

Introducing Hybrid Rudiments

Sheet #8

"Flam Drag-a-poo" (Flama-Singles with drags/double strokes on the second and fourth notes)

$\frac{2}{4}$

 L R || R || L R || R || L R || R ||

 R L rr L rr R L rr L rr R L rr L rr

"Flammed 3-2-1" (A Reverse Shirley Murphy with a flam on the first note of each, sticked following the format 3-2-1)

$\frac{4}{4}$

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

 $\frac{2}{4}$

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

"Chatachichi" (A Paradiddle with accented flams on the first, third and fourth notes followed by another flam on the same hand)

$\frac{4}{4}$

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

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

"Flam Stutters" (A group of three notes, sticked RLL or LRR, with Cheese on the first note)

$\frac{4}{4}$

 L rr L L L rr L L L rr L L L rr L L

 R || R R R || R R R || R R R || R R

 $\frac{2}{4}$

 L rr L L L rr L L L rr L L L rr L L

 R || R R R || R R R || R R R || R R

"Flam Five" (A Five Stroke Roll with a flam on the first note; usually played with the Flam Accent sticking)

$\frac{4}{4}$

 L rr || R R || rr L || R R || rr L

 L rrl || R R || lrr L || R R || lrr L