

The Truth On Developing Speed

By: Derek Roddy

1) Balance Exercises (Part 1)

A. B.

Combo 1	Combo 2	Combo 3	Combo 4
LH	RH	LH	RH
LF	RF	RF	LF
RH	LH	RH	LH
RF	LF	LF	RF

2) Balance Exercises (Part 2) - Run through alternating stickings with left and right hand lead.

A. B.

3) Accent Patterns - Go through all 8th-note accent permutations on the hi-hat.

4) Foot Patterns - Go through all 8th-note hi-hat foot permutations.

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5) The Foot Equaling System

A. Two Per foot

B. Three Per Foot

C. Four Per Foot

Musical notation for exercises A, B, and C. Exercise A is in 4/4 time and shows two groups of two eighth notes per foot. Exercise B is in 3/4 time and shows three groups of one eighth note per foot. Exercise C is in 4/4 time and shows four groups of one eighth note per foot. Each exercise includes a top staff with 'x' marks for foot placement and a bottom staff with the corresponding rhythmic notation.

D. Six Per Foot

Musical notation for exercise D, which is in 3/4 time and shows six groups of one eighth note per foot. It includes a top staff with 'x' marks for foot placement and a bottom staff with the corresponding rhythmic notation.