

# Add-a-Flam Cheese

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Snare

12 16 20 24

R l r L r l.. R R l r L L r l.. R R R l r L L L r l..

24 28 24

R R R R l r L L L L r l.. R R R R R l r L L L L L r l..

24 20 16

R R R R l r L L L L r l.. R R R l r L L L r l..

16 12

R R l r L L r l.. R l r L r l.. R

Purpose: The purpose of this exercise is to improve your grace note consistency on multiple same-hand flam cheese rudiments.

Notes: This exercise should be played with 2 heights - and accent height (full vertical stroke at slow speeds, decreasing in height as the tempo increases) and a 3" tap height. When playing multiple flams in a row, try to play the main notes and grace notes as relaxed as possible. If you break each hand into its own components, you are just playing eight-on-a-hand strokes at different heights. Don't let the fact that you are playing flams change the basic mechanics of how you are producing the strokes.

A major, MAJOR tendency in this exercise will be to rush the two unaccented / unflamed notes, especially at the slower tempos. Be very conscious of placing these two notes exactly on the eighth note pulse.

Make sure that the cheese (diddled flam) is played with an accurate 16th note rhythm. Also, it is easy to get 'poundy' on the diddles - make sure to keep the diddle nice and open, using the same consistency of sound that you use on the regular accented notes.

Pay attention to your grace note placement. Are you actually playing flams, or are you playing 'two-height double stops'? It is an easy mistake to shift the grace note directly on top of the main note.

Practice this with your metronome set to eighth notes, if it has that capability. This way you don't need to worry about the changing time signatures.