

Brain Training On The Drums

Using Singles Doubles & Paradiddles

While singles, doubles and paradiddles these 14 patterns were created and will be used as a basis of moving forward during this course.

Download and keep this as a reference.

1.	R	L	R	L	R	L	R	L
2.	L	R	L	R	L	R	L	R
3.	R	R	L	L	R	R	L	L
4.	L	L	R	R	L	L	R	R
5.	L	R	R	L	L	R	R	L
6.	R	L	L	R	R	L	L	R
7.	R	L	R	R	L	R	L	L
8.	L	R	L	R	R	L	R	L
9.	L	L	R	L	R	R	L	R
10.	R	L	L	R	L	R	R	L
11.	L	R	L	L	R	L	R	R
12.	R	L	R	L	L	R	L	R
13.	R	R	L	R	L	L	R	L
14.	L	R	R	L	R	L	L	R

Further information can be found via our website <https://drumde.com/brain-training>