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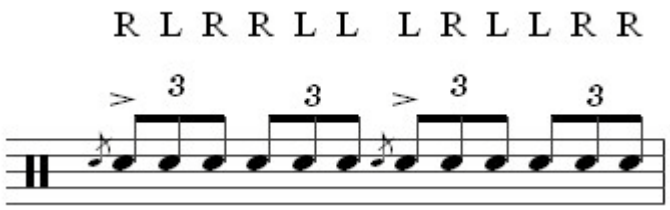
The Flam Parradiddle Diddle is another great rudiment that will build your hands evenly, since you essentially alternate between playing the rudiment with RH, then LH lead.