

Swiss Triplet Workout

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In this lesson I will teach you a fun, hip way to practice “Swiss Triplets”. It’s an approach to playing rudiments that Steve Smith shared with me years ago and I’ve practiced this way ever since. Traditionally, we’re taught to practice our rudiments by starting slow and gradually increasing our speed. However, for this approach, we’ll set our tempo, then, apply the “Swiss Triplet” sticking to five different rhythms, 8th notes, 8th note triplets, 16th notes, 16th note triplets and 32nd notes.

To start, we’ll play the "Swiss Triplets" as 8th notes. Because we are applying a three-note accented sticking pattern to a two-note rhythm, we create a “2 over 3” polyrhythm. Meaning two accents are played evenly over 3 beats.

For this and all of the examples in this lesson, practice with a metronome. The metronome is an essential tool to help you get the correct feel for each of the rhythms. To get the best sound, play the accented notes 6-12” off of the head and play the un-accented notes 2-3” off of the head.

1.

LR R L LR R L

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