

4. Sticking Exercises

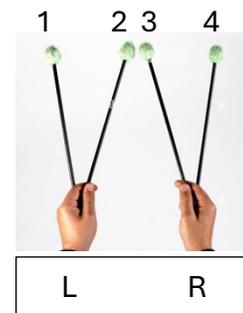
Accents

- b. Passing around the beat 1/4s, 1/8s, 1/16s
- c. Move accents one note and repeat

Rudiments

- a. Paradiddle
- b. 2's and 3's
 - a. Play each rhythm through multiple times with only one hand
 - b. Repeat with opposite hand

Using 4 mallets:



If you are interested in learning more about counting rhythms, overcoming one hand dominance, and using 4 mallets I give private lessons over zoom. Please email me for more information.