

Accented Triplets with Double Strokes - Lesson #2

(SDVL73)

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In this lesson we will apply the “Accented Triplet Double Stroke” concept to eight commonly used triplet patterns and create the foundation for a series of great sounding fills I know you will love playing.

Here's our first accented triplet pattern. Practice it from 80-140 bpm.

Triplet pattern #1

1. $\text{♩} = 80-140$

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

Now, to create accented triplet double strokes we will combine examples 15 and 4 from the *Accent Guide*.

2.

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

In the lesson #1 all of the examples were written in a 3/8 time signature so they would be easier to read. However, we are playing triplets so from here on out all of the examples will be written using a combination of eighth and 16th note triplets. Here is how example 1 would be written when the accented triplet double stroke concept is applied.

$\text{♩} = 80 - 140$

3.

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

For the following seven examples I will write out the eighth note accented triplet pattern followed by the accented double stroke triplet version. Practiced each example from 80 - 140 bpm.

Triplet pattern #2

4.

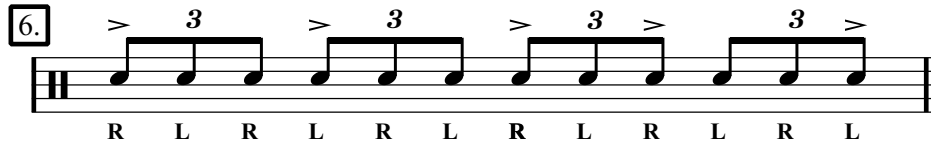
R L R L R L R L R L R L

Triplet pattern #2 incorporates examples 14 and 12 from the *Accent Guide*.

5.

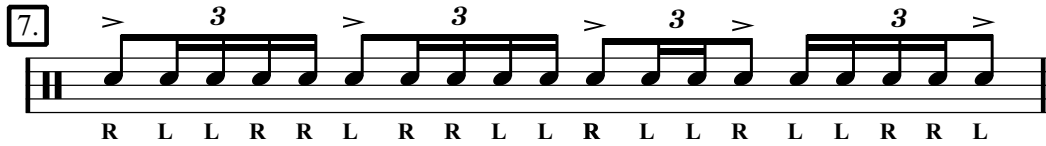
R L L R R L R R L R R L L R L R R L L

Triplet pattern #3

6. 

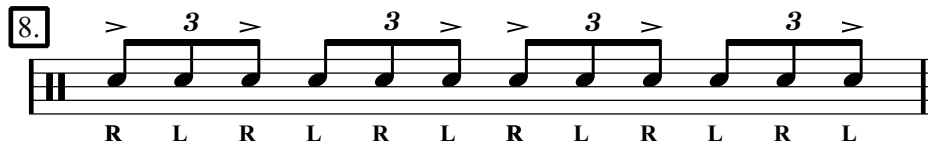
R L R L R L R L R L R L R L

Triplet pattern #3 incorporates examples 4 and 15 from the *Accent Guide*.

7. 

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

Triplet pattern #4

8. 

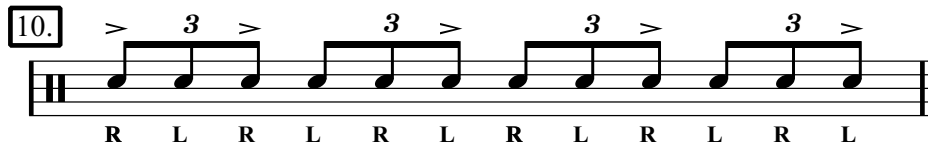
R L R L R L R L R L R L

Triplet pattern #4 repeats example 15 from the *Accent Guide* twice.

9. 

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

Triplet pattern #5

10. 

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

Triplet pattern #5 incorporates examples 15 and 7 from the *Accent Guide*.

11. 

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

Triplet pattern #6

12. 

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


Triplet pattern #6 incorporates examples 4 and 7 from the *Accent Guide*.

13. 


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

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Triplet pattern #7

14. 
 R L R L R L R L R L R L


Triplet pattern #7 incorporates examples 11 and 12 from the *Accent Guide*.

15. 
 R L L R R L L R R L R R L L R L R R L L

Triplet pattern #8


16. 
 R L R L R L R L R L R L

Triplet pattern #8 incorporates examples 7 and 4 from the *Accent Guide*.

17. 
 R R L L R L L R R L R L L R R L R R L L

Now, we will take a few of the accented triplet double stroke patterns and combine them to create some nice sounding two-bar phrases. We will start by combining patterns 1 and 2.

Two Bar Phrase #1

18. 
 R L L R L L R R L R L L R R L R L L R R L R L L R R L R L L R R L L R L L R R L L

Here we will combine triplet patterns 1 and 3

Two Bar Phrase #2

19. 
 R L L R L L R R L R L L R R L R L L R R L R L L R R L R L L R R L L R L L R R L L

Next we will combine triplet patterns 1 and 7

Two Bar Phrase #3

20. 
 R L L R L L R R L R L L R R L R L L R R L R L L R R L L R L L R R L L

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Now we will combine patterns 2 and 5

Two Bar Phrase #4

21.

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

For this example we will combine triplet patterns 2 and 4

Two Bar Phrase #5

22.

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

For our last two-bar phrase we will combine triplet patterns 3 and 8

Two Bar Phrase #6

23.

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

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