 – 288

♩. = ~101 – 192*

On repeat, reverse sticking

Stick patterns for Dotted Eighth / Quarters:

Staff 1: L L L L L L L L r L r L r L L L r L r L

Staff 2: R R I R I R R I R I R R R R R R R R

* Divide the tempo in 6/4 time by 1.5 in order to get the equivalent tempo in 12/8 time.



For more great ways to get better, check out **Quality Control for Rudimental Drummers**, available from www.fatmattdrums.com