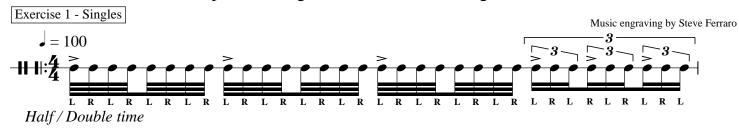


For more information visit www.sticktrix.com Chapter 1: "Singles" - Exercises 1 through 5



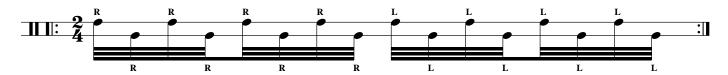




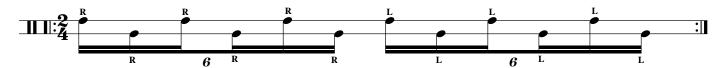
#### Exercise 2 - Groups of 8 / Alternating singles



Exercise 3 - Groups of 4 / Alternating singles



Exercise 4 - Groups of 3 / Alternating singles



Exercise 5 - Combinations! Improvisations using groups of 8, 6, 4, 3, 2, and 1's, i.e.:



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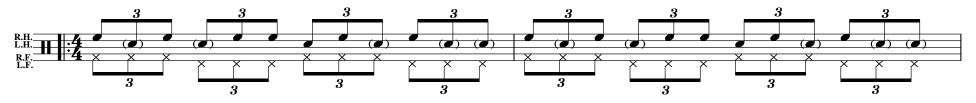
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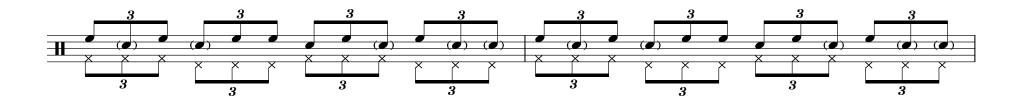
Chapter 1: "Singles" - Exercise 6

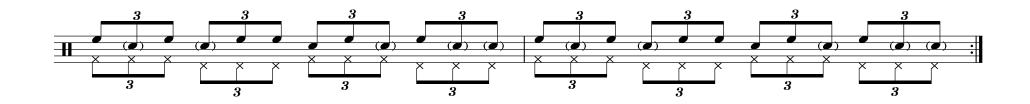


Music engraving by Steve Ferraro











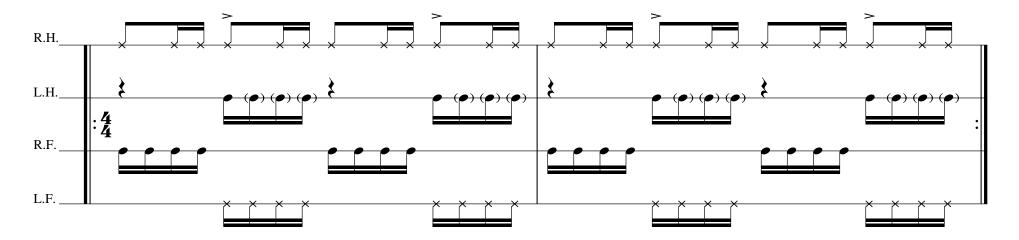
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Chapter 1: "Singles" - Exercise 7



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Exercise 7 - Groups of 4 "on the beat"





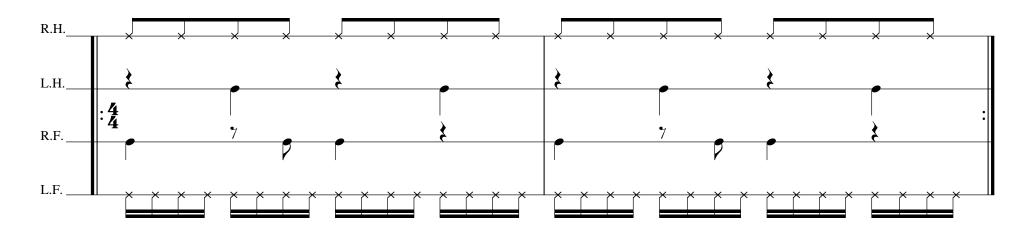
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Chapter 1: "Singles" - Exercise 8



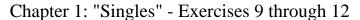
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#### Exercise 8





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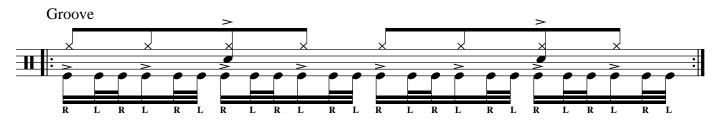


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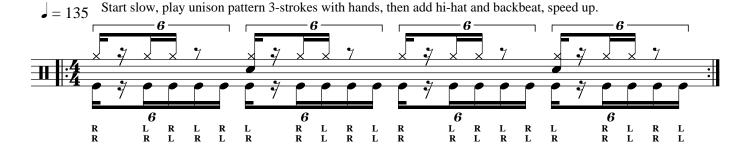




Start slow, play unison pattern 3-strokes with hands, then add crashes and groove.

#### Exercise 15 - Alternating 5-strokes





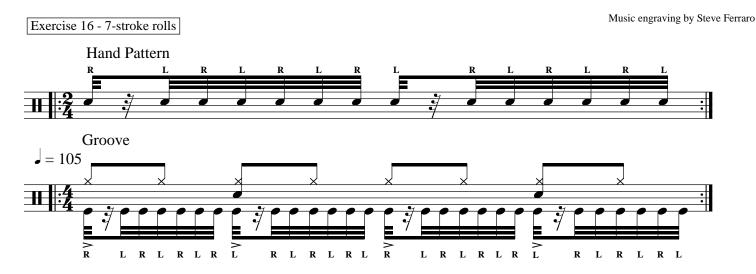




For more information visit www.sticktrix.com

Chapter 1: "Singles" - Exercises 16 and 17

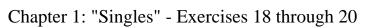






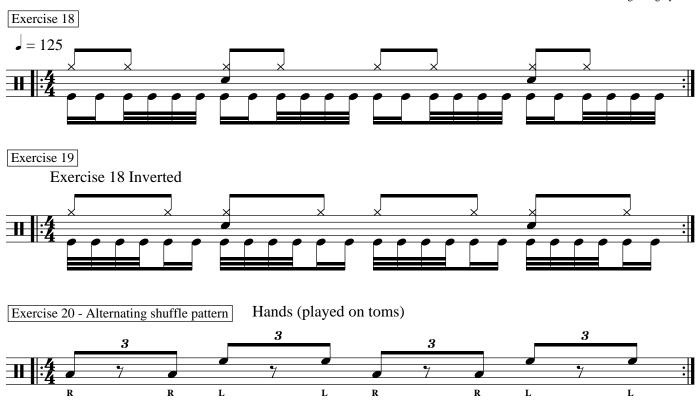


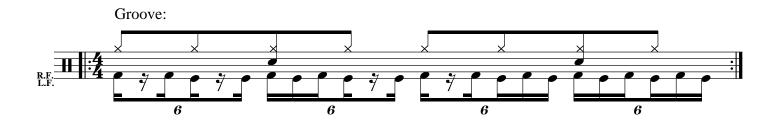
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Music engraving by Steve Ferraro







# Thomas Lang: Creative Control For more information visit www.sticktrix.com

Chapter 1: "Singles" - Exercises 21 through 23



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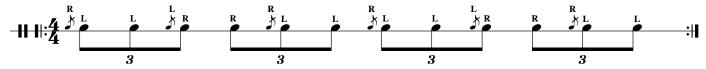
Exercise 21 - Flam taps / Hands & Feet

Exercise 22 - Flam accents / Hands & Feet

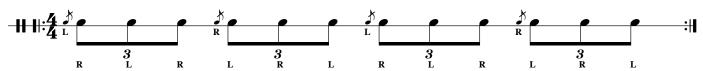


#### Exercise 23 - Flam accent foot ostinato with various hand patterns, starting with flam taps on top!

Hands: flam-taps

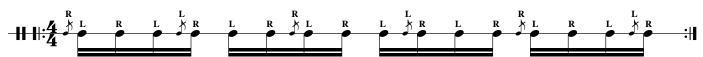


Feet: flam-accents

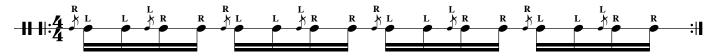


Exercise 23.1 - Flam tap foot ostinato with various hand patterns, starting with flam accents.

Hands: flam-accents



Feet: flam-taps





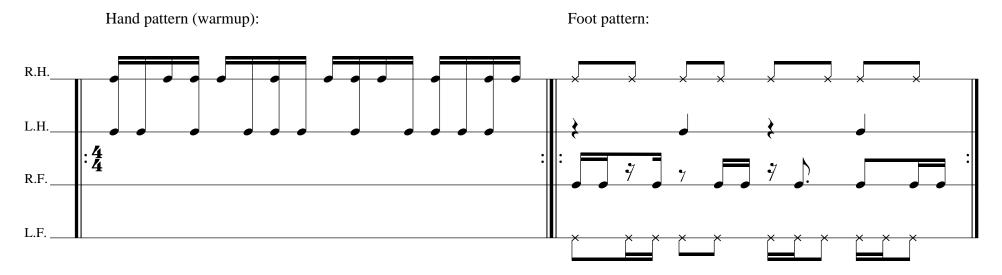
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Chapter 1: "Singles" - Exercise 24



Music engraving by Steve Ferraro

#### Exercise 24 - Overlapping singles/Unison strokes





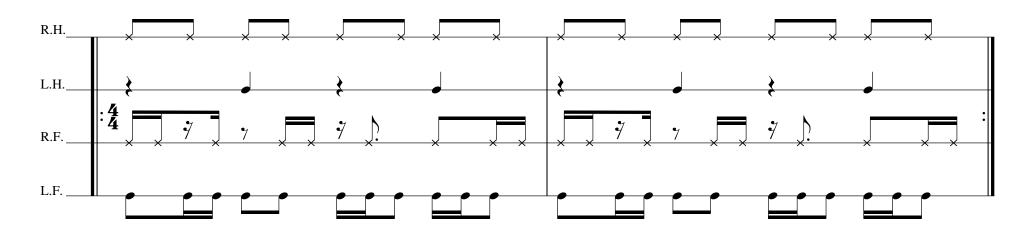
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Chapter 1: "Singles" - Exercise 24.1



Music engraving by Steve Ferraro

### Exercise 24.1 - Inverted Foot Pattern





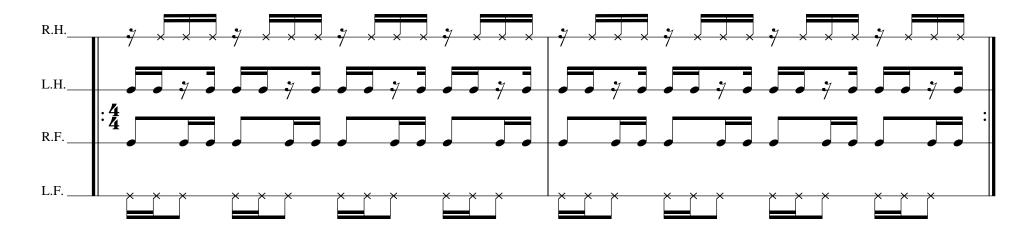
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Chapter 1: "Singles" - Exercise 25



Music engraving by Steve Ferraro

Exercise 25 - Flam tap overlaps





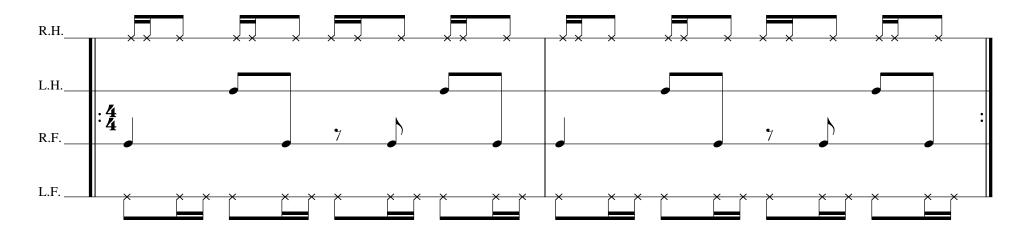
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Chapter 1: "Singles" - Exercise 26



Music engraving by Steve Ferraro

Exercise 26 - Flam tap ostinato - right hand/left foot





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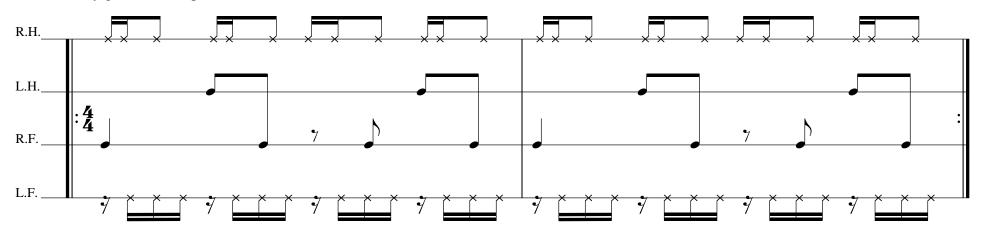
Chapter 1: "Singles" - Exercise 27



Music engraving by Steve Ferraro

#### Exercise 27 - Left foot ostinato variation

Play grooves on top of ostinato





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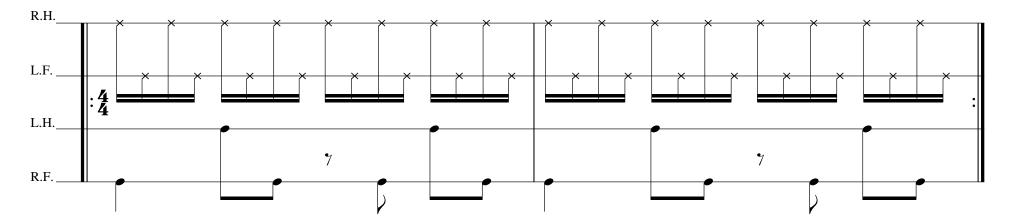
Chapter 1: "Singles" - Exercise 28



Music engraving by Steve Ferraro

Exercise 28 - Right hand/left foot 16th's alternating

Play grooves on top of ostinato





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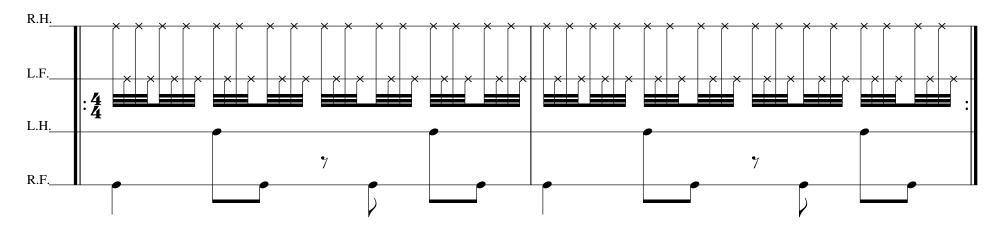
Chapter 1: "Singles" - Exercise 29



Music engraving by Steve Ferraro

Exercise 29 - Right hand/left foot 32nd's alternating

Play grooves on top of ostinato





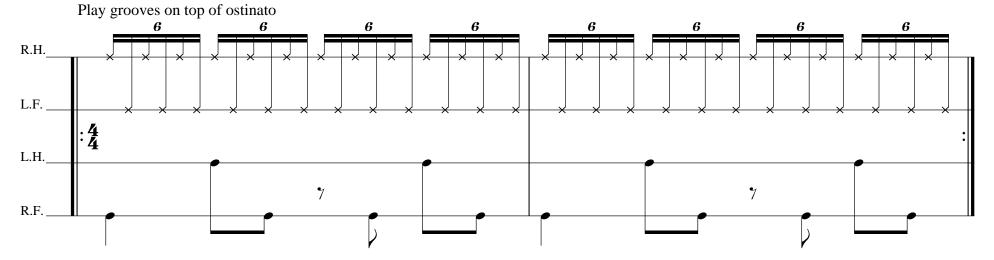
For more information visit www.sticktrix.com

Chapter 1: "Singles" - Exercise 30



Music engraving by Steve Ferraro

#### Exercise 30 - Right hand/left foot 16th-note triplets alternating





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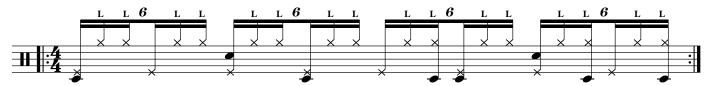


Chapter 2: "Doubles" - Exercises 31 through 33

Exercise 31 - Doubles: Left hand "warmup"

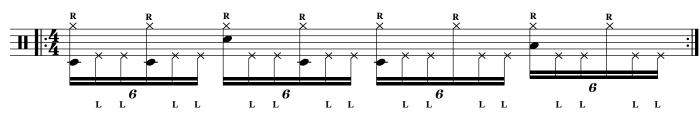
Music engraving by Steve Ferraro

Play 16th-note triplets with left hand and foot hat. Play groove and improvise with right hand.



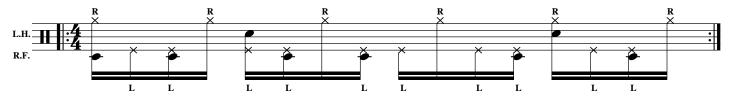
Then, turn around: switch hand and foot, play groove:

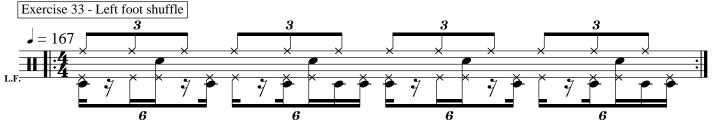
$$= 170$$



Exercise 32 - Groups of three 16th notes with groove on top

J = 115 Play groups of three 16th notes over groove, improvise...





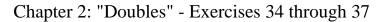
Don't consider foot technique and control to be solely bass drum technique. Foot control means technique to be applied on all pedals; 50% and more is hat playing.

1) Slow: Heel down J = 1302) Fast: Heel up J = 170

...Play super fast, play left foot also on kick, right foot on right hat.



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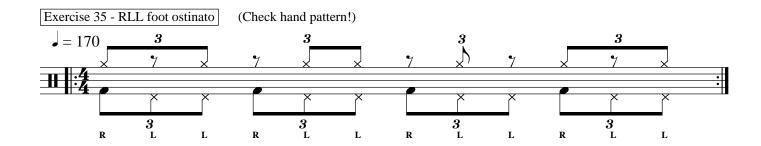
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Exercise 34 - Unison 3 over 4 foot shuffle



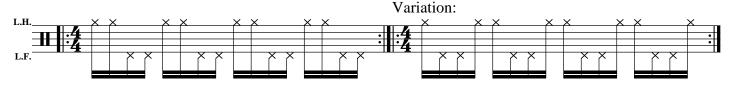
Same kick part, but played as 16th notes, left foot on kick, super fast. Accelerate. Heel down = 120

Same, only unison foot part. Then fill "gaps" with right foot on kick + hat. Heel up = 135



#### Exercise 36 - Doubles between left hand and left foot

Heel down! Improvise on top. Do rudiments: singles, doubles, flams...



Exercise 37 - "Doubles" on 3 hats / left hand / left foot

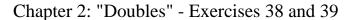
Improvise over groove. Play left hand/left foot ostinato. Use 2 hats, splash. Next, switch to left foot kick, right foot right hat.



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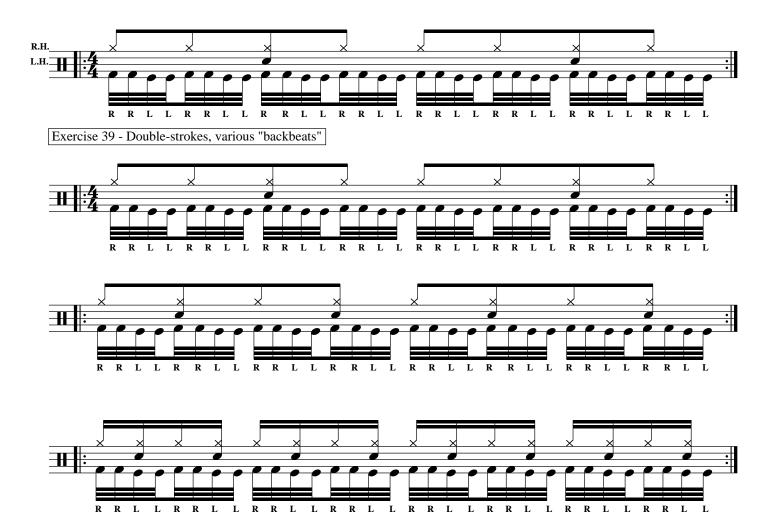
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Exercise 38 - Double-stroke double-kick grooves

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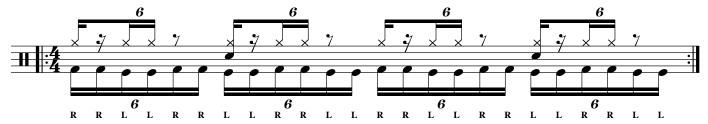
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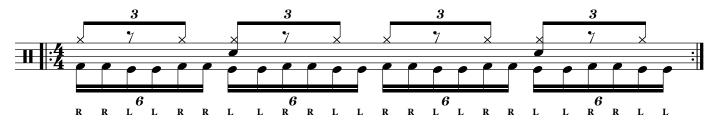
Chapter 2: "Doubles" - Exercises 40 through 42

Music engraving by Steve Ferraro

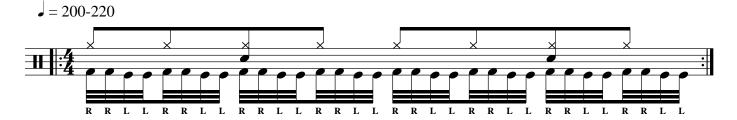
#### Exercise 40 - Double-strokes in a 16th-note triplet feel



### Exercise 41 - Double-strokes in a 16th-note triplet feel with right-hand variation

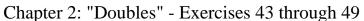


#### Exercise 42 - Pushing the tempo, 200 - 220 bpm





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Doubles: with these exercises you'll be able to develop total freedom and control to play accents in double kick drum rolls.

Music engraving by Steve Ferraro







Exercise 46 - Double-stroke rolls with accents var. 4

Exercise 45 - Double-stroke rolls with accents var. 3

Exercise 47 - Double-stroke rolls with accents var. 5



Exercise 48 - Double-stroke rolls with accents var. 6



Exercise 49 - Double-stroke rolls with accents var. 7



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Music engraving by Steve Ferraro

#### Chapter 3: "Combinations" - Exercise 50

Exercise 50

J = 110 (slow)

A very simple pattern, play shuffle on top (with left hand lead).



Turn pattern around, now right hand lead.



Then bring the two versions together.



Now play as 16th's. Now the pattern is taking shape. Also left lead!



I'll be doing this with a few very simple patterns. Remeber to always combine everything with everything! Switch hands and feet at will, that is the principle. Free your mind! Start thinking fast and multidimensionally!

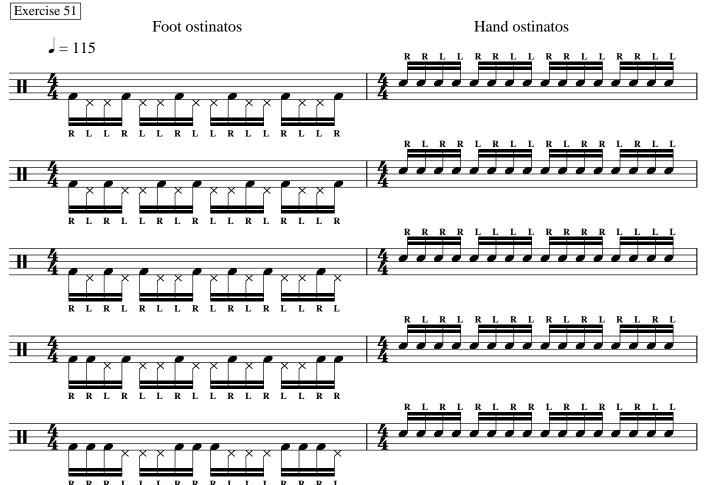


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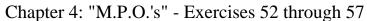
Chapter 3: "Combinations" - Exercise 51

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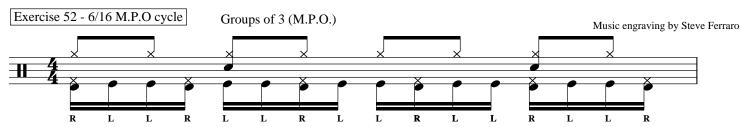


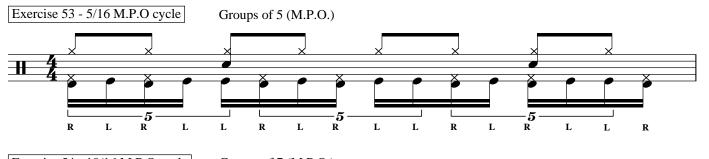


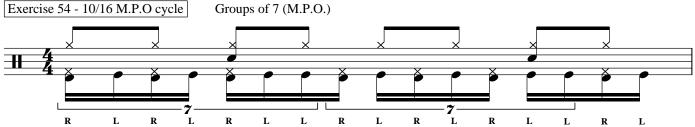
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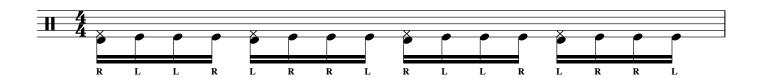




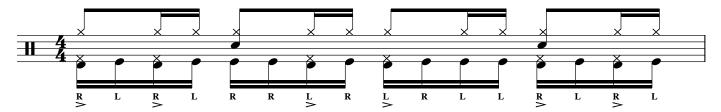




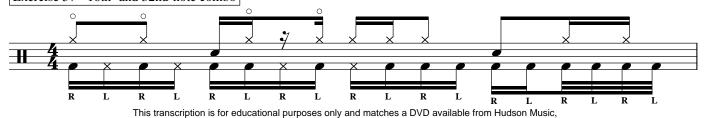
Exercise 55 - Paradiddle M.P.O



#### Exercise 56 - Double paradiddle M.P.O.



Exercise 57 - 16th- and 32nd-note combo



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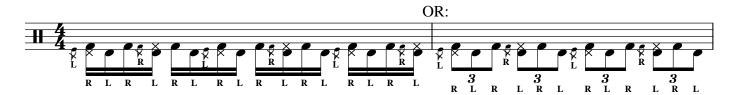
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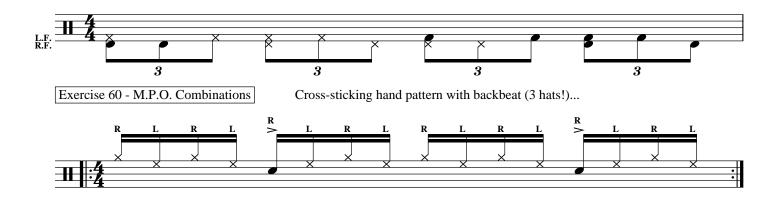
Chapter 4: "M.P.O.'s" - Exercises 58 through 60

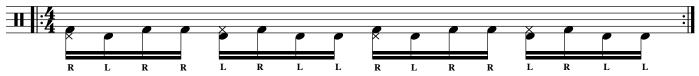
Music engraving by Steve Ferraro

Exercise 58 - Flam accent M.P.O.



Exercise 59 Flam accent M.P.O. variation





Improvise various patterns: 3's, 6's, 5's, 10's, 7's, double paradiddles, 5-stroke bursts. Also: change hand pattern (off-beat china, ...)

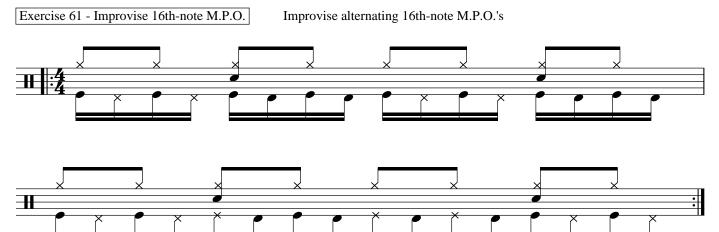


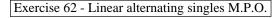
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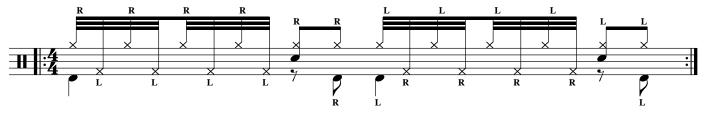


Chapter 4: "M.P.O.'s" - Exercises 61 and 62

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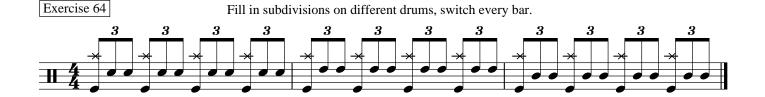
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### Chapter 5: "Movement & Mechanics" - Exercises 63 through 69

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Exercises 65 through 69 are are all variations of this triplet pattern, orchestrated using different instruments and different sides of the kit.



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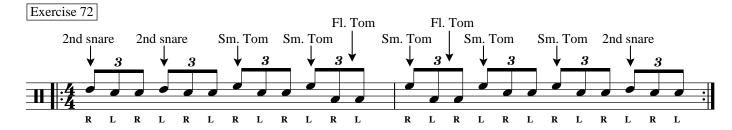
### Chapter 5: "Movement & Mechanics" - Exercises 70 through 72

Play repetitive phrases, string them together! Do not play random patterns, Exercise 70 play structures and patterns that are repetitive! (rhythms!)

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Exercise 73 - Part III

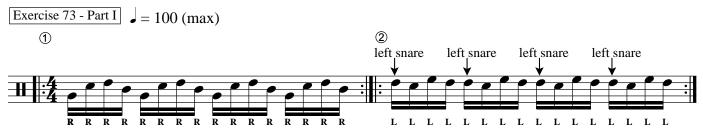
### Thomas Lang: Creative Control

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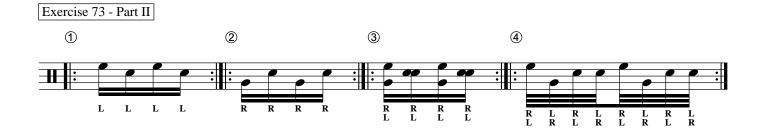
Chapter 5: "Movement & Mechanics" - Exercise 73

Music engraving by Steve Ferraro











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Chapter 5: "Movement & Mechanics" - Exercises 74 through 76

Music engraving by Steve Ferraro

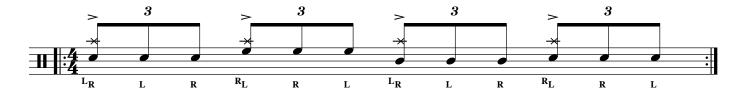
Exercise 74 - Flam taps



Exercise 75 - Flam taps, with cymbals



Exercise 76 - Flam accents





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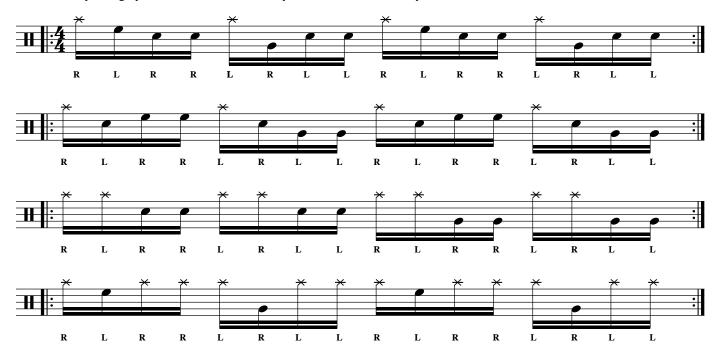


Chapter 5: "Movement & Mechanics" - Exercise 77

Music engraving by Steve Ferraro

#### Exercise 77 - Paradiddle orchestration

Play string/cycle of 4 bars or 8 bars. Play kick drum with crash cymbals.





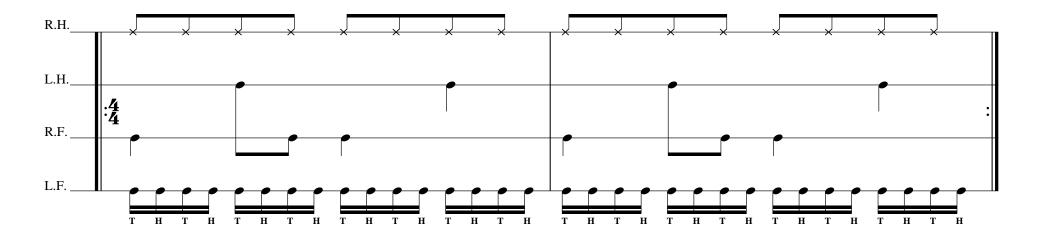
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Chapter 6: "twin FX" - Exercise 78



Music engraving by Steve Ferraro

#### Exercise 78 - Straight 16th's





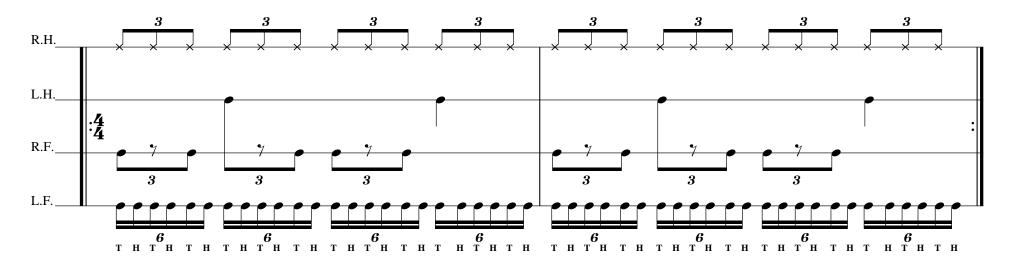
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Chapter 6: "twin FX" - Exercise 79



Music engraving by Steve Ferraro

#### Exercise 79 - 16th-note triplets





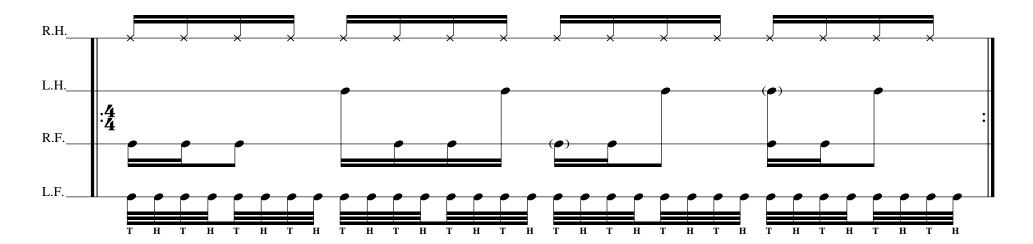
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Chapter 6: "twin FX" - Exercise 80



Music engraving by Steve Ferraro

Exercise 80 - 32nd notes





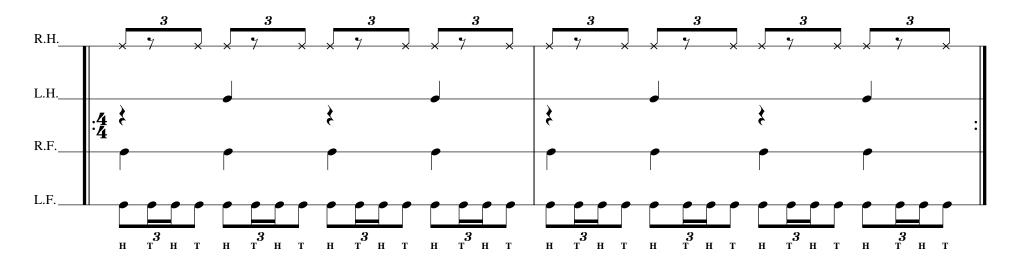
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Chapter 6: "twin FX" - Exercise 81



Music engraving by Steve Ferraro

#### Exercise 81





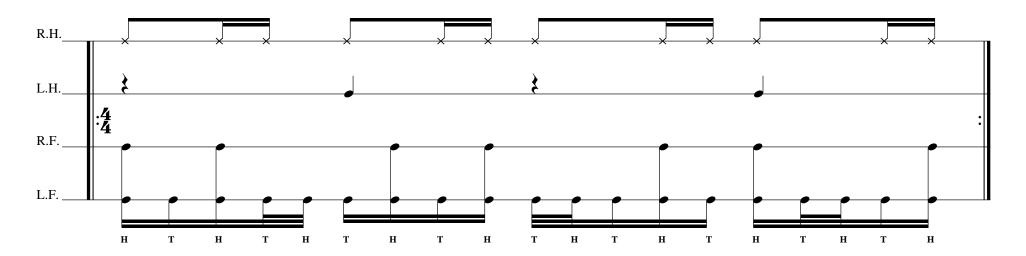
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Chapter 6: "twin FX" - Exercise 82



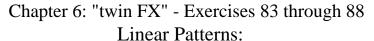
Music engraving by Steve Ferraro

Exercise 82 - 10/16 kick drum pattern





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Music engraving by Steve Ferraro

Exercise 83 - Singles 1+1 (No heel)

Exercise 84 - Singles 1 + 2



Exercise 84.1 - Singles 2 + 2 "Quads"

Exercise 85 - Singles 3 + 3



Exercise 86 - Singles 4 + 4

Exercise 87 - Singles 6 + 6



Exercise 88 - Singles 8 + 8





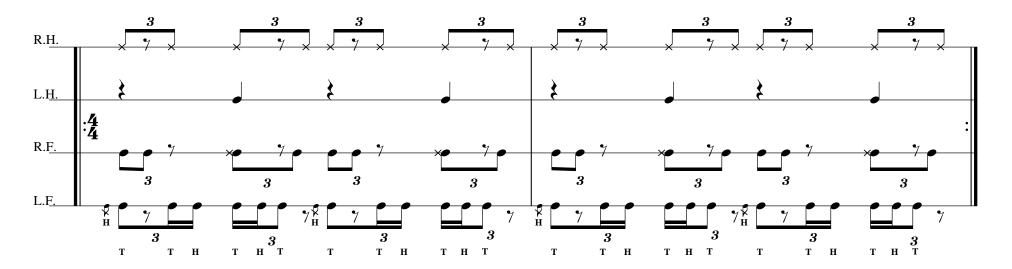
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Chapter 6: "twin FX" - Exercise 89



Music engraving by Steve Ferraro

Exercise 89 - Flam + 5-stroke ostinato





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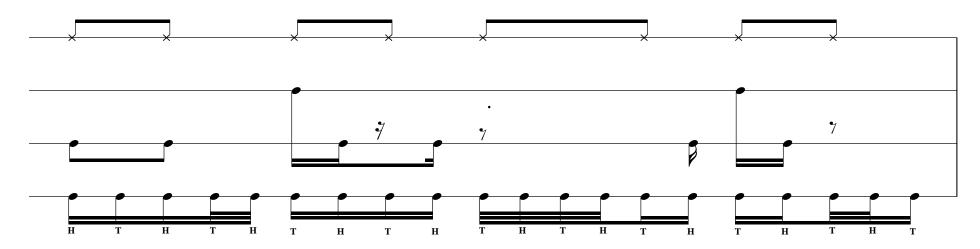


Exercise 90

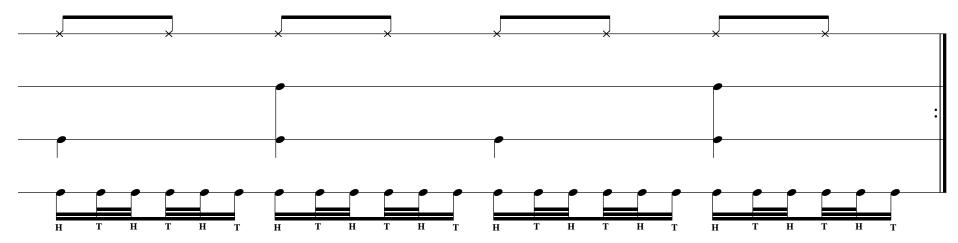
Chapter 6: "twin FX" - Exercise 90



Bars 9 - 16 "5's ostinato"



Bars 17 - 21





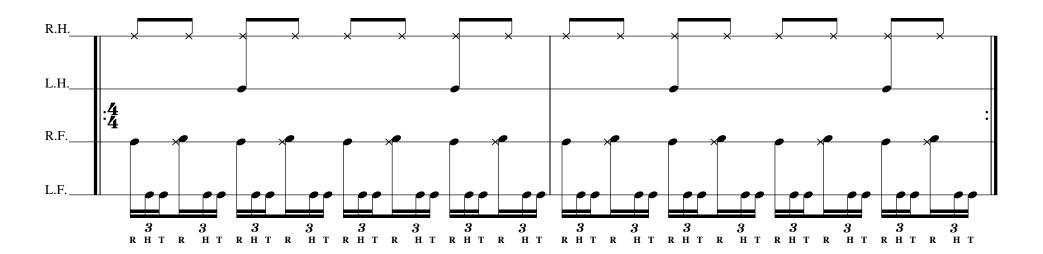
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Chapter 6: "twin FX" - Exercise 91



Music engraving by Steve Ferraro

Exercise 91





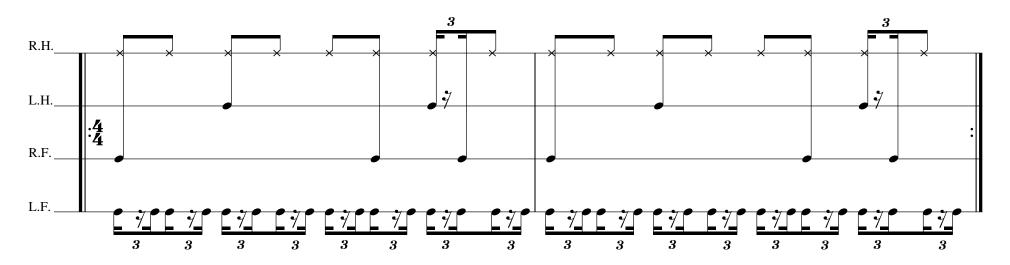
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Chapter 6: "twin FX" - Exercise 92



Music engraving by Steve Ferraro

#### Exercise 92





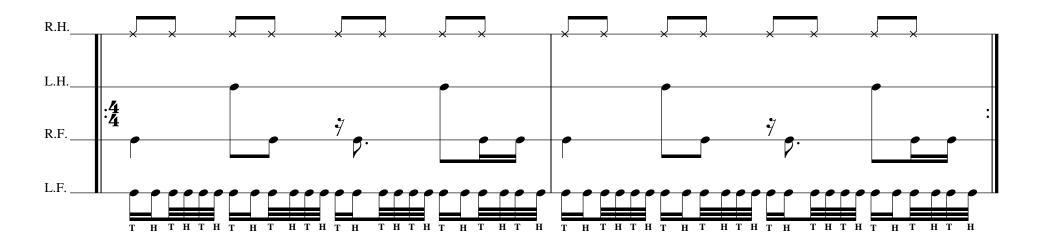
For more information visit www.sticktrix.com

Chapter 6: "twin FX" - Exercise 93



Music engraving by Steve Ferraro

Exercise 93 - 5-stroke + 16th





For more information visit www.sticktrix.com

Chapter 6: "twin FX" - Exercise 94



Music engraving by Steve Ferraro

Exercise 94

