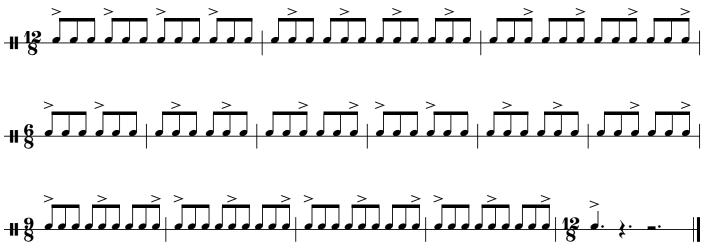
Triplet Grid

With a metronome and while marking time:

- Play with natural sticking off the right and left
- Make up your own variations:
 - Flam on first partial, second, third; flam on accents
 - Diddle on first partial, second, third
 - Flam/Diddle combinations



7/8 Paradiddles

With a metronome and while marking time:

- Play off the right hand, then repeat off the left hand
- Play off the left hand, then repeat off the right hand
- When playing multiple times, continue to alternate the starting hand

