

The Flam Parradiddle uses the same sticking pattern as a regular parradiddle except that you now add a flam on every downbeat. This can be a tricky rudiment to get up to speed because essentially, when you consider that the grace note of the flam is another stroke, you're playing 4 strokes in a row with each hand.

Try playing the LH on your leg (so that you can't hear it), while playing the RH on the snare drum. You'll hear the 4 continuous notes of the flam parradiddle on the snare. This is another great exercise for building up your hand and particularly finger speed.

R L R R L R L L



The image shows a musical staff with a treble clef and a key signature of one flat (Bb). The notation consists of two measures. The first measure starts with a grace note (marked with a 'v') on the first line (F4), followed by a quarter note on the second line (G4), a quarter note on the second space (A4), a quarter note on the third line (Bb4), and a quarter note on the third space (C5). The second measure starts with a grace note (marked with a 'v') on the second line (G4), followed by a quarter note on the second space (A4), a quarter note on the third line (Bb4), and a quarter note on the third space (C5). The notes in each measure are beamed together. The letters 'R L R R L R L L' are positioned above the staff, corresponding to the sticking pattern for each note.