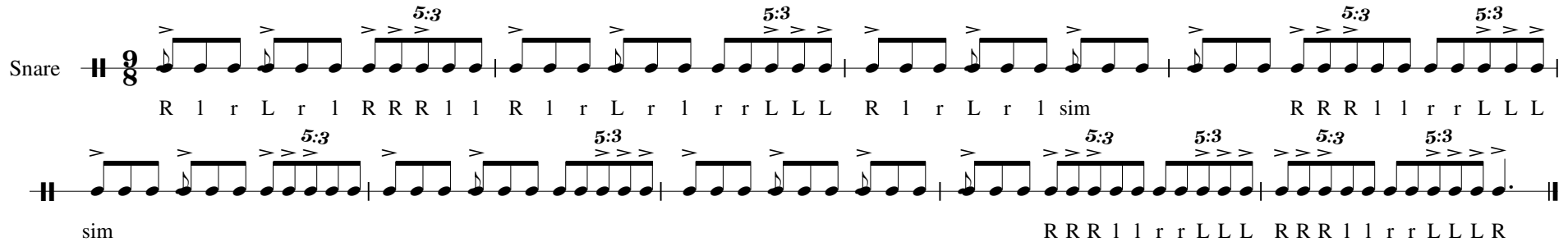


Egg Beater Mission

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Purpose: This exercise is in the standard 'mission' form. The rudiment being played is a regular egg beater, followed by an inverted egg beater. The goal of the exercise is to smooth out the egg beater rhythm and give a nice, roll-like quality of sound.

1) Stick motion: I like to play this exercise with the following heights: Check pattern is full to 3". Egg beaters are full / 15" to 9", i.e. play the triple stroke at full or 15" and the double stroke at 9". This is similar to the sevenlet heights played in the BD 1995 snare break (RRR ll rr LLL rr ll)

2) Sound Quality: Shoot for the same sound quality in the egg beaters as you get for the double and triple strokes in Sanford. Mechanically, there is no difference so don't let the strange 5:3 meter affect the sound quality. As always, make sure your flam accents are nice and tight with no pounding on the accents.

3) Rhythm and Timing: The rhythmic accuracy in the egg beaters is the main challenge in this exercise. Many people tend to crush down the double strokes in the egg beaters. Try to keep these very open so that you can hear the exact same space between every note in the egg beater.

4) Variations to this exercise:

a) Play off the left