

Rudimental Warm-Up

A Daily Routine

♩ = 70 - 100

R.H. 4/4
L.H. 4/4

f

A 5-stroke Roll

6-stroke Roll

7-stroke Roll

9-stroke Roll

10-stroke Roll

11-stroke Roll

13-stroke Roll

>15-stroke Roll

17-stroke Roll

Long Roll

B Paradiddle

Double Paradiddle

Triple Paradiddle

Paradiddle-diddle

C Non-alternating Flams

Rudimental Warm-Up

Flamadiddle *Flam-a-cue*

Flam Paradiddle-diddle *Single Flammed Mill*

Flam Accent *Single Flam Drag*

Swiss Triplet

D *Single Drag* *Single Drag Tap* *Lesson 25*

Double Drag *Dragadiddle*

Drag Paradiddle #1 *Drag Paradiddle #2* *Ratamacue*

Double Ratamacue *Triple Ratamacue* *Single Stroke Roll*

Single Stroke Four *Single Stroke Seven* *Triple Stroke Roll*