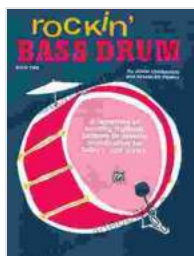


# Repertoire of Exciting Rhythmic Patterns to Develop Coordination for Today's Rock

Coordination is a crucial skill for any musician, and it's especially important for drummers. In rock music, drummers are responsible for providing the rhythmic foundation for the band, and they need to be able to play a variety of patterns with precision and accuracy. If you're looking to improve your coordination as a rock drummer, this article is for you.

## Basic Coordination Exercises

Before you start learning complex rhythmic patterns, it's important to master the basics. Here are a few exercises to help you develop your coordination:



## Rockin' Bass Drum, Book 2: A Repertoire of Exciting Rhythmic Patterns to Develop Coordination for Today's

**Rock Styles** by Mark Hayes

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- **Single-hand rolls:** Start by playing single-hand rolls with your right hand, then your left hand. Gradually increase the speed of your rolls until you can play them smoothly and evenly.

- **Double-hand rolls:** Once you've mastered single-hand rolls, you can start practicing double-hand rolls. This is a more challenging exercise, but it will help you develop your coordination and independence.
- **Heel-toe rolls:** Heel-toe rolls are a great way to improve your coordination between your hands and feet. To perform a heel-toe roll, start by playing a single-hand roll with your right hand. Then, while continuing to play the roll with your right hand, start playing a heel-toe motion with your left foot. Gradually increase the speed of the roll until you can play it smoothly and evenly.

## Intermediate Coordination Exercises

Once you've mastered the basic coordination exercises, you can start practicing more intermediate patterns. Here are a few ideas:

- **The paradiddle:** The paradiddle is a four-stroke drumming rudiment that is often used in rock and other styles of music. To play a paradiddle, start by playing a single stroke with your right hand, then a double stroke with your left hand, then another single stroke with your right hand, and finally another double stroke with your left hand.
- **The double paradiddle:** The double paradiddle is a variation on the paradiddle that involves playing two double strokes in a row. To play a double paradiddle, start by playing a single stroke with your right hand, then a double stroke with your left hand, then another double stroke with your right hand, and finally another double stroke with your left hand.
- **The ratamacue:** The ratamacue is a three-stroke drumming rudiment that is often used in rock and other styles of music. To play a ratamacue, start by playing a single stroke with your right hand, then a

double stroke with your left hand, and finally another single stroke with your right hand.

## Advanced Coordination Exercises

If you're looking for a challenge, here are a few advanced coordination exercises to try:

- **The flam:** The flam is a two-stroke drumming rudiment that is often used in rock and other styles of music. To play a flam, start by playing two single strokes with your right hand, then quickly play a double stroke with your left hand.
- **The drag:** The drag is a three-stroke drumming rudiment that is often used in rock and other styles of music. To play a drag, start by playing a single stroke with your right hand, then a single stroke with your left hand, and finally a double stroke with your right hand.
- **The swiss army triplet:** The swiss army triplet is a four-stroke drumming rudiment that is often used in rock and other styles of music. To play a swiss army triplet, start by playing a single stroke with your right hand, then a double stroke with your left hand, then another single stroke with your right hand, and finally another single stroke with your left hand.

Developing coordination as a rock drummer takes time and practice. But with the right exercises, you can improve your coordination and become a more versatile and expressive musician. So if you're ready to take your drumming to the next level, start practicing the exercises in this article today.



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