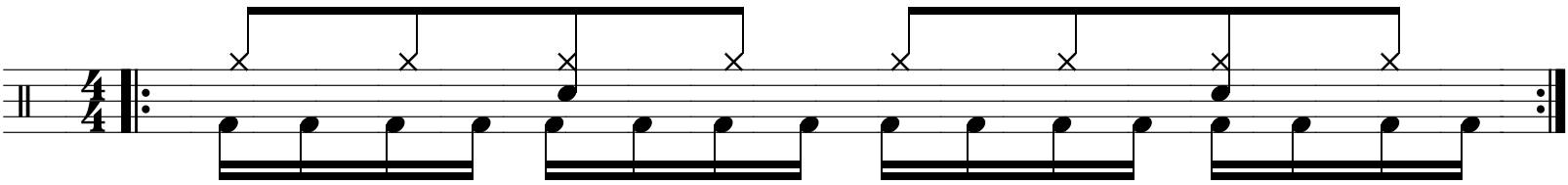
Double Bass Warm-ups and Fill Ideas

There are no shortcuts in gaining control, speed and accuracy with your snare drum playing, the same applies to double bass drumming. No matter if you are using two bass drums, or using a double pedal like I do; only through practice and repetition will you gain control over the art of double bass drumming.

The following exercises should be included in your daily drumming work out. This will help you build your speed and coordination!

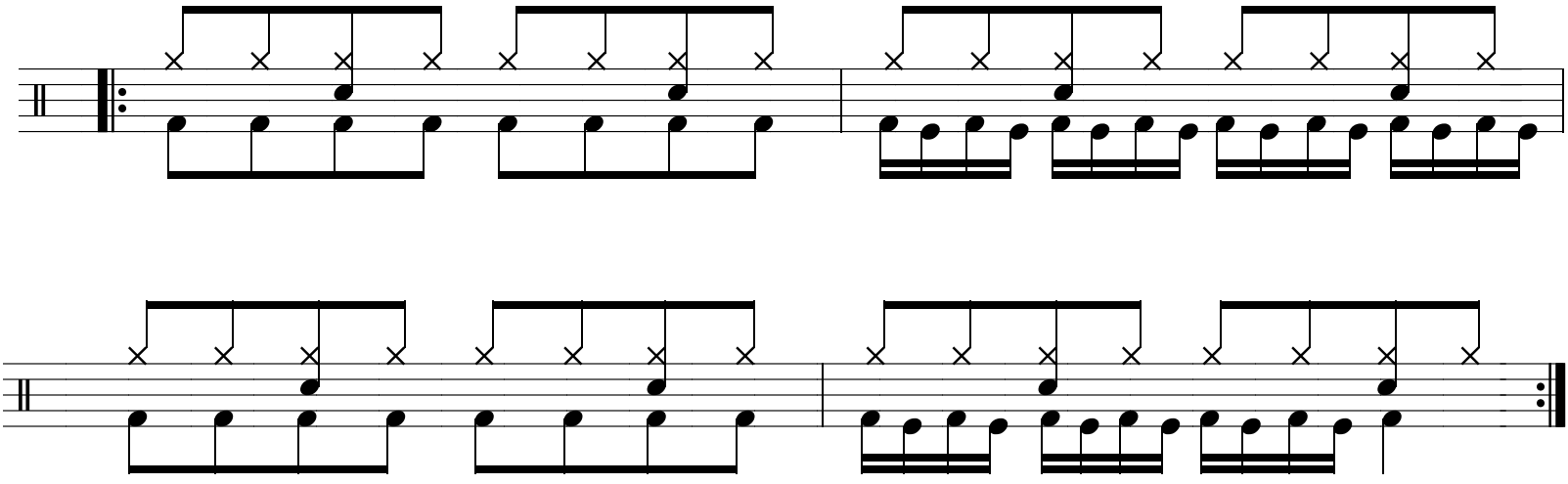
Tip: When practicing these exercises, make sure to use a click track or metronome, and make sure that you keep track of you starting tempo. This will help you establish what speed you can currently play the exercises, make sure the notes are being played exactly where they are meant to and will also help you increase your speed once you have demonstrated control at the slower speed.
But more importantly, help give you a goal tempo/speed that you want to work up to playing to.

Exercise 1

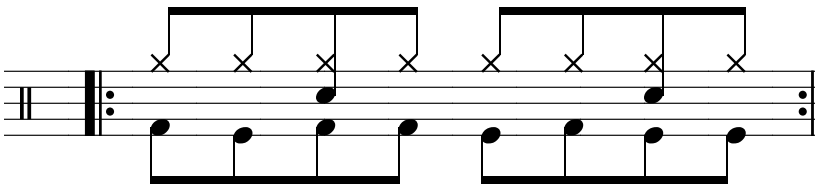


Exercise two is a take off of a snare drum exercise that I have been playing for years. It is a four bar repeating phrase. Begin the exercise with your right foot constant eighth notes and alternating between the sixteenth notes. At the end of the four bar phrase, begin the exercise with your left foot playing the constant eighth notes and alternateing between the sixteenth notes.

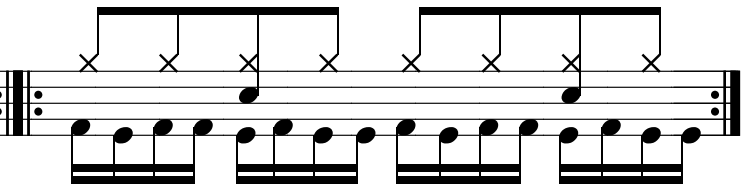
Exercise 2



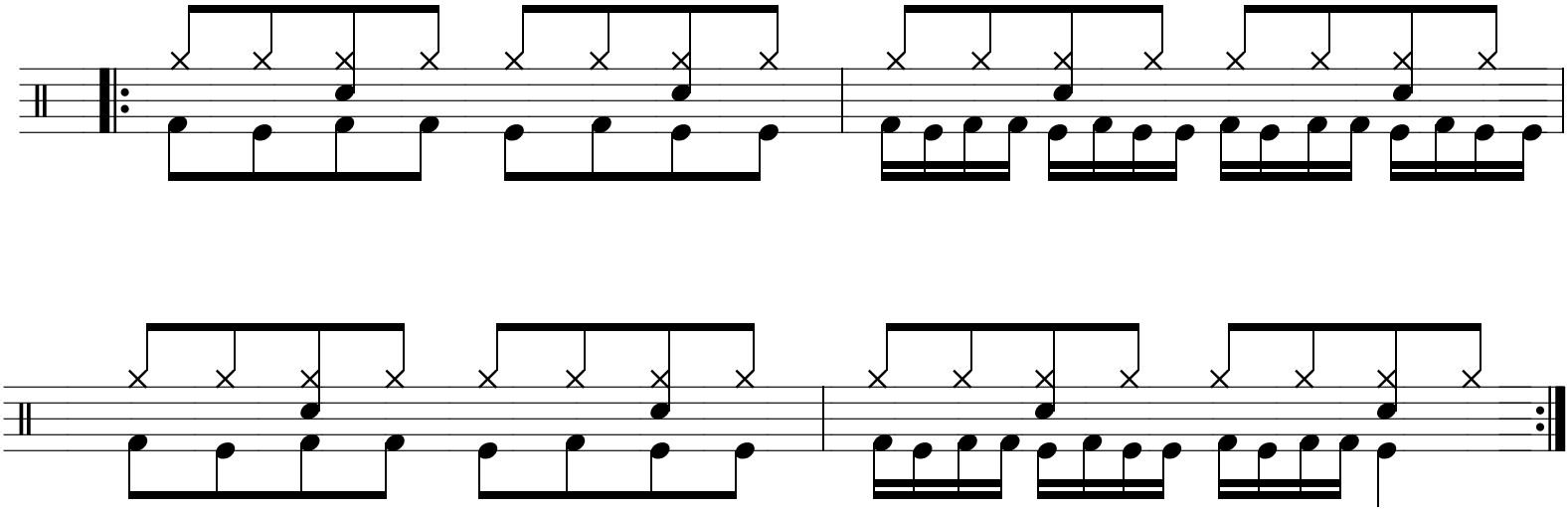
Exercise 3



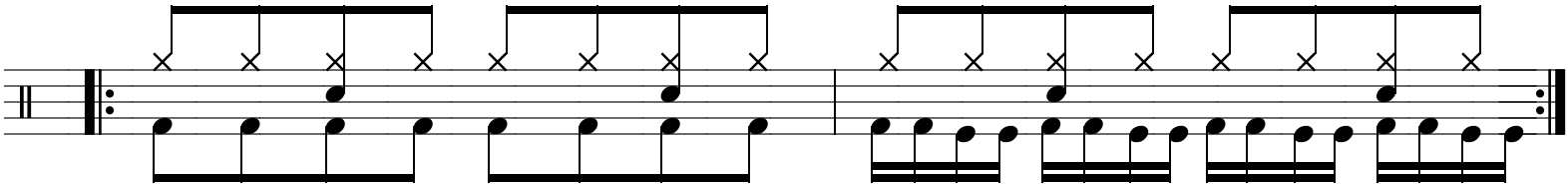
Exercise 4



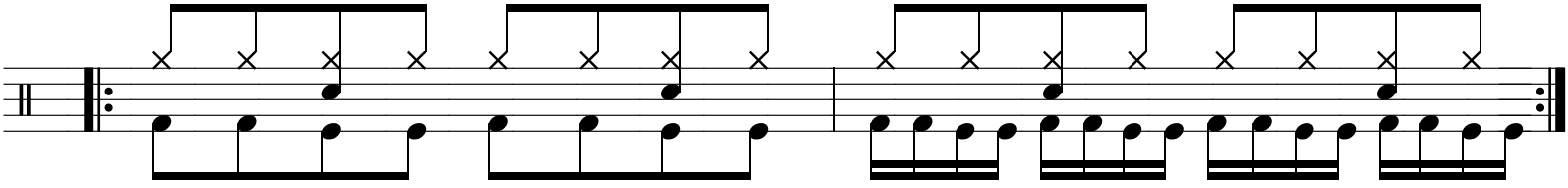
Exercise 5



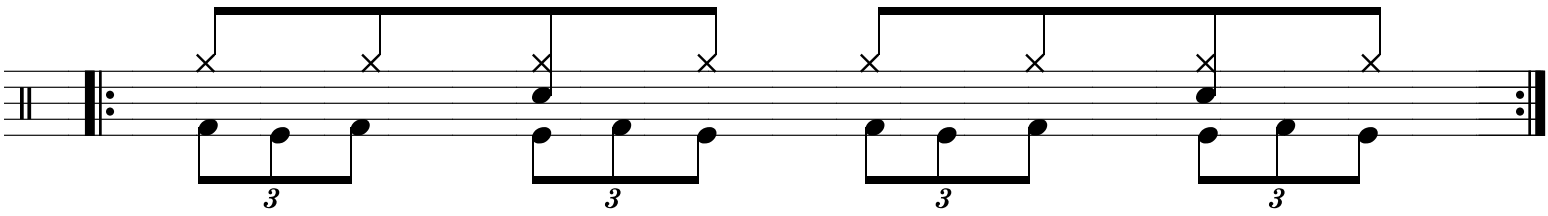
Exercise 6



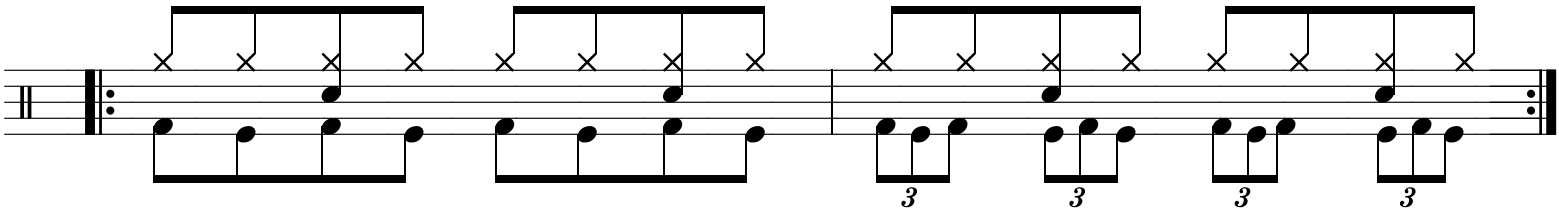
Exercise 7



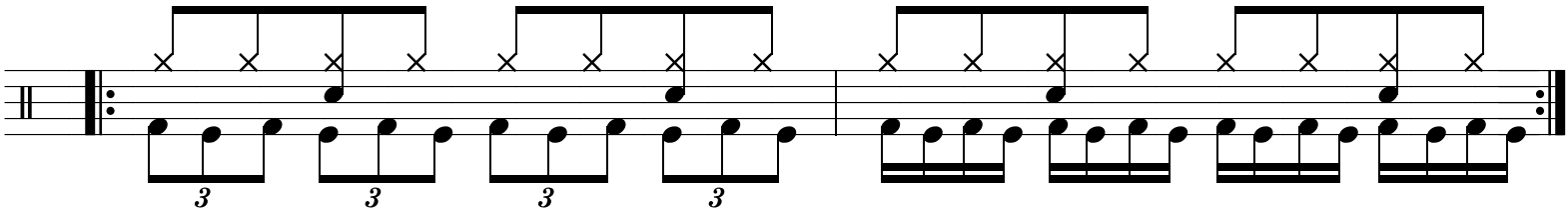
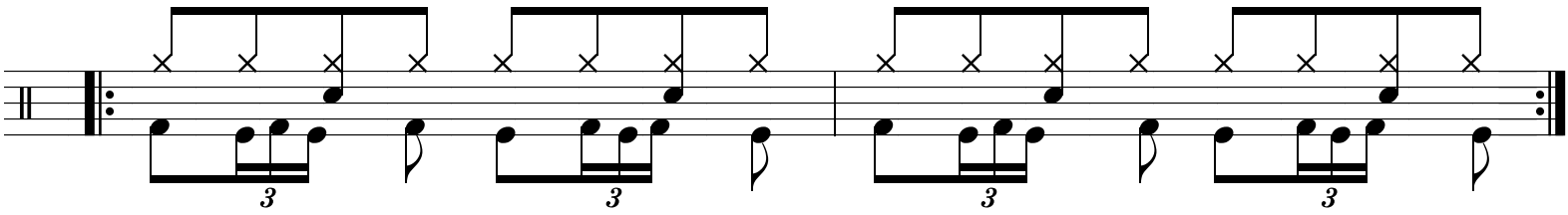
Exercise 8



Exercise 9



Exercise 10



Exercise 11