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Purpose:

The purpose of this exercise is to increase the quality of your single, double, and triple paradiddles.

Stick motion:

This exercise should have two distinct heights. Make sure that every tap is exactly the same height and every accent is the same height. Another thing to watch out for is over-squeezing the stick from the accent to the tap. Make sure the stick motion is legato throughout, even when going from an accent to a tap.

Always double check that your stick path is vertical as well. Some of the more difficult split patterns will challenge this.

Sound Quality:

Be sure to play in the proper playing zones. This will become extremely difficult, especially with the more advanced split patterns, if proper hand and wrist angles are not maintained, and if the forearms are not carrying the hands/sticks to where they need to be (the shoulders should not move and ONLY the forearms should move the hands/sticks).

Rhythm & Timing:

Getting the rhythm perfect in this exercise is one of the biggest challenges. This becomes exceptionally true when moving on to the harder split patterns. There are many opportunities to make rhythmic errors, especially during the transitions from alternating notes to diddles and mack to alternating notes. But wait - That's the entire exercise. Remember to play RHYTHMS and NOT PATTERNS. Start slow, and work your way up.

Variations to this exercise:

Play all at one height, especially taps Play on one drum