

Swiss Army Triplets

Swisslets

Here are some examples to help get comfortable with swiss army triplets (swisslets). For examples ① and ②, don't forget to practice with a left hand lead. Even though the accented hand is playing a series of down and up strokes, as you get faster, it essentially utilizes the same drop-catch technique as the tap stroke hand. When playing swiss army triplets at a fast tempo, the weight distribution in your hand is shifted to the fulcrum for support.

①

a L R R L L R

b L R R L L R R L L R

c L R R L L R R L L R R L L R

Double-Time Sprints

②

a R R L R R L R R L R R L R R L R R L R R L

b R R L R R L R R L R R L R R L R R L R R L R R L R R L R R L R R L R R L R R L R R L R R L R R L R R L R R L

Triplets and Swisslets

③ R L R L L R L L R L L R L L R L R L R R L R R L R R L R R L


Swisslets and Flamlets


④ R R L R R L R R L R L R L L R L L R L L R L L R L R L

Swiss Army Triplets

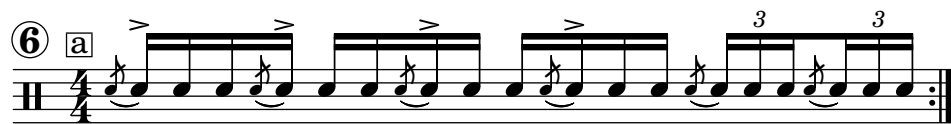
Swisslets

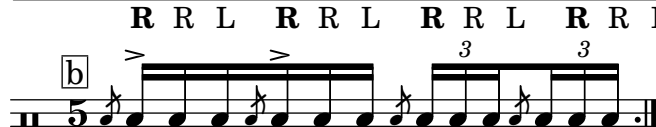
With Flammed Mills and Flamadiddles

⑤ a 
RRL RRL RRL RRL RRL RRL LLR LLR LLR LLR LLR L

b 
RRL RRL RRL RRL RRL RRL LLR LLR LLR LLR LLR LRL L


16ths and Sixlets


⑥ a 
RRL RRL RRL RRL RRL RRL

b 
RRL RRL RRL RRL

Can play with left hand lead

16ths and Flam Taps

⑦ a 
RRL RRL RRL RRL RR LL

b 
RRL RRL RRL RRL RR LLR LLR LLR LLR LL