

# Single Stroke Exercises

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A

Snare Drum

1 2 3 4 1 2 3 4

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

B

1 2 3 4 1 2 3 4

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

C

1 2 3 4 1 2 3 4

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

D

1 2 3 4 1 2 3 4

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

E

1 2 3 4 1 2 3 4

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

Single strokes are easy with the HingeStix. Throw your stick down with a relaxed grip, and feel the rebound that the free motion of the stick allows (like bouncing a ball). Feel your back fingers under the stick and the slight rotation of the swivel pads in your hand. Keep that going for a more relaxed single stroke roll and better endurance.