

BUILDING BETTER DOUBLE STROKES

PART 3 (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!

5. R R R R R R R R 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

6. L L L L L L L L L L R L L R L L R L L R L L R L L R L L R L L R L L R L L R