

Shifting Paradiddles

Also called P. I. M. A. for Paradiddles, Inverted Paradiddles, Mills and Alternating Quads

Single Paradiddles

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

Inverted Paradiddles

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

Single Mills

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

Alternating Quads

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

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

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

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

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

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

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

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

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