

Paradiddle Race

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Snare H $\frac{7}{8}$ H $\frac{7}{16}$ H $\frac{7}{4}$ H $\frac{7}{16}$

R l r r L r l l R l r r l l sim R l r r l l R l r r L r l l sim

R l r r L r l l R l r r l l sim R l r r l l R l r r L r l l sim R

Purpose:	This purpose of this exercise is to increase your paradiddle speed. The exercise is called 'Paradiddle Race' because a common variation is to race your buddy during the 2nd half of the exercise. Play the 16th notes together, then play the 32nd notes as fast as you can. Good times. :)
1) Stick motion:	This exercise can be practiced a couple of different ways. a) Play very strict accent-to-tap heights. Playing the exercise with these heights will really increase your ability to control the stick from a high accent to a low diddle. Make sure that all of the taps are exactly at 3" b) Play a more relaxed, 'full bodied' 32nd note paradiddles. I'm thinking 12" to 9" at moderate tempos and 9" to 6" at the fast tempos. You should be able to max out the tempo a lot more playing these heights.
2) Sound Quality:	If you are playing the strict height version, make sure you don't pound the accents when you freeze the stick. Also make sure the sound quality and volume of the non-lead paradiddle hand matches that of the lead hand. If you are playing the more relaxed version, make sure it isn't TOO relaxed. If you are playing 9" to 6", make sure that you are ACTUALLY playing exactly 9" to 6" so that the taps and accents will all have a consistent volume and quality of sound.
3) Rhythm and Timing:	Be sure to check the underlying 16th note and 32nd note rhythms. Check yourself by having your friend play straight 16th notes and 32nd note rolls while you play 16th and 32nd note paradiddles.
4) Variations to this exercise:	a) Play off the left. b) Move the accent to the 2nd note of every paradiddle.