

# Drum Warm Up

8's on a hand

4/4

R R R R R R R R L L L L L L L L R R R R R R R R L L L L L L L L

5 Paradiddle

R L R L R R L R L R L L R L R R L R L L R L R R L R L L

Flam

9

R R R R L L L L R R L L R R L L

13 Flam accent prep

R L R L R L R L R L R L R L R L R L R L R L

17 Double stroke roll

R L R L RR LL RR LL R L R L RR LL RR LL RR LL RR LL RR LL RR LL RR LL RR LL RR LL

21 Buzz roll

R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L

25 Para diddle diddle

R L R R L L R L R L L R R L R L R R L L R L R L L R R L

29 Flam tap prep

R R L L R R L L R R L L R R L L R R L L R R L L