

Sixteenth-Note Rock Beat Alternating Sticking & Open Hi-Hat Beats

This set of exercises expands on the sixteenth-note rock beat (alternate sticking) by adding open-hi-hat strokes to various notes in the bar. Each exercise is repeated with different kick drum patterns to build your four-way coordination progressively.

SIXTEENTH-NOTE ROCK BEAT - ALTERNATING STICKING

Sticking: R L R L R L R L R L R L R L R L

① e + a ② e + a ③ e + a ④ e + a

With Metronome
Play at ♩ = 60 Repeat all EXs at ♩ = 80

EXs 1-12 - Group One

EX. 1

EX. 2

Sticking: R L R L R L R L R L R L R L R L

Count: 1 e + a ② e + a 3 e + a ④ e + a

① e + a ② e + a ③ e + a ④ e + a

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EX. 9

R L R L R L R L R L R L R L R L
 ① e + a ② e + a ③ e + a ④ e + a

EX. 10

① e + a ② e + a ③ e + a ④ e + a

EX. 11

① e + a ② e + a ③ e + a ④ e + a

EX. 12

① e + a ② e + a ③ e + a ④ e + a

EXs 13-24 - Group Two

EX. 13

R L R L R L R L R L R L R L R L
 ① e + a ② e + a ③ e + a ④ e + a

EX. 14

① e + a ② e + a ③ e + a ④ e + a

EX. 15

① e + a ② e + a ③ e + a ④ e + a

EX. 16

① e + a ② e + a ③ e + a ④ e + a

EX. 17

R L R L R L R L R L R L R L R L
 ① e + a ② e + a ③ e + a ④ e + a

EX. 18

① e + a ② e + a ③ e + a ④ e + a

EX. 21

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

① e ⊕ a ② e ⊕ a ③ e ⊕ a ④ e ⊕ a

EX. 22

① e ⊕ a ② e ⊕ a ③ e ⊕ a ④ e ⊕ a

EX. 23

① e ⊕ a ② e ⊕ a ③ e ⊕ a ④ e ⊕ a

EX. 24

① e ⊕ a ② e ⊕ a ③ e ⊕ a ④ e ⊕ a

EXs 25-36 - Group Three



EX. 44

EX. 45

① e + a ② e + a ③ e + a ④ e + a ① e + a ② e + a ③ e + a ④ e + a

EX. 46

EX. 47

R L R R L R R L R R L R ① e + a ② e + a ③ e + a ④ e + a

① e + a ② e + a ③ e + a ④ e + a

EX. 48

EX. 49

① e + a ② e + a ③ e + a ④ e + a ① e + a ② e + a ③ e + a ④ e + a

EX. 50

EX. 51

R L R R L R R L R R L R ① e + a ② e + a ③ e + a ④ e + a

① e + a ② e + a ③ e + a ④ e + a

EX. 52

EX. 53

① e + a ② e + a ③ e + a ④ e + a ① e + a ② e + a ③ e + a ④ e + a

EX. 54

EX. 55

① e + a ② e + a ③ e + a ④ e + a ① e + a ② e + a ③ e + a ④ e + a

EX. 56

EX. 57

① e + a ② e + a ③ e + a ④ e + a ① e + a ② e + a ③ e + a ④ e + a

EX. 58

EX. 59

① e + a ② e + a ③ e + a ④ e + a ① e + a ② e + a ③ e + a ④ e + a

EX. 58 R L R R L R R L R R L R **EX. 59**

① e + a ② e + a ③ e + a ④ e + a ① e + a ② e + a ③ e + a ④ e + a

EX. 60 **EX. 61**

① e + a ② e + a ③ e + a ④ e + a ① e + a ② e + a ③ e + a ④ e + a

EXs 62-74 - Group Six - Alternate Hi-Hat Rhythm 2



EX. 69

EX. 70

① e + a ② e + a ③ e + a ④ e + a ① e + a ② e + a ③ e + a ④ e + a

EX. 71

EX. 72

R R L R R L R R L R R L ① e + a ② e + a ③ e + a ④ e + a ① e + a ② e + a ③ e + a ④ e + a

EX. 73

EX. 74

① e + a ② e + a ③ e + a ④ e + a ① e + a ② e + a ③ e + a ④ e + a

EX. 75

EX. 76

R R L R R L R R L R R L ① e + a ② e + a ③ e + a ④ e + a ① e + a ② e + a ③ e + a ④ e + a

EX. 77

EX. 78

① e + a ② e + a ③ e + a ④ e + a ① e + a ② e + a ③ e + a ④ e + a

EX. 79

EX. 80

① e + a ② e + a ③ e + a ④ e + a ① e + a ② e + a ③ e + a ④ e + a

