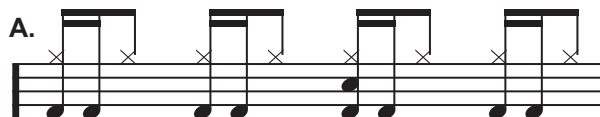



## How To Build A Better, Stronger, And Faster Single Kick


By: Stan Bicknell

### 16th-Note Doubles Permutations

A.  B. 

C.  D. 

### 1) Groove #1



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### 2) Groove #2

Two staves of musical notation for Groove #2. Each staff contains a sequence of rhythmic exercises for a single kick drum. The exercises are written on a five-line staff with a treble clef. The first staff has 8 measures, and the second staff has 8 measures. Each measure contains a single kick drum note with a dynamic accent (>) and a circled 'X' symbol. The notes are grouped into pairs and triplets, with some measures containing a single note. The exercises are designed to build strength and speed in playing a single kick drum.

### 3) Groove #3

#### A. With 16th-Notes

One staff of musical notation for Groove #3, Part A. It contains a sequence of rhythmic exercises for a single kick drum. The exercises are written on a five-line staff with a treble clef. The staff contains 8 measures, each with a single kick drum note and a circled 'X' symbol. The notes are grouped into pairs and triplets, with some measures containing a single note. The exercises are designed to build strength and speed in playing a single kick drum.

#### B. With 32nd-Notes

One staff of musical notation for Groove #3, Part B. It contains a sequence of rhythmic exercises for a single kick drum. The exercises are written on a five-line staff with a treble clef. The staff contains 8 measures, each with a single kick drum note and a circled 'X' symbol. The notes are grouped into pairs and triplets, with some measures containing a single note. The exercises are designed to build strength and speed in playing a single kick drum.

### 4) Groove #4

One staff of musical notation for Groove #4. It contains a sequence of rhythmic exercises for a single kick drum. The exercises are written on a five-line staff with a treble clef. The staff contains 4 measures, each with a single kick drum note and a circled 'X' symbol. The notes are grouped into pairs and triplets, with some measures containing a single note. The exercises are designed to build strength and speed in playing a single kick drum.

### 5) Groove #5 - 3/4 Polymeter

One staff of musical notation for Groove #5. It contains a sequence of rhythmic exercises for a single kick drum. The exercises are written on a five-line staff with a treble clef. The staff contains 10 measures, each with a single kick drum note and a circled 'X' symbol. The notes are grouped into pairs and triplets, with some measures containing a single note. The exercises are designed to build strength and speed in playing a single kick drum.