

Supersized Three

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'Flam Drags'

Snare

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

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

'Cheeses'

12/8 20/8 28/8

28/8 44/8

'Flam Fives'

12/8 20/8 28/8

28/8 44/8

Purpose:

This exercise is basically an extension of the stock 'big three' exercise, covering variations of the flam drag, cheese, and flam five.

Notes:

The eighth note is constant in this exercise - don't let the time signatures fool you, we are just grouping the eighth notes into groups of three, five, and seven. If you want to practice this with a metronome (and you should), just set the metronome to play the eighth note subdivision. Watch out for rushing the tempo during the check patterns, especially in the five and seven note groupings.