

Paradiddle Exercise Around the Kit

Single R.H.

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

Double R.H.

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

Triple R.H.

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

Single L.H.

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

Double L.H.

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

Triple L.H.

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

Single R.H.