



Endurance Exercises Paradiddle Hand/Foot Ex

This paradiddle combination is a great challenge, not only for your right foot technique and endurance but also for your evenness of notes when splitting between right and left hands.

Here's the main exercise split between floor tom & snare in 32nd notes:

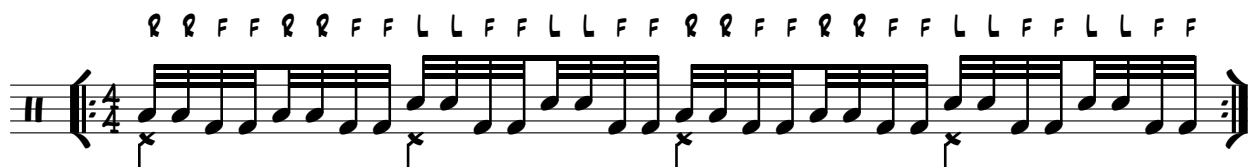


Now we can try to come up with some other options/patterns.

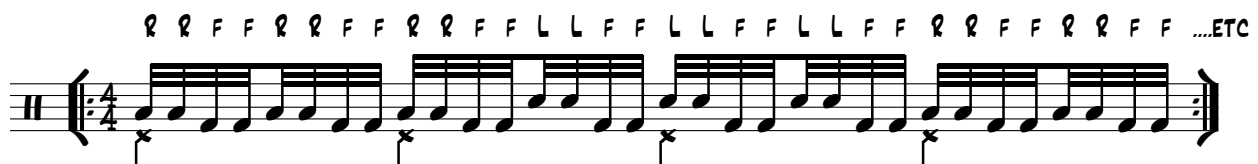
Singles:



Doubles:



3's:



4's:

