

Quads

- Strikers - Basics

♩ = 70 to 140 bpm

Strikers

A

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

R R R R L L L L R R R R L L L L Continue

R R L L R R L L Continue

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

B Countdown

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

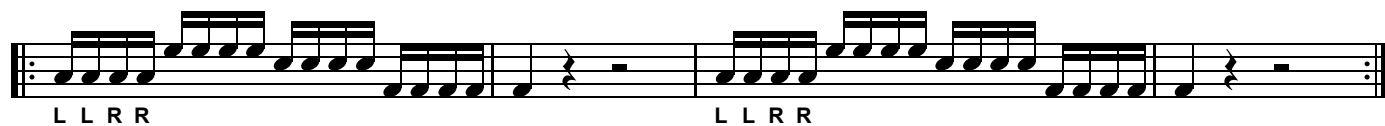
R R R R R R L L L L L L L L R R R R R R L L L L L L

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

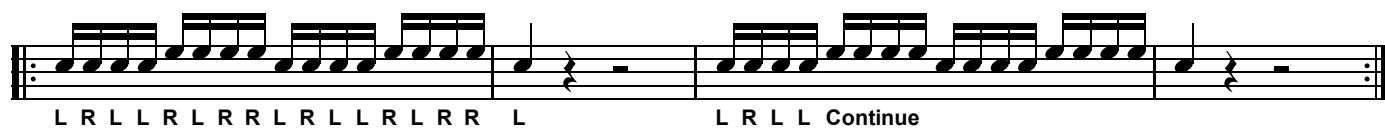
C 16th notes



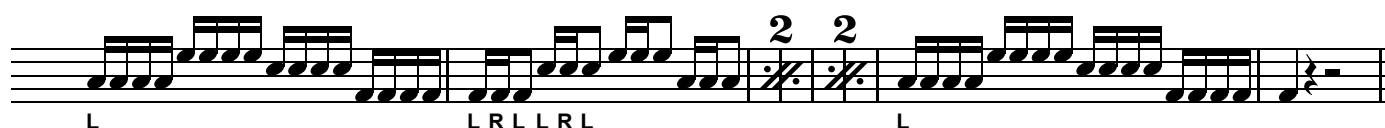
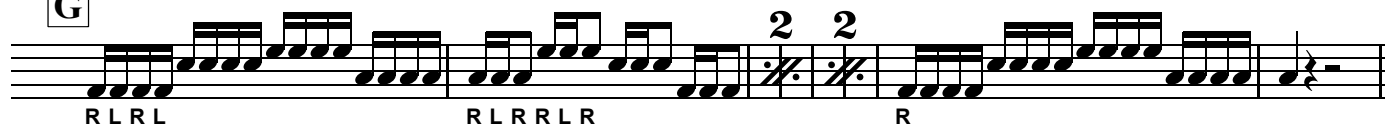
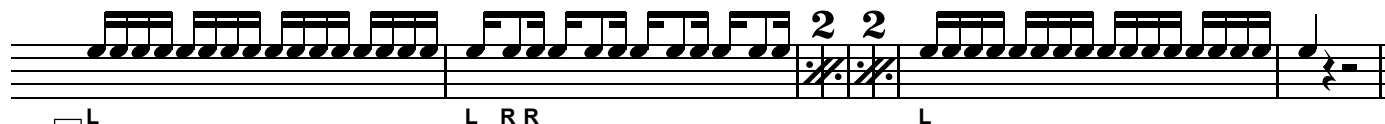
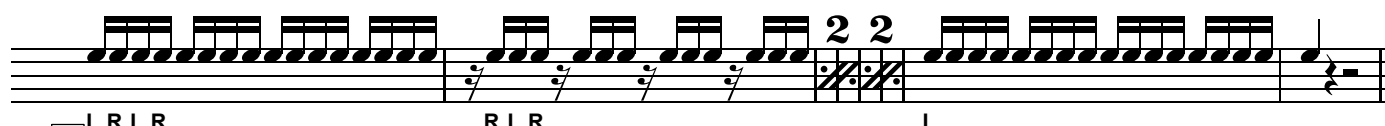
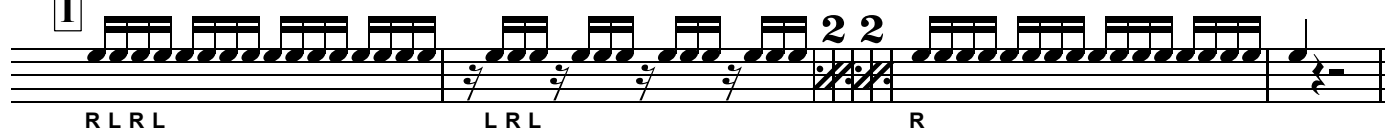
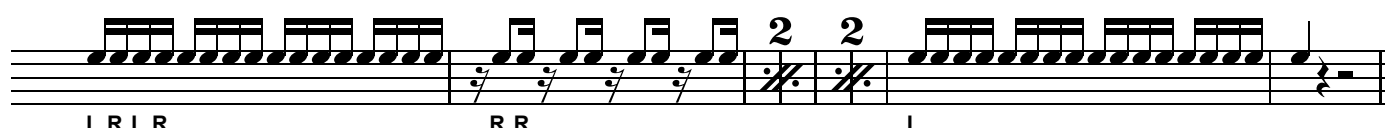
D Doubles



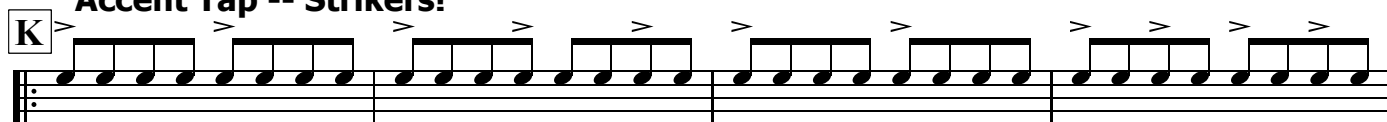
E Paradiddles



Check patterns

F**G****H****I****J**

Accent Tap -- Strikers!



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



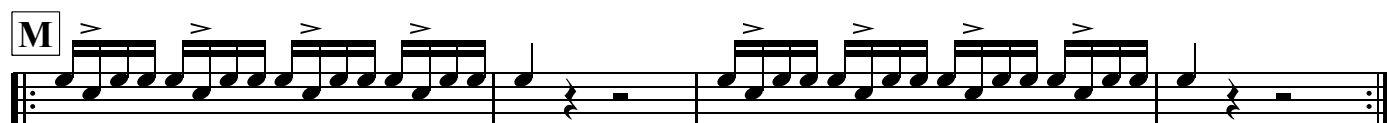
R L R L

R L R L



L R L R

L R L R



R L R L

R

R L R L



L R L R

L R L R



R L R L

R L R L



L R L R

L R L R



R L R L

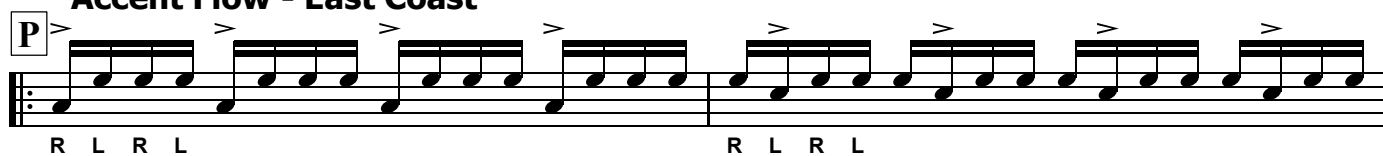
R L R L



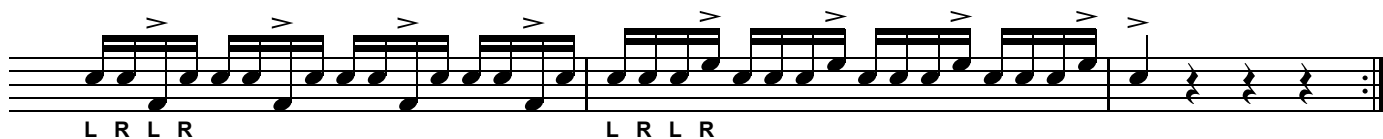
L R L R

L R L R

Accent Flow - East Coast

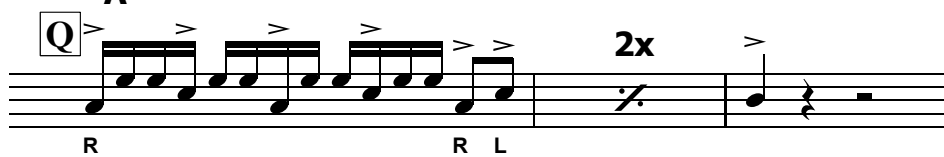


West Coast



Triplets on 16ths - East

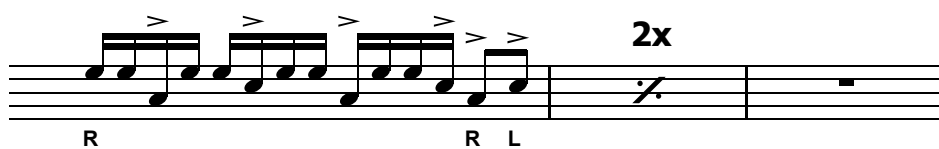
A



B



C



R

12
8

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

R Continue R

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

L Continue

RLL Puddidah

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

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

RRL Duddipah

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

RLR Shuffle

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

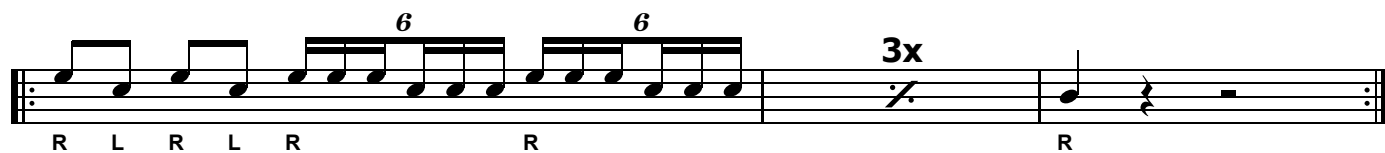
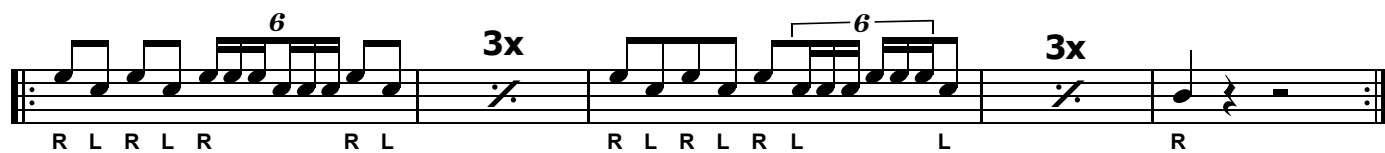
Triplets doubled

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

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

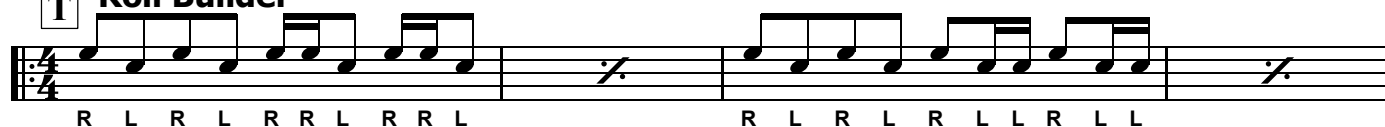
S

Singles

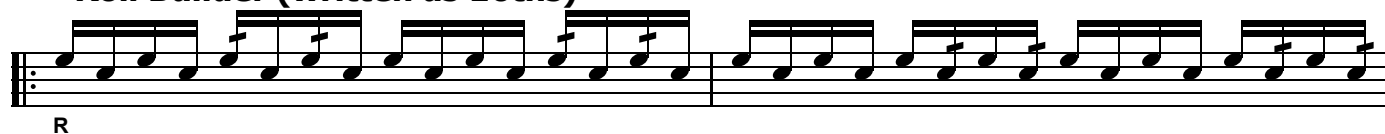


T

Roll Builder

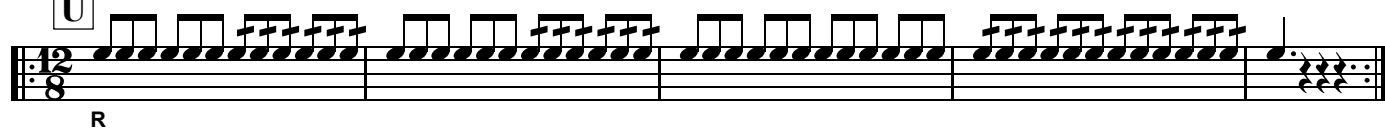


Roll Builder (written as 16ths)



Triplet Rolls

U



V Flam Prep Full Height

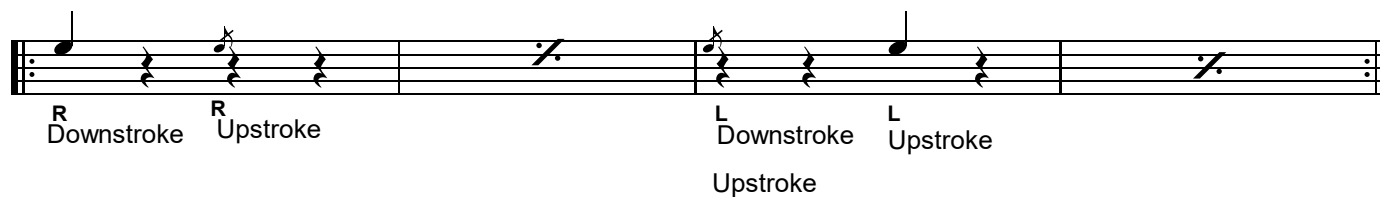


Repeat from Tap Height

Flams Full Height



Tap & Flam



Flam 8ths

