

Eighth Note Rhythm and Paradiddle Grooves

Exercise 1

1 2 3 4

1 2 3 4
RL RRL RLL RL RRL RLL

1 2 3 4

1 2 3 4
RL RRL RLL RL RRL RLL

1 2 3 4

1 2 3 4
RL RRL RLL RL RRL RLL

1 2 3 4

1 2 3 4
RL RRL RLL RL RRL RLL

1 2 3 4

1 2 3 4 1 2 3 4
RL RRL RLL RL RRL RLL

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Exercise 2

1 2 3 4

1 2 3 4

RLLR LRRR RLLR LRRR

1 2 3 4

1 2 3 4

RLLR LRRR RLLR LRRR

1 2 3 4

1 2 3 4

RLLR LRRR RLLR LRRR

1 2 3 4

1 2 3 4

RLLR LRRR RLLR LRRR

1 2 3 4

1 2 3 4

RLLR LRRR RLLR LRRR

1 2 3 4

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Exercise 3

1 2 3 4

1 2 3 4
R L R R L R R L R L R R L R R L

1 2 3 4

1 2 3 4
R L R R L R R L R L R R L R R L

1 2 3 4

1 2 3 4
R L R R L R R L R L R R L R R L

1 2 3 4

1 2 3 4
R L R R L R R L R L R R L R R L

1 2 3 4

1 2 3 4
R L R R L R R L R L R R L R R L

1 2 3 4