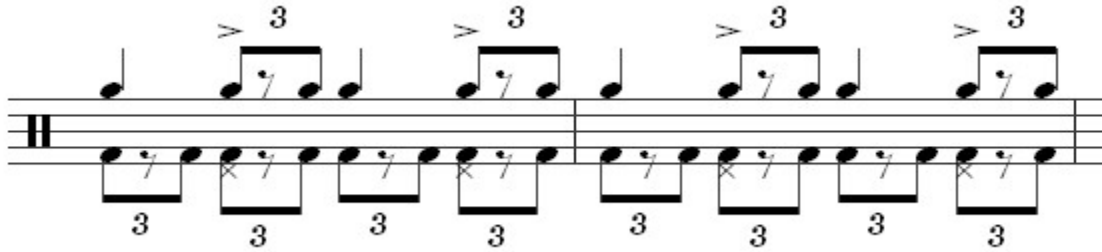


EXERCISE 1.

This first exercise looks at playing swung 8ths on the bass drum. Although this phrase isn't necessarily something you would play often, it's a great exercise for teaching the bass drum foot to play on any or all of the downbeats using swung 8ths.



EXERCISE 2.

This pattern looks at playing bass drum notes on the upbeats only - that is the third triplet only.

