# THE RUDIMENTS: 

## A Learning Sequence

INCLUDING: APPLICATION EXERCISES AND PROGRESS CHART

## Quadrant D

31. Triple Stroke Roll
32. Ten Stroke Roll
33. Eleven Stroke Roll
34. Inverted Flam Tap
35. Flam Drag
36. Flam Paradiddle-diddle
37. Drag Paradiddle \#1
38. Drag Paradiddle \#2
39. Double Ratamacue
40. Triple Ratamacue

## Learning Sequence Handbook Courtesy Of:


the number ONE drumstick in the world!

## THE RUDIMENTS: A Learning Sequence

## Quadrant D

31. TRIPLESTROKE ROLL



Applied:


TRACK YOUR PROGRESS:

| BRONTE | SILYER | COLD | PLATINUM | DIAMOND |
| :---: | :---: | :---: | :---: | :---: |
| m.m. $=50-65$ | $m \cdot m . ~=70-85$ | $m \cdot m .=90-105$ | $m \cdot m \cdot=110-125$ | $m \cdot m .=130-145$ |
|  |  |  |  |  |

32. TEN STROKE ROLL


## Duple Interpretation

Applied:


TRACK YOUR PROGRESS:

| BRONTE | SILVER | COLD | PLATINUM | DIAMOND |
| :---: | :---: | :---: | :---: | :---: |
| $m \cdot m . ~=60-75$ | $m \cdot m . ~=80-95$ | $m \cdot m .=100-115$ | $m \cdot m \cdot=120-135$ | $m \cdot m .=140-160$ |
|  |  |  |  |  |

## Triple Interpretation

Applied:


TRACK YOUR PROGRESS:

| BRONTEE | SILVER | GOLD | PLATINUM | DIAMOND |
| :---: | :---: | :---: | :---: | :---: |
| m.m. $=80-95$ | m.m. $=100-115$ | m.m. $=120-135$ | m.m. $=140-155$ | m.m. $=160-180$ |
|  |  |  |  |  |

## TLE RUDIMENTS:



## Duple Interpretation

Applied:


TRACK YOUR PROGRESS:

| BRONRE | SILVER | COLD | PLATINUM | DIAMOND |
| :---: | :---: | :---: | :---: | :---: |
| m.m. $=60-75$ | m.m. $=80-95$ | m.m. $=100-115$ | m.m. $=120-135$ | m.m. $=140-160$ |
|  |  |  |  |  |

## Triple Interpretation

Applied:


TRACK YOUR PROGRESS:

| BROTV2 | STHVR | COLD | PLATMIUM | DTAMOND |
| :---: | :---: | :---: | :---: | :---: |
| m.m. $=80-95$ | m.m. $=100-115$ | m.m. $=120-135$ | m.m. $=140-155$ | m.m. $=160-180$ |
|  |  |  |  |  |

34. INVERTED FLAM TAP


Applied:


## TRACK YOUR PROGRESS:

| BROM2 $=$ | SHVER | COLD | PLATMTUM | D/AMOND |
| :---: | :---: | :---: | :---: | :---: |
| m.m. $=40-55$ | m.m. $=60-75$ | m.m. $=80-95$ | m.m. $=100-115$ | m.m. $=120-135$ |
|  |  |  |  |  |



Applied:


TRACK YOUR PROGRESS:

| BROITA | STH/ER | COLD | PLATHIUN | DTAMOHD |
| :---: | :---: | :---: | :---: | :---: |
| m.m. $=50-70$ | m.m. $=75-95$ | m.m. $=100-120$ | m.m. $=125-145$ | m.m. $=150-170$ |
|  |  |  |  |  |

36. FLAM

PARADIDDLE-DIDDLE


Applied:


TRACK YOUR PROGRESS:

| BROITA | STH/ER | COLD | PLATNUM | DMAMOTD |
| :---: | :---: | :---: | :---: | :---: |
| m.m. $=35-45$ | m.m. $=50-60$ | m.m. $=65-75$ | m.m. $=80-90$ | m.m. $=95-105$ |
|  |  |  |  |  |

37. DRAGPARADIDDLE \#I


Applied:


TRACK YOUR PROGRESS:

| BROTV2 | STMVER | COLD | PLATMUM | DTAMOMD |
| :---: | :---: | :---: | :---: | :---: |
| m.m. $=50-55$ | m.m. $=60-65$ | m.m. $=70-80$ | m.m. $=85-95$ | m.m. $=100-110$ |
|  |  |  |  |  |

38. DRAGPARADIDDLE \#2


Applied:

TRACK YOUR PROGRESS:

| BROMVE | STHER | COLD | PLATMNM | D/AMOND |
| :---: | :---: | :---: | :---: | :---: |
| m.m. $=50-70$ | m.m. $=75-95$ | m.m. $=100-120$ | m.m. $=125-145$ | m.m. $=150-160$ |
|  |  |  |  |  |

39. DOLBBLE RATAMACLE


Applied:


TRACK YOUR PROGRESS:

| BROMRE | STHVER | COLD | PLATMUN | DMAMOND |
| :---: | :---: | :---: | :---: | :---: |
| m.m. $=35-45$ | m.m. $=50-60$ | m.m. $=65-75$ | m.m. $=80-90$ | m.m. $=95-105$ |
|  |  |  |  |  |

40. TRIPLE RATAMACLE


Applied:


## TRACK YOUR PROGRESS:

| BROMFA | STM/ER | COLD | PLATMUUM | D/AMOMD |
| :---: | :---: | :---: | :---: | :---: |
| $m \cdot m . ~=50-60$ | $m \cdot m .=65-75$ | $m \cdot m .=80-95$ | $m \cdot m .=100-115$ | $m \cdot m .=120-135$ |
|  |  |  |  |  |

