

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

EX. 1 EX. 2

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

EX. 3 EX. 4

① e + a ② e + a ③ e + a ④ e + a

EX. 5 EX. 6

① e + a ② e + a ③ e + a ④ e + a

EX. 7 EX. 8

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

Musical notation for EX. 21 showing a drum set with snare and tom-toms. The notation includes a sequence of notes corresponding to the R L R L pattern, with accents and dynamics markings.

EX. 22

① e + a ② e + a ③ e + a ④ e + a

Musical notation for EX. 22 showing a drum set with snare and tom-toms. The notation includes a sequence of notes corresponding to the e + a pattern, with accents and dynamics markings.

EX. 23

① e + a ② e + a ③ e + a ④ e + a

Musical notation for EX. 23 showing a drum set with snare and tom-toms. The notation includes a sequence of notes corresponding to the e + a pattern, with accents and dynamics markings.

EX. 24

① e + a ② e + a ③ e + a ④ e + a

Musical notation for EX. 24 showing a drum set with snare and tom-toms. The notation includes a sequence of notes corresponding to the e + a pattern, with accents and dynamics markings.

EX. 25

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

Musical notation for EX. 25 showing a drum set with snare and tom-toms. The notation includes a sequence of notes corresponding to the R L R L pattern, with accents and dynamics markings.

EX. 26

① e + a ② e + a ③ e + a ④ e + a

Musical notation for EX. 26 showing a drum set with snare and tom-toms. The notation includes a sequence of notes corresponding to the e + a pattern, with accents and dynamics markings.

EX. 27

① e + a ② e + a ③ e + a ④ e + a

Musical notation for EX. 27 showing a drum set with snare and tom-toms. The notation includes a sequence of notes corresponding to the e + a pattern, with accents and dynamics markings.

EX. 28

① e + a ② e + a ③ e + a ④ e + a

Musical notation for EX. 28 showing a drum set with snare and tom-toms. The notation includes a sequence of notes corresponding to the e + a pattern, with accents and dynamics markings.

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

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

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. 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

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. 81

① e + a ② e + a ③ e + a ④ e + a

EX. 82

① e + a ② e + a ③ e + a ④ e + a

EX. 83

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

① e + a ② e + a ③ e + a ④ e + a

EX. 84

① e + a ② e + a ③ e + a ④ e + a

EX. 85

① e + a ② e + a ③ e + a ④ e + a

EX. 86

① e + a ② e + a ③ e + a ④ e + a