

10 Minute Focus Exercise

DOUBLE PARADIDDLES

STEP 1: WHAT DO YOU WANT TO PRACTICE?

SELECT RUDIMENT	SELECT TEMPO
Double Paradiddle	Quarter Note = 100 BPM

STEP 2: CREATE AN EXERCISE FOR THIS RUDIMENT



STEP 3: WHAT DETAILS DO YOU NEED TO FOCUS ON?

#	DETAIL	DEFINE DETAIL
FOCAL POINT # 1	Accent / Non-Accent Heights are consistent.	Accents at 12", Non-Accents at 3"
FOCAL POINT # 2	Timing	Timing is right on the beat (not ahead or behind)
FOCAL POINT # 3	Hand Technique	All wrist, no arm for this tempo.
FOCAL POINT # 4	Angle Of The Stick	Keep angle low to the drum so the stick tip makes full contact with the drum head.
FOCAL POINT # 5	Integrity Of Low Notes	Don't "flop" the inner beats. Play the low notes with integrity and energy.
FOCAL POINT # 6	RH vs LH	Are both hands moving in the same fashion? If not, what needs to change?
FOCAL POINT # 7	First Attack	The first attack is perfectly aligned with the metronome. (Doesn't rush)
FOCAL POINT # 8	Playing Zone	Am I playing consistently in the center of the drum?

STEP 4: COMPLETE THE 10 MINUTE FOCUS EXERCISE

***FIRST MINUTE -** For the first minute, just play the exercise. Don't focus on anything in particular.

***MINUTES 2 - 9:** Focus ONLY on the assigned "focal point" for that minute.

***LAST MINUTE:** In the last minute, try to think of all 8 focal points simultaneously as you play the exercise.

MINUTE 1	MINUTE 2	MINUTE 3	MINUTE 4	MINUTE 5	MINUTE 6	MINUTE 7	MINUTE 8	MINUTE 9	MINUTE 10
JUST PLAY	Focal Point #1	Focal Point #2	Focal Point #3	Focal Point #4	Focal Point #5	Focal Point #6	Focal Point #7	Focal Point #8	Focal Points 1-8

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