

Scale Warm Up Patterns

Doubles

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

Paradiddles

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

Flam-Paradiddles

rL lR rL lR L R L L R L R R

Flam-Flamadiddles

lR rL lR rL lR L R R rL R L L

Drag

RRl LLR rRl LLR

Single Stroke Four

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

Paradiddle-Buzz Roll

R L R R L R L R (roll)

Five-Stroke Roll

RRLl R LLRR L R R L L