

# FOUR-WAY INDEPENDENCE DRILLS

## EIGHTH NOTES ON EIGHTH NOTES

This set of 100 exercises takes repeated single strokes, alternating single strokes, double strokes, inverted double strokes and single paradiddles, and layers them between the hands and feet.

Each group of 10 exercises uses a common foot ostinato (repeating pattern), while snare stickings change for each individual exercise.

### Group 1: Feet Play Repeated Single Strokes, Right Foot Lead

Ex. 1

Ex. 2

Ex. 1: Musical notation for a snare drum exercise. The top staff shows a right foot lead with repeated single strokes (R) on a snare drum. The bottom staff shows a common foot ostinato pattern. The exercise is in 4/4 time and consists of two measures.

Ex. 2: Musical notation for a snare drum exercise. The top staff shows a left foot lead with repeated single strokes (L) on a snare drum. The bottom staff shows a common foot ostinato pattern. The exercise is in 4/4 time and consists of two measures.

Group 2: Feet Play Repeated Single Strokes, Left Foot Lead

Ex. 11

Ex. 12

Ex. 11: R R R R R R R R L L L L L L L L

Ex. 12: L L L L L L L L R R R R R R R R

Ex. 13

Ex. 14

Ex. 13: R L R L R L R L L L L L L L L L L

Ex. 14: L R L R L R L R L L L L L L L L

Ex. 15

Ex. 16

Ex. 15: R R L L R R L L L L L L L L L L

Ex. 16: L L R R L L R R L L L L L L L L

Ex. 17

Ex. 18

Ex. 17: R L L R R L L R L L L L L L L L L

Ex. 18: L L R R L L R R L L L L L L L L

Ex. 19

Ex. 20

Ex. 19: R L R L R L R L L L L L L L L L

Ex. 20: L L R R L L R R L L L L L L L L

Group 3: Feet Play Alternating Single Strokes, Right Foot Lead

Ex. 21

Exercise 21 consists of two measures of music. The first measure has a right foot lead with notes labeled R, R, R, R. The second measure has a right foot lead with notes labeled R, R, R, R. The left foot plays alternating single strokes, indicated by 'X' marks on the notes below the staff. The notes are labeled R, L, R, L for the first measure and R, L, R, L for the second measure.

Ex. 22

Exercise 22 consists of two measures of music. The first measure has a left foot lead with notes labeled L, L, L, L. The second measure has a left foot lead with notes labeled L, L, L, L. The right foot plays alternating single strokes, indicated by 'X' marks on the notes below the staff. The notes are labeled R, L, R, L for the first measure and R, L, R, L for the second measure.

Ex. 23

Exercise 23 consists of two measures of music. The first measure has a right foot lead with notes labeled R, L, R, L. The second measure has a right foot lead with notes labeled R, L, R, L. The left foot plays alternating single strokes, indicated by 'X' marks on the notes below the staff. The notes are labeled R, L, R, L for the first measure and R, L, R, L for the second measure.

Ex. 24

Exercise 24 consists of two measures of music. The first measure has a left foot lead with notes labeled L, R, L, R. The second measure has a left foot lead with notes labeled L, R, L, R. The right foot plays alternating single strokes, indicated by 'X' marks on the notes below the staff. The notes are labeled R, L, R, L for the first measure and R, L, R, L for the second measure.

Ex. 25

Exercise 25 consists of two measures of music. The first measure has a right foot lead with notes labeled R, R, L, L. The second measure has a right foot lead with notes labeled R, R, L, L. The left foot plays alternating single strokes, indicated by 'X' marks on the notes below the staff. The notes are labeled R, L, R, L for the first measure and R, L, R, L for the second measure.

Ex. 26

Exercise 26 consists of two measures of music. The first measure has a left foot lead with notes labeled L, L, R, R. The second measure has a left foot lead with notes labeled L, L, R, R. The right foot plays alternating single strokes, indicated by 'X' marks on the notes below the staff. The notes are labeled R, L, R, L for the first measure and R, L, R, L for the second measure.

Ex. 27

Exercise 27 consists of two measures of music. The first measure has a right foot lead with notes labeled R, L, R, L. The second measure has a right foot lead with notes labeled R, L, R, L. The left foot plays alternating single strokes, indicated by 'X' marks on the notes below the staff. The notes are labeled R, L, R, L for the first measure and R, L, R, L for the second measure.

Ex. 28

Exercise 28 consists of two measures of music. The first measure has a left foot lead with notes labeled L, R, L, R. The second measure has a left foot lead with notes labeled L, R, L, R. The right foot plays alternating single strokes, indicated by 'X' marks on the notes below the staff. The notes are labeled R, L, R, L for the first measure and R, L, R, L for the second measure.

Ex. 29

Exercise 29 consists of two measures of music. The first measure has a right foot lead with notes labeled R, L, R, L. The second measure has a right foot lead with notes labeled R, L, R, L. The left foot plays alternating single strokes, indicated by 'X' marks on the notes below the staff. The notes are labeled R, L, R, L for the first measure and R, L, R, L for the second measure.

Ex. 30

Exercise 30 consists of two measures of music. The first measure has a left foot lead with notes labeled L, R, L, R. The second measure has a left foot lead with notes labeled L, R, L, R. The right foot plays alternating single strokes, indicated by 'X' marks on the notes below the staff. The notes are labeled R, L, R, L for the first measure and R, L, R, L for the second measure.

Group 4: Feet Play Alternating Single Strokes, Left Foot Lead

Ex. 31

Ex. 32

Ex. 31: R R R R, R R R R. L R L R, L R L R.

Ex. 32: L L L L, L L L L. L R L R, L R L R.

Ex. 33

Ex. 34

Ex. 33: R L R L, R L R L. L R L R, L R L R.

Ex. 34: L R L R, L R L R. L R L R, L R L R.

Ex. 35

Ex. 36

Ex. 35: R R L L, R R L L. L R L R, L R L R.

Ex. 36: L L R R, L L R R. L R L R, L R L R.

Ex. 37

Ex. 38

Ex. 37: R L L R, R L L R. L R L R, L R L R.

Ex. 38: L R R L, L R R L. L R L R, L R L R.

Ex. 39

Ex. 40

Ex. 39: R L R L, R L R L. L R L R, L R L R.

Ex. 40: L R L R, L R L R. L R L R, L R L R.

Group 5: Feet Play Double Strokes, Right Foot Lead

Ex. 41

Ex. 42

Ex. 41: R R R R R R R R  
R R L L R R L L

Ex. 42: L L L L L L L L  
R R L L R R L L

Ex. 43

Ex. 44

Ex. 43: R L R L R L R L  
R R L L R R L L

Ex. 44: L R L R L R L R  
R R L L R R L L

Ex. 45

Ex. 46

Ex. 45: R L R L R L R L  
R R L L R R L L

Ex. 46: L R L R L R L R  
R R L L R R L L

Ex. 47

Ex. 48

Ex. 47: R L R L R L R L  
R R L L R R L L

Ex. 48: L R L R L R L R  
R R L L R R L L

Ex. 49

Ex. 50

Ex. 49: R L R L R L R L  
R R L L R R L L

Ex. 50: L R L R L R L R  
R R L L R R L L

Group 6: Feet Play Double Strokes, Left Foot Lead

Ex. 51

Ex. 52

Ex. 51: R R R R, L L R R

Ex. 52: L L L L, L L R R

Ex. 53

Ex. 54

Ex. 53: R L R L, L L R R

Ex. 54: L R L R, L L R R

Ex. 55

Ex. 56

Ex. 55: R R L L, L L R R

Ex. 56: L L R R, L L R R

Ex. 57

Ex. 58

Ex. 57: R L L R, L L R R

Ex. 58: L R L R, L L R R

Ex. 59

Ex. 60

Ex. 59: L L R R, L L R R

Ex. 60: L L R R, L L R R

Group 7: Feet Play Inverted Double Strokes, Right Foot Lead

Ex. 61

Ex. 62

Ex. 61: R R R R R R R R R L L R R L L R

Ex. 62: L L L L L L L L R L L R R L L R

Ex. 63

Ex. 64

Ex. 63: R L R L R L R L R L L R R L L R

Ex. 64: L R L R L R L R R L L R R L L R

Ex. 65

Ex. 66

Ex. 65: R L R L R L R L R L L R R L L R

Ex. 66: L R L R L R L R R L L R R L L R

Ex. 67

Ex. 68

Ex. 67: R L R L R L R L R L L R R L L R

Ex. 68: L R L R L R L R R L L R R L L R

Ex. 69

Ex. 70

Ex. 69: R L R L R L R L R L L R R L L R

Ex. 70: L R L R L R L R R L L R R L L R



Group 8: Feet Play Inverted Double Strokes, Left Foot Lead

Ex. 71

Ex. 72

Ex. 71: R R R R R R R R L R R L L R R L

Ex. 72: L L L L L L L L L R R L L R R L

Ex. 73

Ex. 74

Ex. 73: R L R L R L R L L R R L L R R L

Ex. 74: L R L R L R L R L R R L L R R L

Ex. 75

Ex. 76

Ex. 75: R L R L R L R L L R R L L R R L

Ex. 76: L R L R L R L R L R R L L R R L

Ex. 77

Ex. 78

Ex. 77: R L R L R L R L L R R L L R R L

Ex. 78: L R L R L R L R L R R L L R R L

Ex. 79

Ex. 80

Ex. 79: R L R L R L R L L R R L L R R L

Ex. 80: L R L R L R L R L R R L L R R L



Group 9: Feet Play Single Paradiddles, Right Foot Lead

Ex. 81

Ex. 81 consists of two measures of music. The first measure has a right foot lead (R) on the top staff and a left foot lead (R L R R) on the bottom staff. The second measure has a right foot lead (R R R R) on the top staff and a left foot lead (L R L L) on the bottom staff. The notation includes a double bar line with repeat dots at the end of each measure.

Ex. 82

Ex. 82 consists of two measures of music. The first measure has a left foot lead (L L L L) on the top staff and a right foot lead (R L R R) on the bottom staff. The second measure has a left foot lead (L L L L) on the top staff and a right foot lead (L R L L) on the bottom staff. The notation includes a double bar line with repeat dots at the end of each measure.

Ex. 83

Ex. 83 consists of two measures of music. The first measure has a right foot lead (R L R L) on the top staff and a left foot lead (R L R R) on the bottom staff. The second measure has a right foot lead (R L R L) on the top staff and a left foot lead (L R L L) on the bottom staff. The notation includes a double bar line with repeat dots at the end of each measure.

Ex. 84

Ex. 84 consists of two measures of music. The first measure has a left foot lead (L R L R) on the top staff and a right foot lead (R L R R) on the bottom staff. The second measure has a left foot lead (L R L R) on the top staff and a right foot lead (L R L L) on the bottom staff. The notation includes a double bar line with repeat dots at the end of each measure.

Ex. 85

Ex. 85 consists of two measures of music. The first measure has a right foot lead (R L R L) on the top staff and a left foot lead (R L R R) on the bottom staff. The second measure has a right foot lead (R L R L) on the top staff and a left foot lead (L R L L) on the bottom staff. The notation includes a double bar line with repeat dots at the end of each measure.

Ex. 86

Ex. 86 consists of two measures of music. The first measure has a left foot lead (L R L R) on the top staff and a right foot lead (R L R R) on the bottom staff. The second measure has a left foot lead (L R L R) on the top staff and a right foot lead (L R L L) on the bottom staff. The notation includes a double bar line with repeat dots at the end of each measure.

Ex. 87

Ex. 87 consists of two measures of music. The first measure has a right foot lead (R L R L) on the top staff and a left foot lead (R L R R) on the bottom staff. The second measure has a right foot lead (R L R L) on the top staff and a left foot lead (L R L L) on the bottom staff. The notation includes a double bar line with repeat dots at the end of each measure.

Ex. 88

Ex. 88 consists of two measures of music. The first measure has a left foot lead (L R L R) on the top staff and a right foot lead (R L R R) on the bottom staff. The second measure has a left foot lead (L R L R) on the top staff and a right foot lead (L R L L) on the bottom staff. The notation includes a double bar line with repeat dots at the end of each measure.

Ex. 89

Ex. 89 consists of two measures of music. The first measure has a right foot lead (R L R L) on the top staff and a left foot lead (R L R R) on the bottom staff. The second measure has a right foot lead (R L R L) on the top staff and a left foot lead (L R L L) on the bottom staff. The notation includes a double bar line with repeat dots at the end of each measure.

Ex. 90

Ex. 90 consists of two measures of music. The first measure has a left foot lead (L R L R) on the top staff and a right foot lead (R L R R) on the bottom staff. The second measure has a left foot lead (L R L R) on the top staff and a right foot lead (L R L L) on the bottom staff. The notation includes a double bar line with repeat dots at the end of each measure.

