

Paradiddle Exercises

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1

RLRRLRLL L R
LRLRLRR R L

2

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

Try double paradiddles and paradiddle-diddles for exercises 2 and 3.

3

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

4

Standard single paradiddle sticking

5