

Double Paradiddle Workout

John Xepoleas

In the lesson I will teach you a fun, hip approach to practicing the **Double Paradiddle** rudiment that Steve Smith shared with me years ago. Traditionally we are taught to practice our rudiments by starting slow and gradually increasing our speed. However, for this approach, we'll set a tempo, then apply the Double Paradiddle sticking to 5 different rhythms, 8th notes, 8th note triplets, 16th notes, 16th note triplets and 32nd notes.

Practice the workout with a metronome. This is essential to help you get the correct feel for each of the rhythms. Play the accented notes 6-12" off of the head and play the un-accented notes 2-3" off of the head. Practice each example until you are completely comfortable with it. Once you are, practice the workout as ones continuous piece. Be sure to make smooth transitions from one example to the next.

♩ = 60 - 80

1. *(Repeat two times)*

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

Full Transcriptions are Free with your membership