

EXERCISE 1.

In this exercise you are using all 3 limbs - the RH on hihats, the LH on snare and the RF on bass drum. This exercise will give us the most basic of rock beats, and a beat from which almost every modern rock/pop beat is based around.

This is the beat in its entirety..



As with every new pattern that you learn - if you can't play the exercise straight away, break it down into smaller sub units. Master them, then piece it back together. So with a 3 limb exercise like this, we have 3 sub units to practice:

1 - Snare and Hihats (hands only)



2 - Snare and Bass Drum



3 - Bass Drum and Hihats



Even though this approach may seem like more work initially, it really is the fastest way to learn an exercise. Any exercise.