

FOUR-WAY INDEPENDENCE DRILLS

TRIPLETS ON QUARTER NOTES

This set of 82 exercises takes repeated single strokes, alternating single strokes, double strokes, inverted double strokes and single paradiddles, and layers them between the hands and feet. The feet play quarter-notes (establishing the beat) while the hands play eighth-note triplets on top. Each group of exercises uses a common hand ostinato (right and left hand lead), while foot patterns change for each line of exercises.

Group 1 (Ex. 1-18) Repeated Single Strokes

Ex. 1 **Ex. 2**

R R R R R R R R R R R R R L L L L L L L L L L L L L

3 3 3 3 3 3 3 3

R R R R R R R R

Ex. 11

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

3 3 3 3

L L R R

Ex. 12

L L L L L L L L L L L L L

3 3 3 3

L L R R

Ex. 13

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

3 3 3 3

R L L R

Ex. 14

L L L L L L L L L L L L L

3 3 3 3

R L L R

Ex. 15

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

3 3 3 3

R L L R

Ex. 16

L L L L L L L L L L L L L

3 3 3 3

R L L R

Ex. 17

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

3 3 3 3

R L L R

Ex. 18

L L L L L L L L L L L L L

3 3 3 3

R L L R

Ex. 19

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

3 3 3 3

R L L R

Ex. 20

L L L L L L L L L L L L L

3 3 3 3

R L L R

Ex. 21

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

3 3 3 3

R L L R

Ex. 22

L L L L L L L L L L L L L

3 3 3 3

R L L R

Group 2 (Ex. 19-36) Alternating Single Strokes

Ex. 19

R L R L R L R L R L R L

R R R R

Ex. 20

L R L R L R L R L R L R

R R R R

Ex. 21

R L R L R L R L R L R L

L L L L

Ex. 22

L R L R L R L R L R L R

L L L L

Ex. 23

R L R L R L R L R L R L

R R R R

Ex. 24

L R L R L R L R L R L R

R R R R

Ex. 25

R L R L R L R L R L R L

L L L L

Ex. 26

L R L R L R L R L R L R

L L L L

Ex. 27

R L R L R L R L R L R L

R R R R

Ex. 28

L R L R L R L R L R L R

R R R R

Group 3 (Ex. 37-54) Double Strokes

Ex. 37

R R L L R R L L R R L L

R R L L R R L L R R L L

R R R R

Ex. 38

L L R R L L R R L L R R

L L R R L L R R L L R R

R R R R

Ex. 39

R R L L R R L L R R L L

R R L L R R L L R R L L

L L L L

Ex. 40

L L R R L L R R L L R R

L L R R L L R R L L R R

L L L L

Ex. 41

R R L L R R L L R R L L

R R L L R R L L R R L L

R R R R

Ex. 42

L L R R L L R R L L R R

L L R R L L R R L L R R

L L L L

Ex. 43

R R L L R R L L R R L L

R R L L R R L L R R L L

L L L L

Ex. 44

L L R R L L R R L L R R

L L R R L L R R L L R R

L L L L

Ex. 45

R R L L R R L L R R L L

R R L L R R L L R R L L

R R R R

Ex. 46

L L R R L L R R L L R R

L L R R L L R R L L R R

L L L L

Ex. 55

R L L R R L L R R L L R

R R R R

Ex. 56

L R R L L R R L L R R L

R R R R

Ex. 57

R L L R R L L R R L L R

L L L L

Ex. 58

L R R L L R R L L R R L

L L L L

Ex. 59

R L L R R L L R R L L R

R R R R

Ex. 60

L R R L L R R L L R R L

L L L L

Ex. 61

R L L R R L L R R L L R

L L L L

Ex. 62

L R R L L R R L L R R L

L L L L

Ex. 63

R L L R R L L R R L L R

R R R R

Ex. 64

L R R L L R R L L R R L

L L L L

Ex. 65

R L L R R L L R R L L R

3 3 3 3

L L R R

Ex. 66

L R R L L R R L L R R L

3 3 3 3

L L R R

Ex. 67

R L L R R L L R R L L R

3 3 3 3

R L L R

Ex. 68

L R R L L R R L L R R L

3 3 3 3

R L L R

Ex. 69

R L L R R L L R R L L R

3 3 3 3

R L L R

Ex. 70

L R R L L R R L L R R L

3 3 3 3

R L L R

Ex. 71

R L L R R L L R R L L R

3 3 3 3

R L L R

Ex. 72

L R R L L R R L L R R L

3 3 3 3

R L L R

Ex. 73

R L R R L R L L R L R R L R L L R L R R L R L L

R R R R R R R R

Detailed description: This musical example shows a single paradigm on a drum staff. The top line contains a sequence of 16 notes: R L R R L R L L R L R R L R L L R L R R L R L L. The first four notes of each group of four (RLRR, RLLR, RLRR, RLLR) are grouped together with a '3' and a bracket, indicating a triplet. The bottom line shows the corresponding notes: R R R R R R R R.

Ex. 74

R L R R L R L L R L R R L R L L R L R R L R L L

L L L L L L L L

Detailed description: This musical example shows a single paradigm on a drum staff. The top line contains a sequence of 16 notes: R L R R L R L L R L R R L R L L R L R R L R L L. The first four notes of each group of four (RLRR, RLLR, RLRR, RLLR) are grouped together with a '3' and a bracket, indicating a triplet. The bottom line shows the corresponding notes: L L L L L L L L, where each 'L' is positioned directly below a triplet group in the top line.

Ex. 75

R L R R L R L L R L R R L R L L R L R R L R L L

L L L L L L L L

Detailed description: This musical example is identical to Ex. 74, showing a single paradigm on a drum staff with triplet groupings and cross-sticks.

Ex. 76

R L R R L R L L R L R R L R L L R L R R L R L L

L L L L L L L L

Detailed description: This musical example is identical to Ex. 74, showing a single paradigm on a drum staff with triplet groupings and cross-sticks.

Ex. 77

R L R R L R L L R L R R L R L L R L R R L R L L

L L L L L L L L

Detailed description: This musical example is identical to Ex. 74, showing a single paradigm on a drum staff with triplet groupings and cross-sticks.

