

Double Stroke Exercises

Sam Ruttenberg

A

Snare Drum

1 2 3 4 1 2 3 4

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

B

1 2 3 4 1 2 3 4

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

D

1 2 3 4 1 2 3 4

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

E

1 2 3 4 1 2 3 4

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

Double strokes for your open roll are also easy with the HingeStix. Throw your stick down with a relaxed grip. Strike the surface ONCE and then let the bounce be your 2nd stroke. You can assist that bounce with a little bit of wrist and back finger under the stick to get the same volume you got on the 1st stroke. Keep that going for a more relaxed double stroke roll with better endurance.