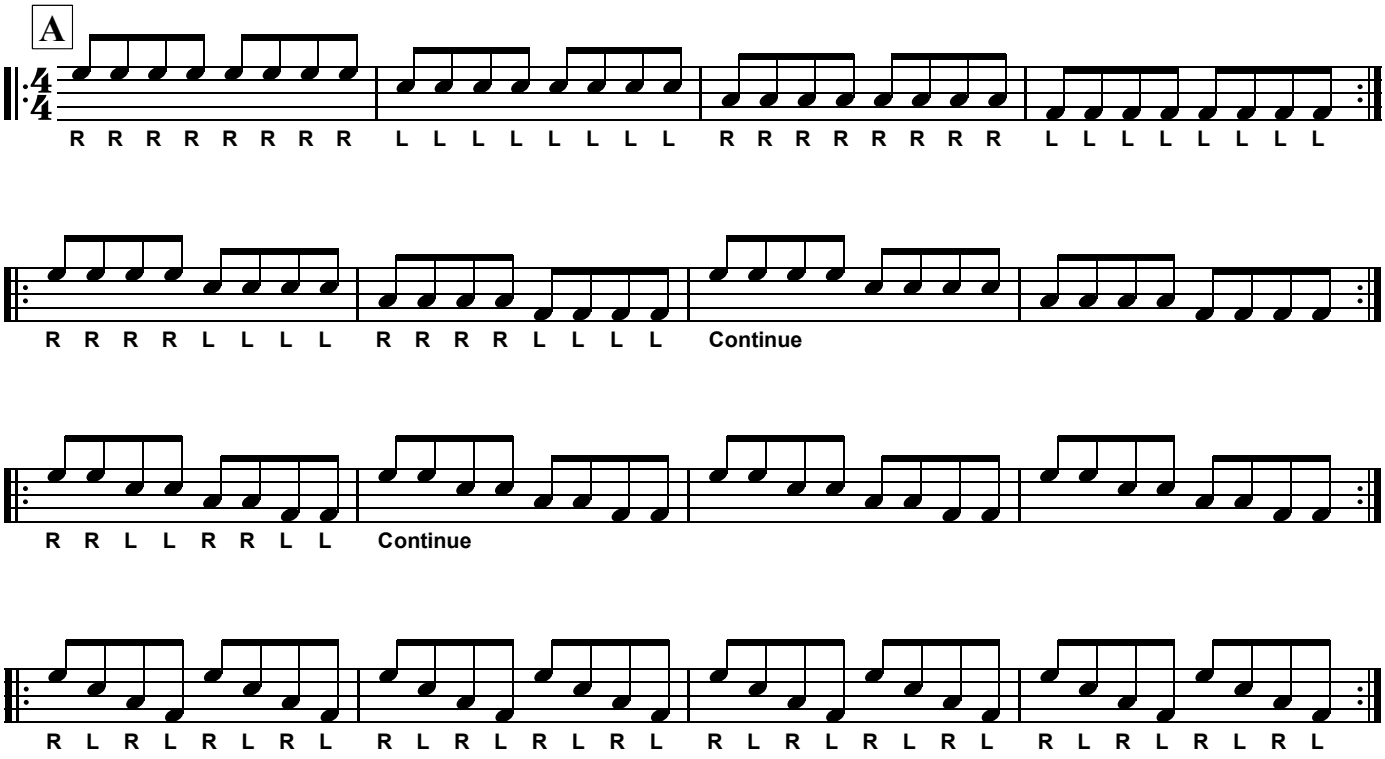
Quads

- Strike Force -
Preflight Briefing Packet

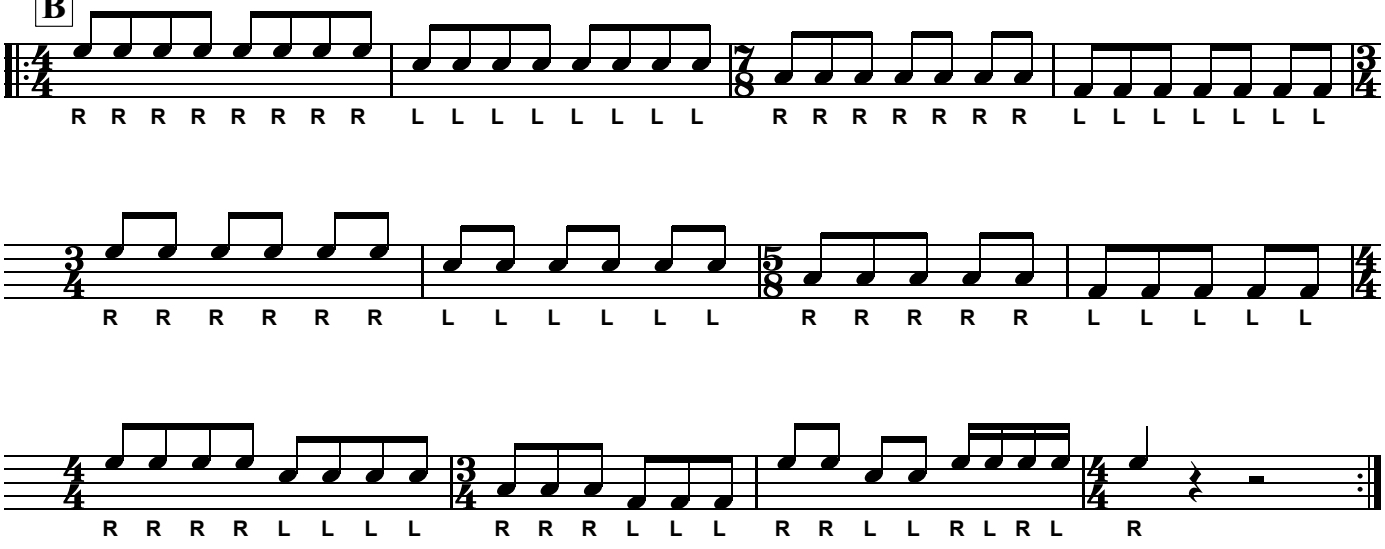
♩ = 70 to 140 bpm

Strikers

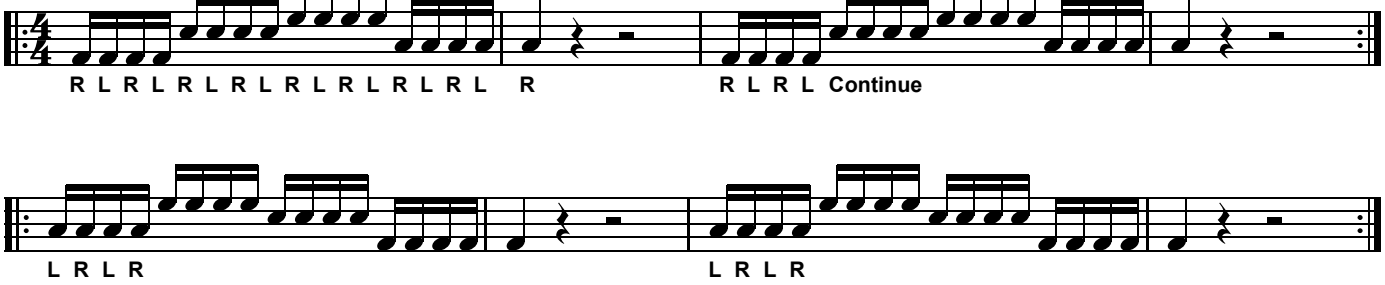
A



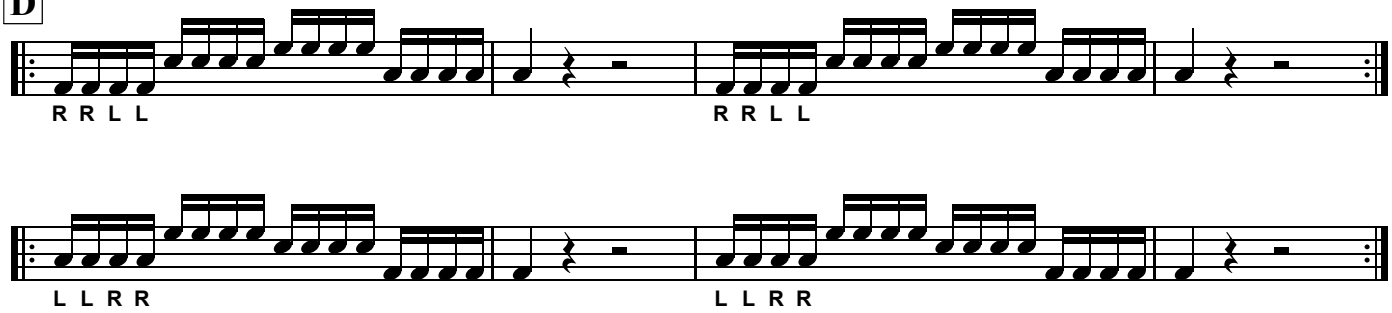
B **Countdown**



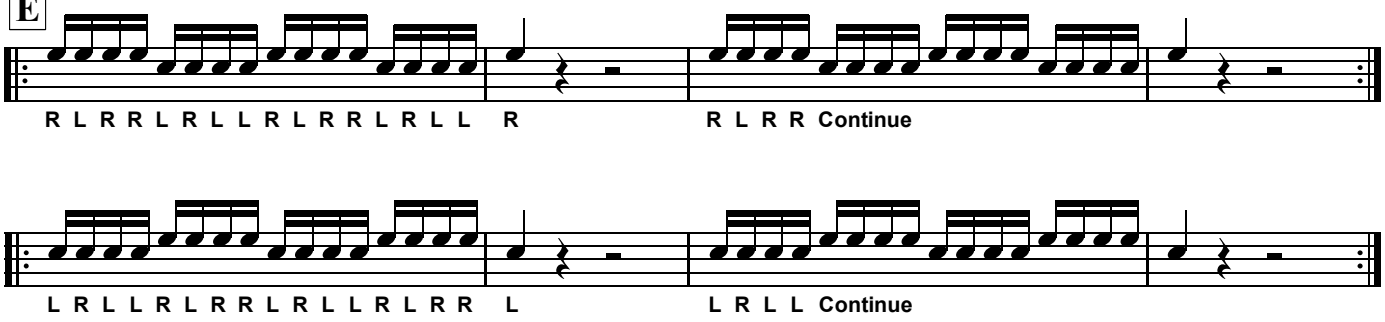
C 16th notes



D Doubles

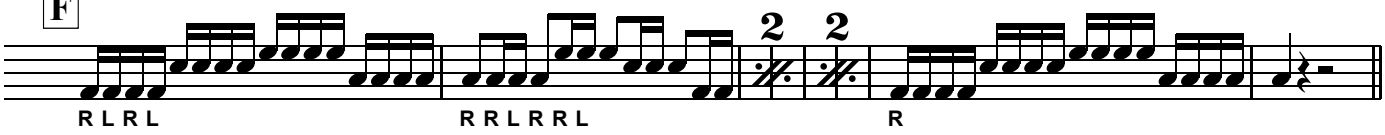


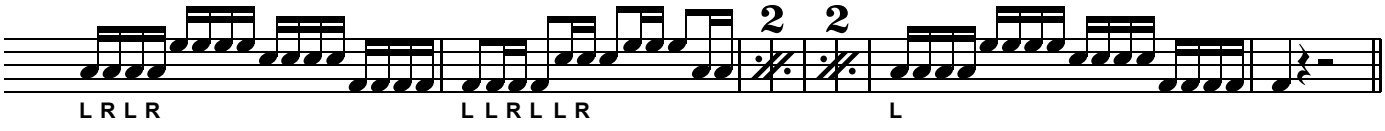
E Paradiddles



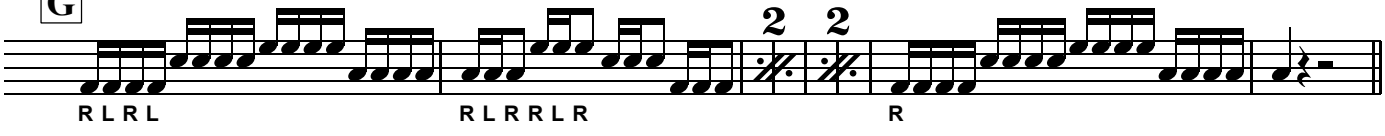
Check patterns

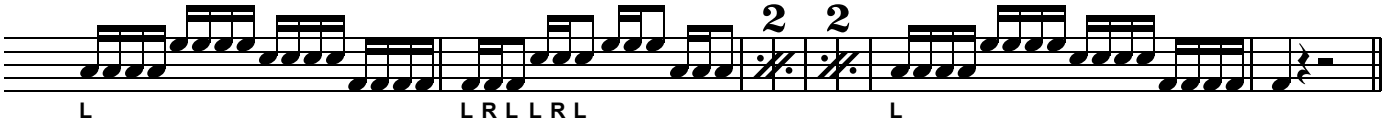
F



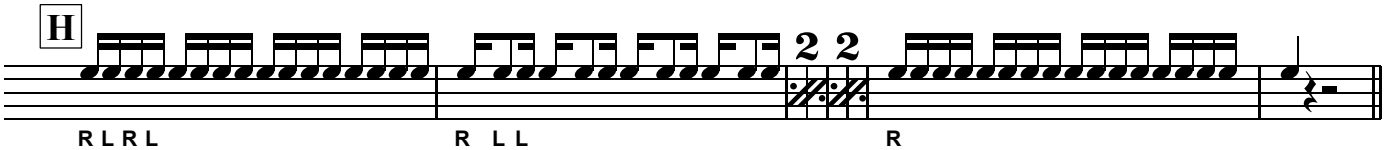


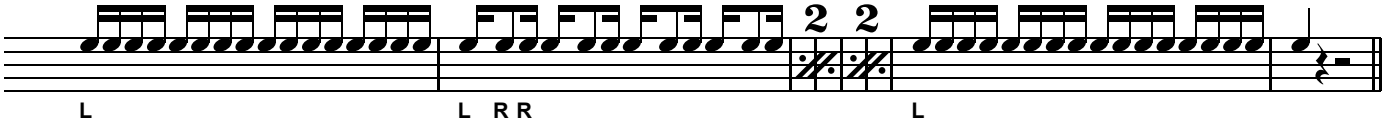
G



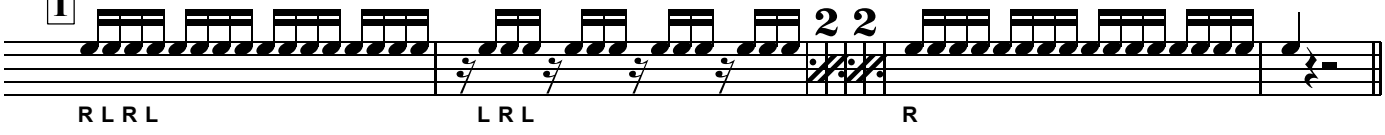


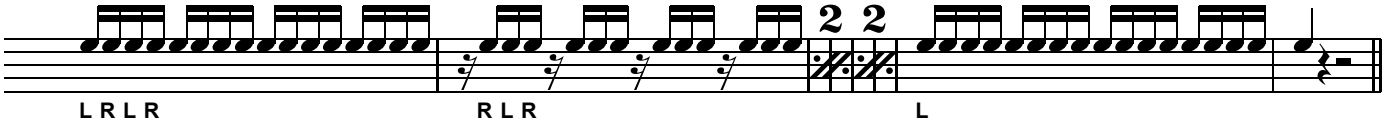
H



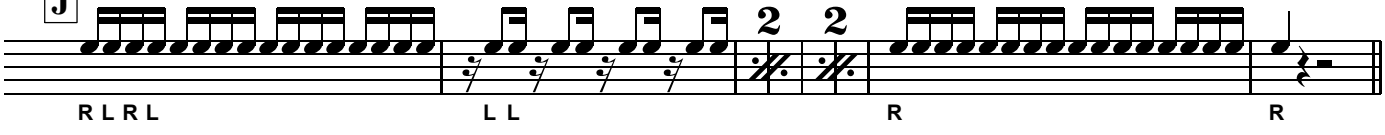


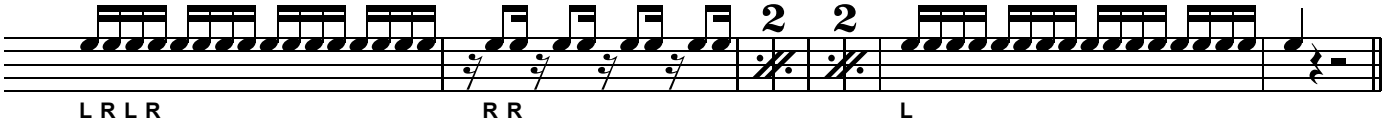
I





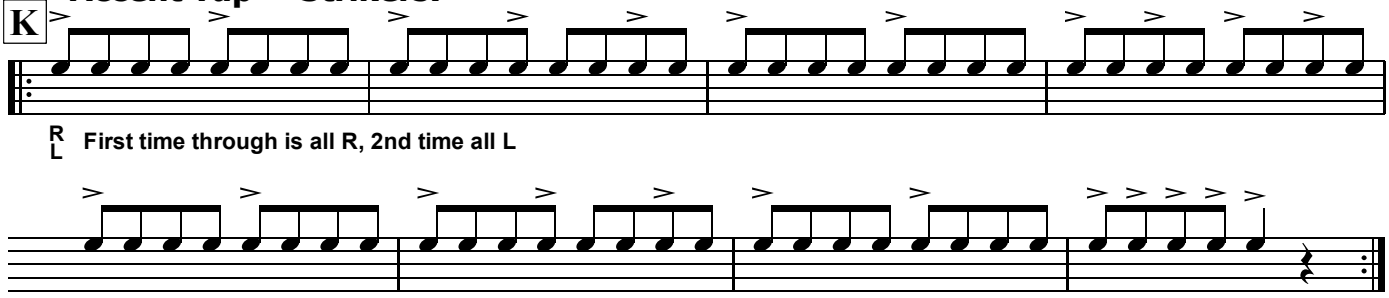
J





Accent Tap -- Strikers!

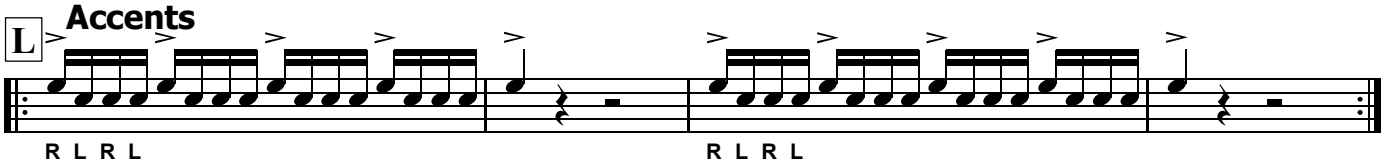
K

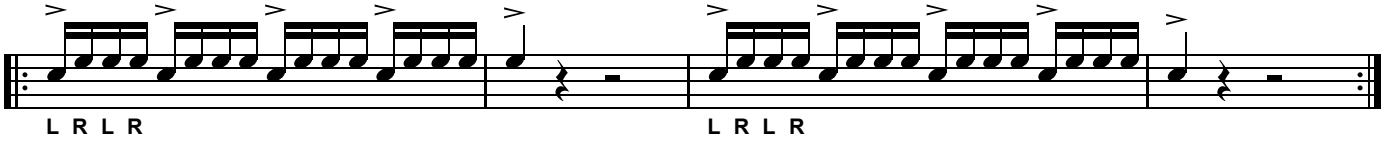


R
L First time through is all R, 2nd time all L

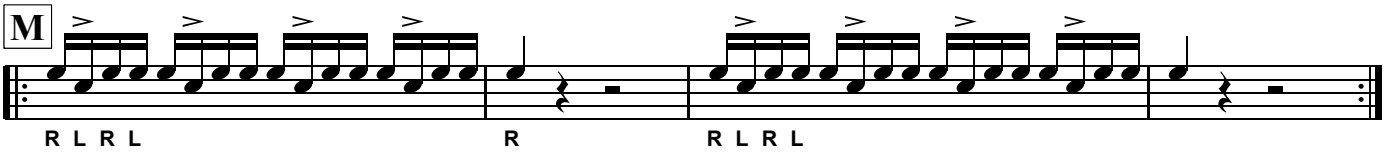
Accents

L

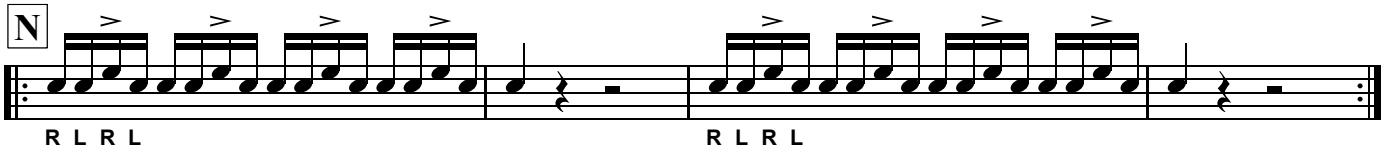




M

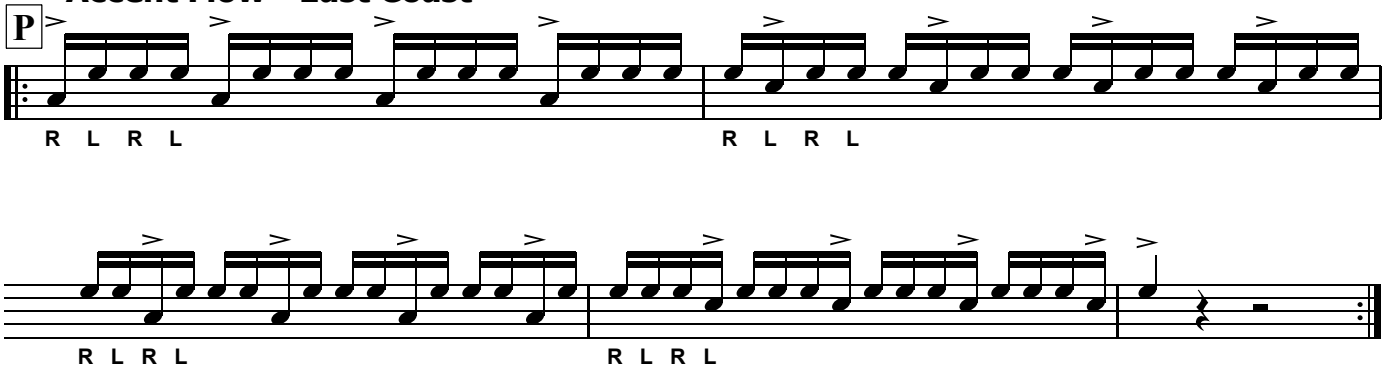


N

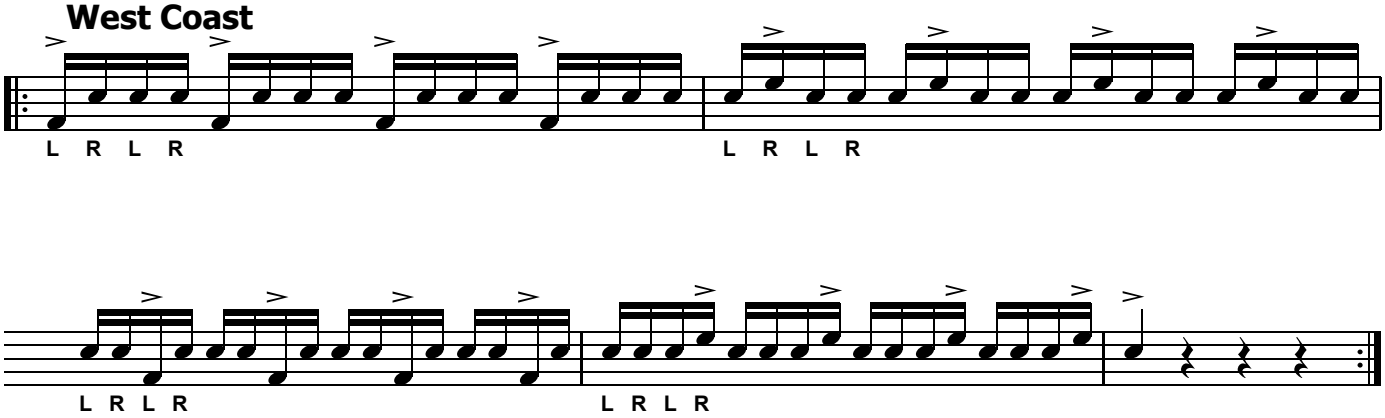


O

Accent Flow - East Coast

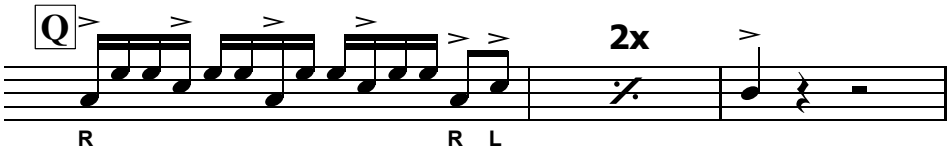


West Coast

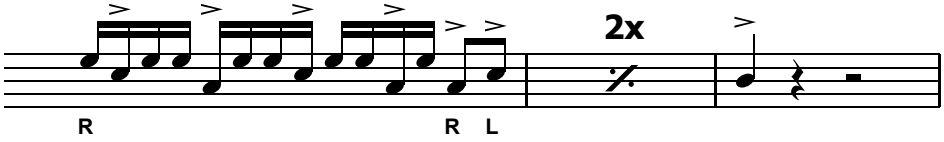


Triplets on 16ths - East

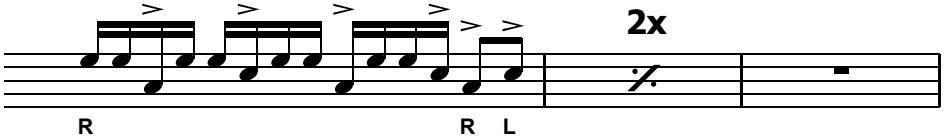
A



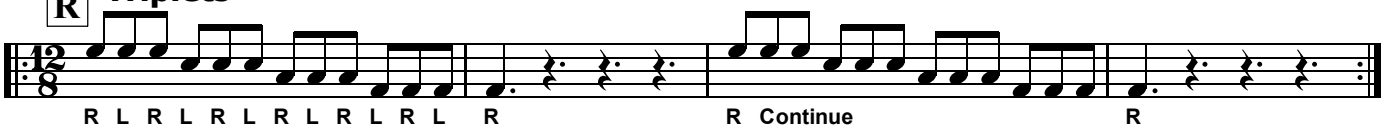
B

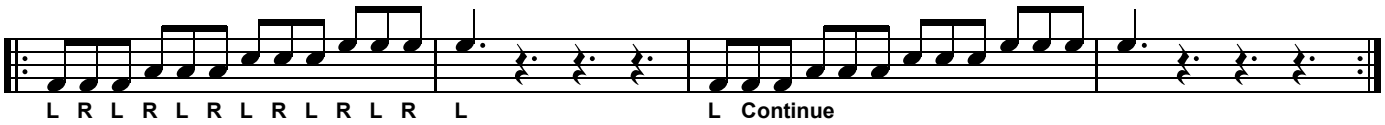


C



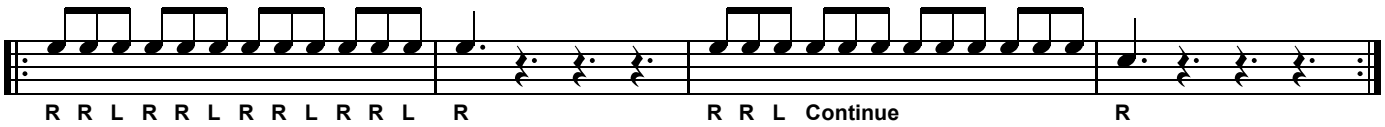
R Triplets





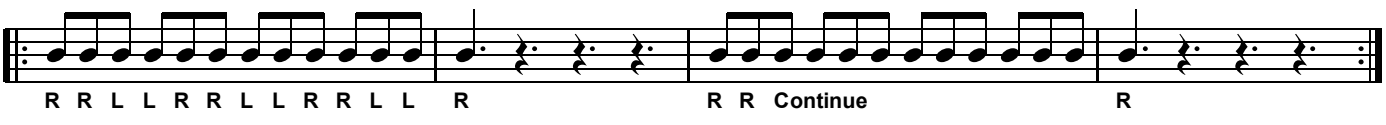
RLL Puddidah

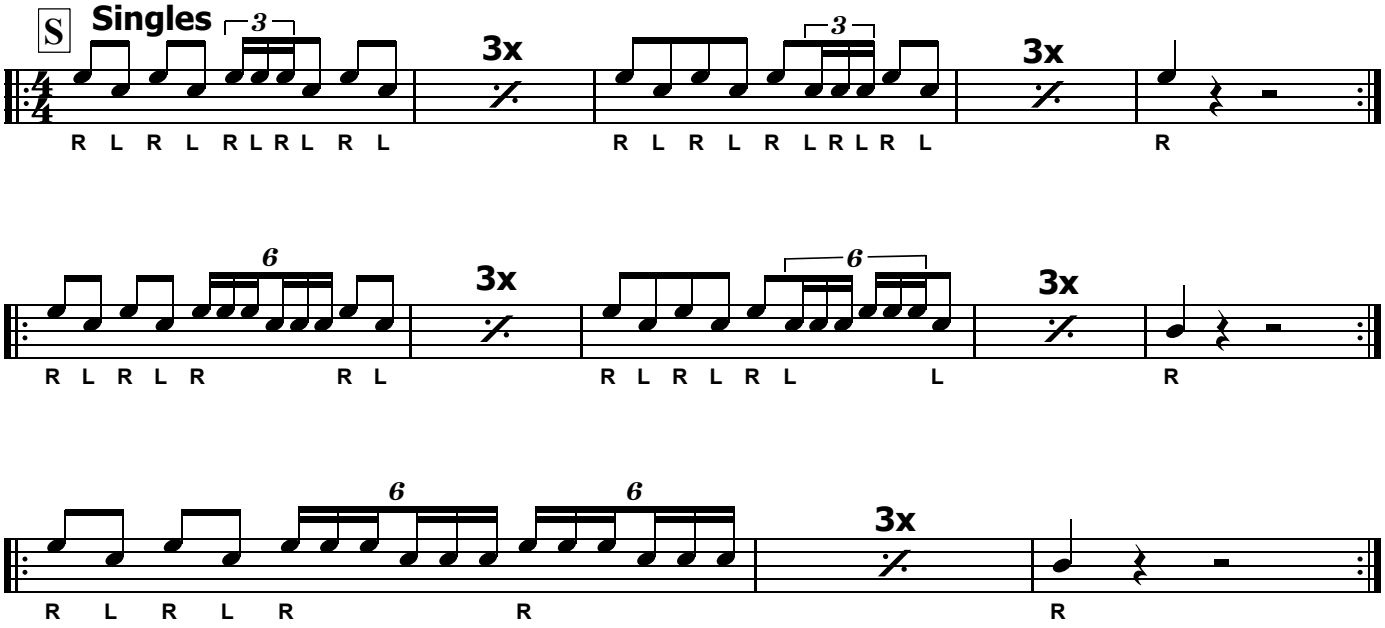
RRL Duddipah



RLR Shuffle

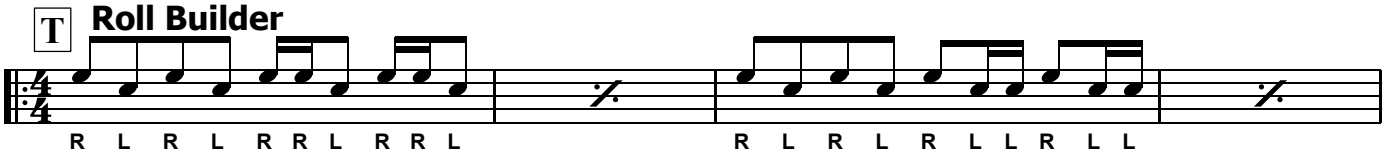
Triplets doubled

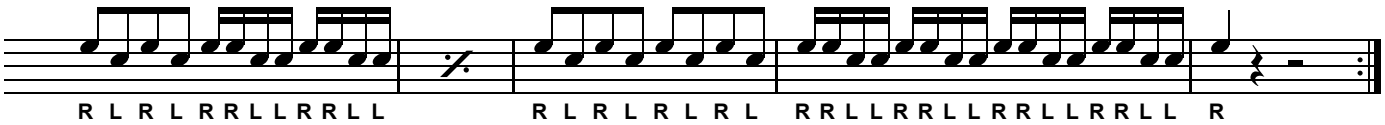


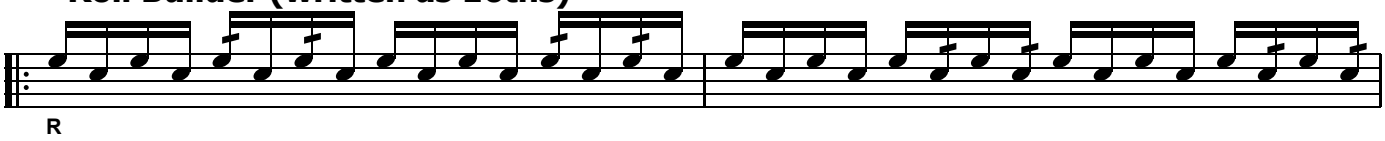

S
Singles
3
3x
R L R L R L R L R L
R L R L R L R L R L
R

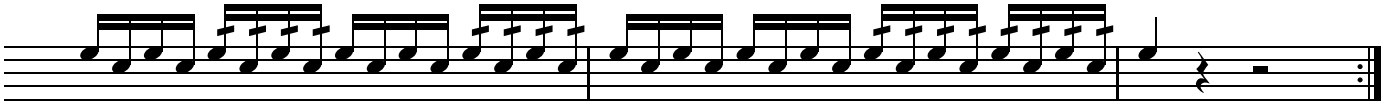
6
3x
R L R L R
R L
R L R L R L
L
R

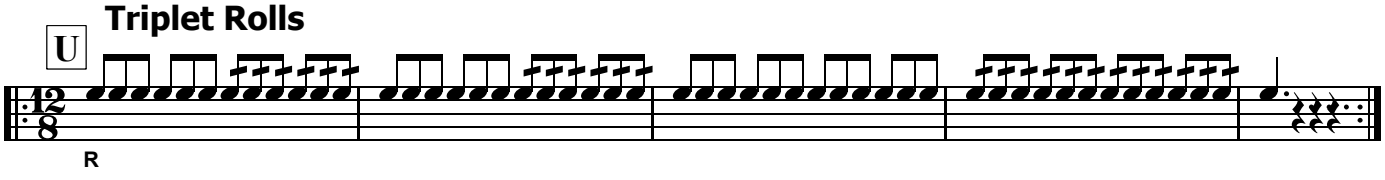
6
6
3x
R L R L R
R
R


T
Roll Builder
R L R L R R L R R L
R L R L R L L R L L

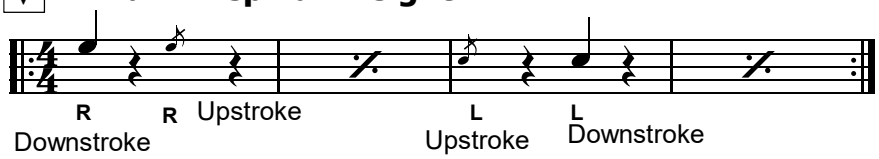

R L R L R R L L R R L L
R L R L R L R L
R R L L R R L L R R L L R R L L
R


Roll Builder (written as 16ths)
R



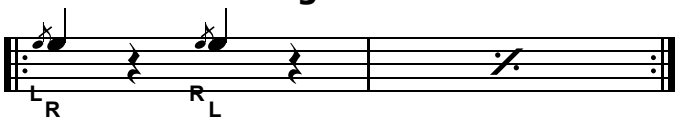

U
Triplet Rolls
12
8
R

V **Flam Prep Full Height**

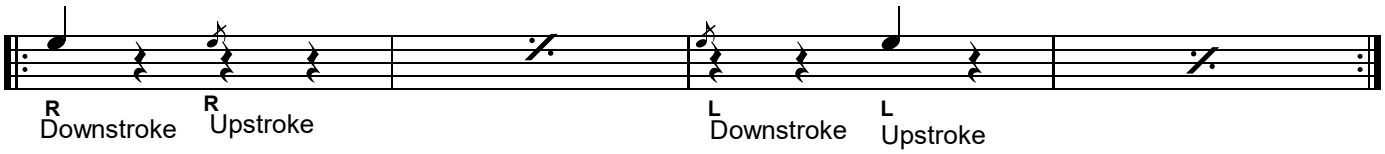
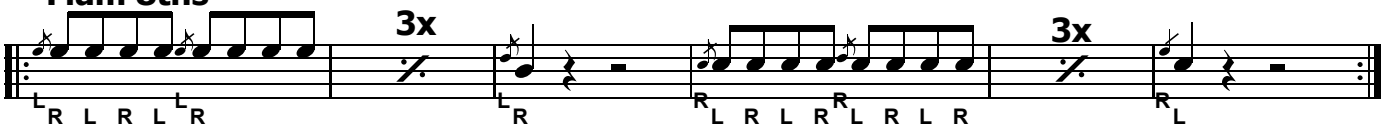


Repeat from Tap Height

Flams Full Height



Tap & Flam



Flam 8ths