

In this next lesson, we are looking at different chop building exercises I have used over the years. This exercise is simply a sixteen bar phrase of sixteenth notes, with an accent being moved one sixteenth note per measure. Ask any student of mine about when we would work on this warmup. The fun begins when we carry on a normal conversation all while playing this exercise, and NOT messing up the pattern, talk about left brain right brain activity.... Use the following ways to perform this warm up. Remember to use a metronome or click track.

- 1) Alternating strokes
- 2) Paradiddles
- 3) double strokes
- 4) Double Paradiddles
- 5) Roll
- 6) Match hand pattern with 16th notes on double bass

