

BUILDING BETTER DOUBLE STROKES

PART 1 (OF 3)

PRACTICE NOTES:

DOUBLE STROKES SHOULD SOUND LIKE "DIGGA" W/ BOTH STROKES EQUALLY STRONG

FOR BEGINNERS: AT SLOWER TEMPOS BE SURE TO USE YOUR WRISTS AND TRY FOR A FULL RANGE OF MOTION

AND REMEMBER: STAY RELAXED, LOOSE AND HAVE FUN!

1. R R R R R R R R R R R R

2. L L L L L L L L L L L L