

Introduction to Stroke Quality

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Single Strokes – R L R L – R L R L

Double Strokes – R R L L – R R L L

Paraddidles – R L R R – L R L L

High Strokes –
Hi Hi Hi Hi Hi Hi Hi Hi
R L R L – R L R L

Tap/Low Strokes –
Lo Lo Lo Lo Lo Lo Lo Lo
R L R L – R L R L
(Start with sticks in the low position)

Up & Down Strokes –
↓ ↓ ↑ ↑ ↓ ↓ ↑ ↑
R L R L – R L R L
(Start with sticks in the high position)

Paraddiddle –
↓ ↑ Lo Lo ↓ ↑ Lo Lo
R L R R – L R L L

All Types Together –
Hi Hi ↓ ↓ Lo Lo ↑ ↑
R L R L – R L R L

How To Practice:

Practice all exercises—High, Low, Down, and Up—RELAXED for 5–10 minutes a day with a metronome. **Do not practice faster than you can play smoothly or relaxed!**

Use any drum book such as *Stick Control*, *Progressive Steps to Syncopation*, or *Advanced Techniques for the Modern Drummer* to write in the hi, low, up and down strokes.