

# THE RUDIMENTS:

## A Learning Sequence

INCLUDING: APPLICATION EXERCISES AND PROGRESS CHART

### Quadrant A

1. Single Stroke Roll
2. Single Stroke Four
3. Single Paradiddle
4. Multiple Bounce Roll
5. Double Paradiddle
6. Flam
7. Flam Tap
8. Ruff (Drag)
9. Five Stroke Roll
10. Open (Double Stroke) Roll

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## A Learning Sequence

## Quadrant A, page 2

### 4. MULTIPLE BOUNCE ROLL

R L R L R L R L etc.

**Applied:**

Each of the following exercises is written within a tempo marking that is appropriate to produce the best quality of sound for a buzz roll (for most applications). The "overlap" in recommended tempos takes into account various dynamic levels, drum sizes and head tensioning.

**A** *m.m. = 50-70*

**B** *m.m. = 60-80*

**C** *m.m. = 70-100*

**D** *m.m. = 80-110*

**E** *m.m. = 100-150*

**F** *m.m. = 140-190*

**TRACK YOUR PROGRESS:**

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>exercise E</i>	<i>exercise C, F</i>	<i>exercise A</i>	<i>exercise D</i>	<i>exercise B</i>

### 5. DOUBLE PARADIDDLE

R L R L R R L R L R L L

**Applied:**

R L R L R L R L L R L R L R L R L L R L R L R L R L L R L R L R L

**TRACK YOUR PROGRESS:**

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 40 - 56</i>	<i>m.m. = 60 - 76</i>	<i>m.m. = 80 - 96</i>	<i>m.m. = 100 - 116</i>	<i>m.m. = 120 - 136</i>

# THE RUDIMENTS:

## A Learning Sequence

## Quadrant A, page 3

### 6. FLAM

LR RL LR RL LR RL LR RL

Applied:

R R R R R L R L R R R L R L R L L L L L L R L R L L L R L R L

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 50 - 75</i>	<i>m.m. = 80 - 105</i>	<i>m.m. = 110 - 135</i>	<i>m.m. = 140 - 165</i>	<i>m.m. = 170 - 200</i>

### 7. FLAM TAP

LR R RL L LR R RL L

Applied:

RR L RR L RR L RR L R LL R LL R LL R LL RR LL R LL RR LL R L RR LL RR LL RR LL RR LL R LL RR LL RR LL RR LL RR LL RR LL RR LL RR LL RR L

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 50 - 65</i>	<i>m.m. = 70 - 85</i>	<i>m.m. = 90 - 105</i>	<i>m.m. = 110 - 125</i>	<i>m.m. = 130 - 150</i>

### 8. DRAG (RUFF)

LLR RRL LLR RRL

Applied:

**A** *m.m. = 80-180*

R L R R R L R L L L R R L L R R L R L R L R L

**B** *m.m. = 185-215*

R R L L R R L L R R R R L L R R R L L R etc.

**C** *m.m. = 220-250*

R R L L R R L L R RR L LL R RR L LL R etc.

#### TRACK YOUR PROGRESS:

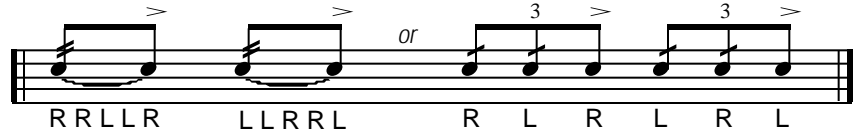
BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>Ex. A; m.m. = 80-110</i>	<i>Ex. A; m.m. = 115-145</i>	<i>Ex. A; m.m. = 150-180</i>	<i>Ex. B; m.m. = 185-215</i>	<i>Ex. C; m.m. = 220-250</i>

# THE RUDIMENTS:

A Learning Sequence

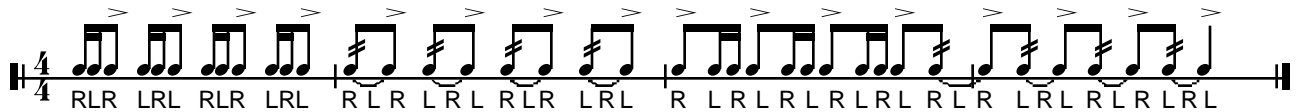
Quadrant A, page 4

## 9. FIVE STROKE ROLL



### Duple Interpretation

Applied:

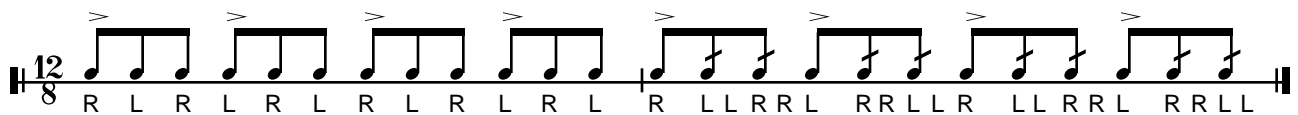


### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 60 - 75</i>	<i>m.m. = 80 - 95</i>	<i>m.m. = 100 - 115</i>	<i>m.m. = 120 - 135</i>	<i>m.m. = 140 - 160</i>

### Triple Interpretation

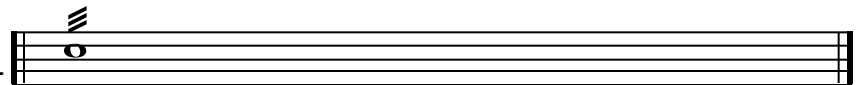
Applied:



### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 80 - 95</i>	<i>m.m. = 100 - 115</i>	<i>m.m. = 120 - 135</i>	<i>m.m. = 140 - 155</i>	<i>m.m. = 160 - 180</i>

## 10. DOUBLE STROKE ROLL



R R L L R R L L R R L L R R L L etc.

Applied:



### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 80 - 95</i>	<i>m.m. = 100 - 115</i>	<i>m.m. = 120 - 135</i>	<i>m.m. = 140 - 155</i>	<i>m.m. = 160 - 180</i>

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# THE RUDIMENTS:

## A Learning Sequence

INCLUDING: APPLICATION EXERCISES AND PROGRESS CHART

### Quadrant B

11. Single Stroke Seven
12. Paradiddle-diddle
13. Flam Accent
14. Swiss Army Triplet
15. Flamacue
16. Nine Stroke Roll
17. Thirteen Stroke Roll
18. Seventeen Stroke Roll
19. Lesson 25
20. Single Dragadiddle

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# THE RUDIMENTS:

## A Learning Sequence

Rudimental Learning Sequence by Dennis DeLucia  
Application/Progress Chart by Mark Wessels

### Quadrant B

#### 11. SINGLE STROKE SEVEN

Applied:

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 60 - 80</i>	<i>m.m. = 85 - 105</i>	<i>m.m. = 110 - 130</i>	<i>m.m. = 135 - 155</i>	<i>m.m. = 160 - 180</i>

#### 12. PARADIDDLE-DIDDLE

Applied:

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 40 - 60</i>	<i>m.m. = 65 - 85</i>	<i>m.m. = 90 - 110</i>	<i>m.m. = 115 - 130</i>	<i>m.m. = 135 - 150</i>

#### 13. FLAM ACCENT

Applied:

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 60 - 80</i>	<i>m.m. = 90 - 110</i>	<i>m.m. = 120 - 140</i>	<i>m.m. = 150 - 170</i>	<i>m.m. = 180 - 200</i>

# THE RUDIMENTS:

A Learning Sequence

Quadrant B, page 2

## 14. SWISS ARMY TRIPLET

Musical notation for the Swiss Army Triplet exercise. The notation is on a single staff in 4/4 time, consisting of four measures of triplet eighth notes. Each triplet starts with an accent (>) and is indicated by a '3' over the notes. The notes in each triplet are: (1) quarter, eighth, eighth; (2) quarter, eighth, eighth; (3) quarter, eighth, eighth; (4) quarter, eighth, eighth.

LR R L LR R L LR R L LR R L  
RL L R RL L R RL L R RL L R

Applied:

Applied musical notation for the Swiss Army Triplet exercise. The notation is on a single staff in 4/4 time, consisting of 16 measures. Each measure contains a triplet of eighth notes. The notes in each triplet are: (1) quarter, eighth, eighth; (2) quarter, eighth, eighth; (3) quarter, eighth, eighth; (4) quarter, eighth, eighth; (5) quarter, eighth, eighth; (6) quarter, eighth, eighth; (7) quarter, eighth, eighth; (8) quarter, eighth, eighth; (9) quarter, eighth, eighth; (10) quarter, eighth, eighth; (11) quarter, eighth, eighth; (12) quarter, eighth, eighth; (13) quarter, eighth, eighth; (14) quarter, eighth, eighth; (15) quarter, eighth, eighth; (16) quarter, eighth, eighth.

RR RR RR RR RRL RRL RRL RRL R L R L R L R L R L R L R L R L R L R L R L  
LL LL LL LL LLR LLR LLR LLR L R L R L R L R L LLR LLR LLR LLR

TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 35 - 50</i>	<i>m.m. = 55 - 70</i>	<i>m.m. = 75 - 95</i>	<i>m.m. = 100 - 120</i>	<i>m.m. = 120 - 135</i>

## 15. FLAMACUE

Musical notation for the Flamacue exercise. The notation is on a single staff in 4/4 time, consisting of five measures. The notes are: (1) quarter, quarter, quarter, quarter; (2) quarter, quarter, quarter, quarter; (3) quarter, quarter, quarter, quarter; (4) quarter, quarter, quarter, quarter; (5) quarter, quarter, quarter, quarter.

LR L R L LR L LR  
RL R L R RL RL

Applied:

Applied musical notation for the Flamacue exercise. The notation is on a single staff in 4/4 time, consisting of 16 measures. Each measure contains four eighth notes. The notes in each measure are: (1) quarter, quarter, quarter, quarter; (2) quarter, quarter, quarter, quarter; (3) quarter, quarter, quarter, quarter; (4) quarter, quarter, quarter, quarter; (5) quarter, quarter, quarter, quarter; (6) quarter, quarter, quarter, quarter; (7) quarter, quarter, quarter, quarter; (8) quarter, quarter, quarter, quarter; (9) quarter, quarter, quarter, quarter; (10) quarter, quarter, quarter, quarter; (11) quarter, quarter, quarter, quarter; (12) quarter, quarter, quarter, quarter; (13) quarter, quarter, quarter, quarter; (14) quarter, quarter, quarter, quarter; (15) quarter, quarter, quarter, quarter; (16) quarter, quarter, quarter, quarter.

RL R RL R RLR R RLR R RLRL R RLRL R RLRL R RLRL R  
LR L LR L LRL L LRL L LRLR L LRLR L LRLR L LRLR L

TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 40 - 60</i>	<i>m.m. = 80 - 95</i>	<i>m.m. = 100 - 115</i>	<i>m.m. = 120 - 155</i>	<i>m.m. = 140 - 160</i>

## 16. NINE STROKE ROLL

Musical notation for the Nine Stroke Roll exercise. The notation is on a single staff in 4/4 time, consisting of six measures. The notes are: (1) quarter, quarter, quarter, quarter; (2) quarter, quarter, quarter, quarter; (3) quarter, quarter, quarter, quarter; (4) quarter, quarter, quarter, quarter; (5) quarter, quarter, quarter, quarter; (6) quarter, quarter, quarter, quarter.

RRLRLRLR LLRLLRLR R R L L  
or

Applied:

Applied musical notation for the Nine Stroke Roll exercise. The notation is on a single staff in 4/4 time, consisting of 16 measures. Each measure contains four eighth notes. The notes in each measure are: (1) quarter, quarter, quarter, quarter; (2) quarter, quarter, quarter, quarter; (3) quarter, quarter, quarter, quarter; (4) quarter, quarter, quarter, quarter; (5) quarter, quarter, quarter, quarter; (6) quarter, quarter, quarter, quarter; (7) quarter, quarter, quarter, quarter; (8) quarter, quarter, quarter, quarter; (9) quarter, quarter, quarter, quarter; (10) quarter, quarter, quarter, quarter; (11) quarter, quarter, quarter, quarter; (12) quarter, quarter, quarter, quarter; (13) quarter, quarter, quarter, quarter; (14) quarter, quarter, quarter, quarter; (15) quarter, quarter, quarter, quarter; (16) quarter, quarter, quarter, quarter.

RLRLR LRLRL R R L L RLRLR LRLRL R L L R R L

TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 60 - 75</i>	<i>m.m. = 80 - 95</i>	<i>m.m. = 100 - 115</i>	<i>m.m. = 120 - 135</i>	<i>m.m. = 140 - 160</i>



# THE RUDIMENTS:

## A Learning Sequence

## Quadrant B, page 3

### 17. 13 STROKE ROLL

Musical notation for 17. 13 Stroke Roll. The staff shows four measures: R, R, L, L.

Applied:

Applied notation for 17. 13 Stroke Roll. The staff shows a sequence of strokes: R, RL, LR, R, RL, L, RL, LR, LR, RL, LR, R.

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
m.m. = 60 – 75	m.m. = 80 – 95	m.m. = 100 – 115	m.m. = 120 – 135	m.m. = 140 – 160

### 18. 17 STROKE ROLL

Musical notation for 18. 17 Stroke Roll. The staff shows four measures: R, R, L, L.

Applied:

Applied notation for 18. 17 Stroke Roll. The staff shows two groups of three strokes (RLRLRLRLR and LRLRLRLRL) followed by two single strokes (R and L).

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
m.m. = 60 – 75	m.m. = 80 – 95	m.m. = 100 – 115	m.m. = 120 – 135	m.m. = 140 – 160

### 19. LESSON 25

Musical notation for 19. Lesson 25. The staff shows two patterns of strokes with an "or" between them.

Applied:

Applied notation for 19. Lesson 25. The staff shows four groups of strokes: RLRLR, RLRLR, RLRLR, RLRLR, followed by RLRLRLRLRLRLRLRL, RLRLRLRLRLRLRLRL, LRLRLRLRLRLRLRL, and LRLRLRLRLRLRLRL.

#### TRACK YOUR PROGRESS:

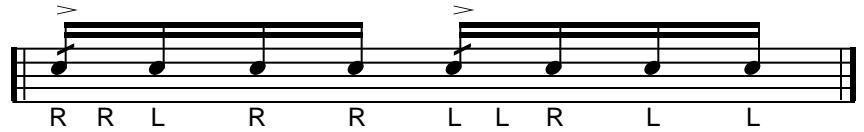
BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
m.m. = 60 – 75	m.m. = 80 – 95	m.m. = 100 – 115	m.m. = 120 – 135	m.m. = 140 – 160

# THE RUDIMENTS:

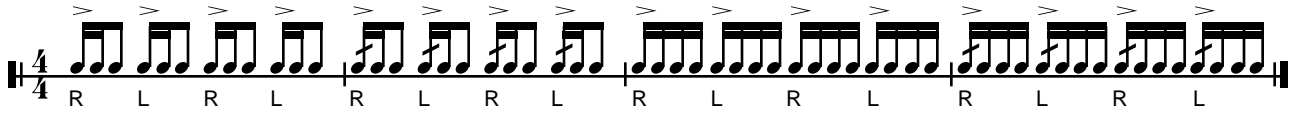
A Learning Sequence

Quadrant B, page 4

## 20. DRAGADIDDLE



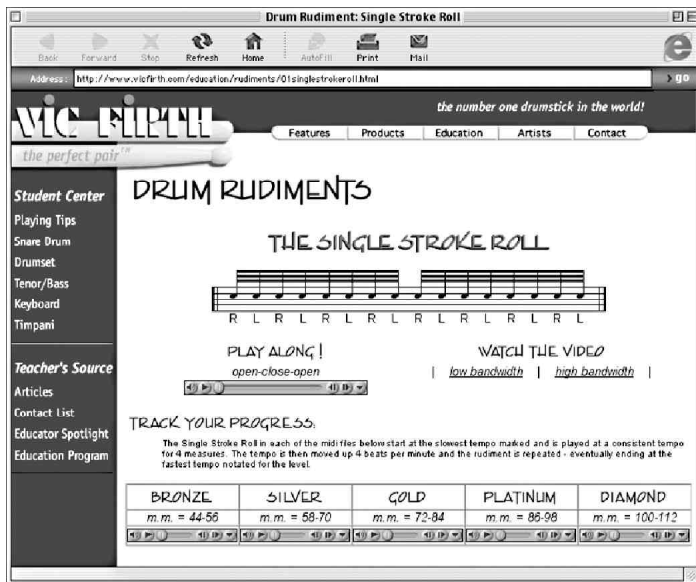
Applied:



### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 60 - 75</i>	<i>m.m. = 80 - 95</i>	<i>m.m. = 100 - 115</i>	<i>m.m. = 120 - 135</i>	<i>m.m. = 140 - 160</i>

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# THE RUDIMENTS:

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### Quadrant C

21. Triple Paradiddle
22. Six Stroke Roll
23. Seven Stroke Roll
24. Fifteen Stroke Roll
25. Flam Paradiddle
26. Single Flammed Mill
27. Pataflafla
28. Single Drag Tap
29. Double Drag Tap
30. Single Ratamacue

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Application/Progress Chart by Mark Wessels

### Quadrant C

#### 21. TRIPLE PARADIDDLE

R L R L R L R R L R L R L R L L

Applied:

RLRLRR LRLRL RLRLRLRLRLRLRL RLRLRLRLRLRLRL RLRLRLRLRLRLRL

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
m.m. = 55 – 80	m.m. = 85 – 110	m.m. = 115 – 140	m.m. = 145 – 170	m.m. = 175 – 200

#### 22. SEVEN STROKE ROLL

L R L R L R L R L R L R L R L R L

#### Duple Interpretation

Applied:

RLRLRL RLRLRL LRLRL LR L RLRLRL RLRLRL RL LR L

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
m.m. = 60 – 80	m.m. = 90 – 110	m.m. = 120 – 140	m.m. = 150 – 170	m.m. = 180 – 200

#### Triple Interpretation

Applied:

R LRLRL R LRLRL LRLRL LR L R L RLRLRL RLRLRL RLRLRL

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
m.m. = 50 – 60	m.m. = 65 – 75	m.m. = 80 – 90	m.m. = 95 – 110	m.m. = 115 – 130

# THE RUDIMENTS:

## A Learning Sequence

## Quadrant C, page 2

### 23. SIX STROKE ROLL

Musical notation for the Six Stroke Roll in 4/4 time. The notation shows six eighth notes with accents, grouped into three pairs. The rhythm is L L R R L R, R L L R R L, R L L R R L.

LLRRLL R R LLRRLL R L L  
R R LLR L R LLR L R

Applied:

Applied musical notation for the Six Stroke Roll in 4/4 time, showing four measures of continuous eighth notes with accents. The rhythm is RLRLR RLRLR RLRLR RLRLR RLRLRLRLRLRLRL RLRLRLRLRLRLRL RLRLRLRLRLRLRL RLRLRLRLRLRLRL.

RLRLR RLRLR RLRLR RLRLR RLRLRLRLRLRLRL RLRLRLRLRLRLRL RLRLRLRLRLRLRL RLRLRLRLRLRLRL

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 60 - 75</i>	<i>m.m. = 80 - 95</i>	<i>m.m. = 100 - 115</i>	<i>m.m. = 120 - 135</i>	<i>m.m. = 140 - 160</i>

### 24. 15 STROKE ROLL

Musical notation for the 15 Stroke Roll in 4/4 time. The notation shows a sequence of 15 eighth notes with accents. The rhythm is R L R L R L R L R L R L R L R L.

R L R L R L R L R L R L R L R L

Applied:

Applied musical notation for the 15 Stroke Roll in 4/4 time, showing four measures of continuous eighth notes with accents. The rhythm is RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL.

RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 60 - 75</i>	<i>m.m. = 80 - 95</i>	<i>m.m. = 100 - 115</i>	<i>m.m. = 120 - 135</i>	<i>m.m. = 140 - 160</i>

### 25. FLAM PARADIDDLE

Musical notation for the Flam Paradiddle in 4/4 time. The notation shows a sequence of eighth notes with accents. The rhythm is L R L R R L R L L.

LR L R R RL R L L

Applied:

Applied musical notation for the Flam Paradiddle in 4/4 time, showing four measures of continuous eighth notes with accents. The rhythm is RLRL RLRL RLRL RLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL.

RLRL RLRL RLRL RLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL RLRLRLRLRLRL

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 50 - 60</i>	<i>m.m. = 70 - 85</i>	<i>m.m. = 90 - 105</i>	<i>m.m. = 110 - 125</i>	<i>m.m. = 130 - 150</i>

# THE RUDIMENTS:

## A Learning Sequence

## Quadrant C, page 3

### 26. FLAMMED MILL

Musical notation for Flamed Mill in 4/4 time, consisting of two measures. The first measure contains four eighth notes: L, R, L, R. The second measure contains four eighth notes: R, L, L, R. Each note has an accent (>).

Applied:

Applied rhythmic exercise for Flamed Mill in 4/4 time. It consists of three measures of eighth-note patterns. Measure 1: RR LL RR LL. Measure 2: RRL LLR RRL LLR. Measure 3: RRLR LLRL RRLR LLRL. Each note has an accent (>).

### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
m.m. = 50 - 70	m.m. = 75 - 95	m.m. = 100 - 120	m.m. = 125 - 145	m.m. = 150 - 160

### 27. PATA-FLAFLA

Musical notation for Pata-Flafla in 4/4 time, consisting of two measures. The first measure contains four eighth notes: L, R, L, R. The second measure contains four eighth notes: R, L, L, R. Each note has an accent (>).

Applied:

Applied rhythmic exercise for Pata-Flafla in 4/4 time. It consists of three measures of eighth-note patterns. Measure 1: R L R R L R L. Measure 2: R L R L R R L R L R L. Measure 3: R L R L R L R L R L R L. Each note has an accent (>).

### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
m.m. = 50 - 65	m.m. = 70 - 85	m.m. = 90 - 105	m.m. = 110 - 125	m.m. = 130 - 150

### 28. SINGLE DRAG

Musical notation for Single Drag in 4/4 time, consisting of two measures. The first measure contains four eighth notes: L, L, R, R. The second measure contains four eighth notes: L, R, L, R. Each note has an accent (>). There is an 'or' symbol between the two measures, followed by a triplet of eighth notes: L, R, L.

Duple

Applied:

Duple applied rhythmic exercise for Single Drag in 4/4 time. It consists of three measures of eighth-note patterns. Measure 1: R L R L R L R. Measure 2: L R L L R LLR. Measure 3: L RRL R LLR L RRL R LL. Each note has an accent (>).

### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
m.m. = 50 - 60	m.m. = 65 - 75	m.m. = 80 - 90	m.m. = 95 - 105	m.m. = 110 - 120

Triple

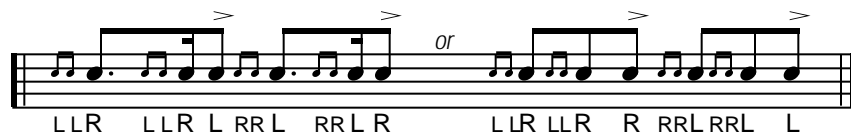
Applied:

Triple applied rhythmic exercise for Single Drag in 4/4 time. It consists of three measures of eighth-note triplet patterns. Measure 1: R L R L R L R. Measure 2: L R L L R LLR. Measure 3: L RRL R LLR L RRL R LL. Each note has an accent (>).

### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
m.m. = 75 - 90	m.m. = 95 - 110	m.m. = 115 - 130	m.m. = 135 - 150	m.m. = 155 - 170

### 29. DOUBLE DRAG



#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 40 - 45</i>	<i>m.m. = 50 - 55</i>	<i>m.m. = 60 - 65</i>	<i>m.m. = 70 - 75</i>	<i>m.m. = 80 - 85</i>



#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 40 - 45</i>	<i>m.m. = 50 - 55</i>	<i>m.m. = 60 - 65</i>	<i>m.m. = 70 - 75</i>	<i>m.m. = 80 - 85</i>

### 30. SINGLE RATAMACUE



#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 50 - 60</i>	<i>m.m. = 65 - 75</i>	<i>m.m. = 80 - 95</i>	<i>m.m. = 100 - 115</i>	<i>m.m. = 120 - 135</i>

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GET PRACTICE SUGGESTIONS AND EXERCISES FROM THE EXPERTS!

# THE RUDIMENTS:

## A Learning Sequence

INCLUDING: APPLICATION EXERCISES AND PROGRESS CHART

### Quadrant D

31. Triple Stroke Roll
32. Ten Stroke Roll
33. Eleven Stroke Roll
34. Inverted Flam Tap
35. Flam Drag
36. Flam Paradiddle-diddle
37. Drag Paradiddle #1
38. Drag Paradiddle #2
39. Double Ratamacue
40. Triple Ratamacue

Learning Sequence Handbook Courtesy Of:

**VIC FIRTH**

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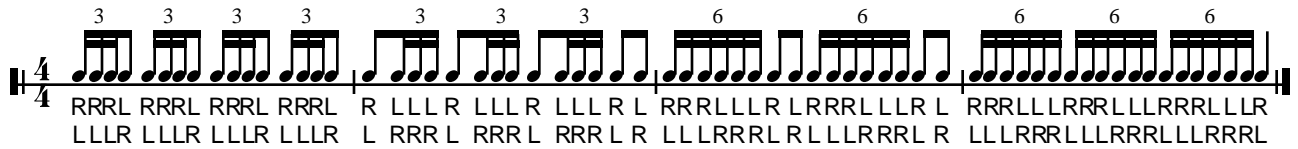
# THE RUDIMENTS:

## A Learning Sequence

Rudimental Learning Sequence by Dennis DeLucia  
Application/Progress Chart by Mark Wessels

### Quadrant D

31. TRIPLE STROKE ROLL 

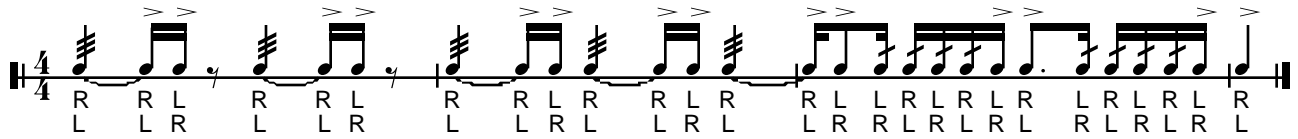
Applied: 

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 50 - 65</i>	<i>m.m. = 70 - 85</i>	<i>m.m. = 90 - 105</i>	<i>m.m. = 110 - 125</i>	<i>m.m. = 130 - 145</i>

32. TEN STROKE ROLL 

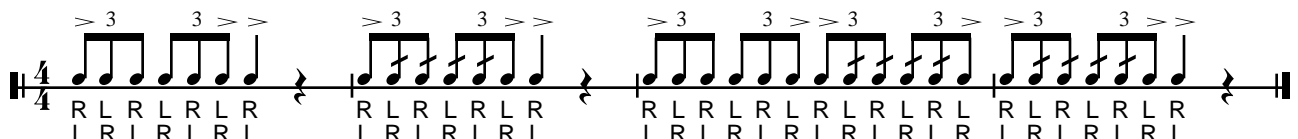
#### Duple Interpretation

Applied: 

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 60 - 75</i>	<i>m.m. = 80 - 95</i>	<i>m.m. = 100 - 115</i>	<i>m.m. = 120 - 135</i>	<i>m.m. = 140 - 160</i>

#### Triple Interpretation

Applied: 

#### TRACK YOUR PROGRESS:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<i>m.m. = 80 - 95</i>	<i>m.m. = 100 - 115</i>	<i>m.m. = 120 - 135</i>	<i>m.m. = 140 - 155</i>	<i>m.m. = 160 - 180</i>





