

In this next lesson, we are looking at different chop building exercises I have used over the years. This exercise is simply a 4 bar phrase of eighth notes and sixteenth notes. However the second time playing the four bar phrase, add sixteenth note triplets oncount 3 of measure 4 as outlined below. Use the following ways to perform this warm up. Remember to use a metronome or click track.

- 1) Alternating strokes
- 2) Eighth notes are played all on same hand, with alternating strokes on sixteenth notes, at end of the 4 bar phrase, begin eighth notes with opposite hand lead.
- 2) Paradiddles
- 3) double strokes
- 4) Double Paradiddles
- 5) Roll
- 6) Match hand pattern with double bass
- 7) Match hand pattern with 16th notes on double bass

