

# McEachern Exercise Packet

## 2022-2023

### 8s

R... L... R... L... R

### 16s

R... L... R

### A/B

R... L... R... L... R... L... R... L... R

### Irish Spring

R R R... L L L... R R R... L L L... R... L... RLRLRLRLRL R

### Hug-a-dics

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

### Daniel's

R R R... L L L... R R R... L L L... R

### Bucks

4/4 R r... L l... R r... L l... R

"first way" R l r R l r...  
 "second way" R r l R r l R...  
 "all the way" R l r l R l r l R...  
 Upbeat Bucks r R r R...

### Triplet Bucks

12/8 R... L... R... L... R

### Huc-a-dics

4/4 R... L... R... L... R

### 7/8 Huc-a-dics

7/8 R... L... R

### Paradiddle-diddle Breakdown

12/8 R... L l l... R l r r R l r r R...  
 R r r l l R r r l l R... R l r r l l R l r r l l R... R

### Huc dig-a-dics

4/4 R... L... R... L... R

### Flam Accent Breakdown

4/4 R... R r L r R r L r R...  
 R l r L r R l r L r R... R l r L r l R l r L r l R... R

### 16th One-Note Timing

Two staves of musical notation in 4/4 time. The first staff contains a sequence of 16th notes with the following rhythm pattern: R L R L R L R L R R R R R L R L R L L L L R L R... The second staff shows a similar sequence with a repeat sign and a final rest for the right hand (R).

### 16th Three-Note Timing

Two staves of musical notation in 4/4 time. The first staff contains a sequence of 16th notes with the following rhythm pattern: R L R L R L R L R R L R R L R L R... The second staff shows a similar sequence with a repeat sign and a final rest for the right hand (R).

### 16th Two-Note Timing

Two staves of musical notation in 4/4 time. The first staff contains a sequence of 16th notes with the following rhythm pattern: R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R... The second staff shows a similar sequence with a repeat sign and a final rest for the right hand (R).

### Triplet One-Note Timing

Two staves of musical notation in 12/8 time. The first staff contains a sequence of triplet 16th notes with the following rhythm pattern: R L R L R L R L R L R L R R R R R R R L R L R L R L R L R L L L L L L L... The second staff shows a similar sequence with a repeat sign and a final rest for the right hand (R).

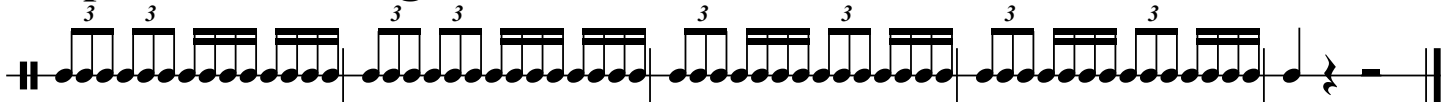
### Triplet Two-Note Timing

Two staves of musical notation in 12/8 time. The first staff contains a sequence of triplet 16th notes with the following rhythm pattern: R L R L R L R L L R R L R L R L L R R L R L R... The second staff shows a similar sequence with a repeat sign and a final rest for the right hand (R).

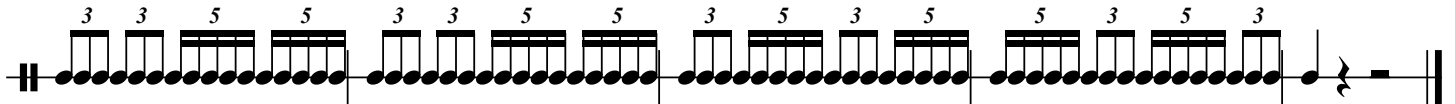
### 8th/Triplet Timing

Two staves of musical notation in 4/4 time. The first staff contains a sequence of 8th notes and triplet 8th notes with the following rhythm pattern: 3 3 3 3 3 3... The second staff shows a similar sequence with a repeat sign and a final rest for the right hand (R).

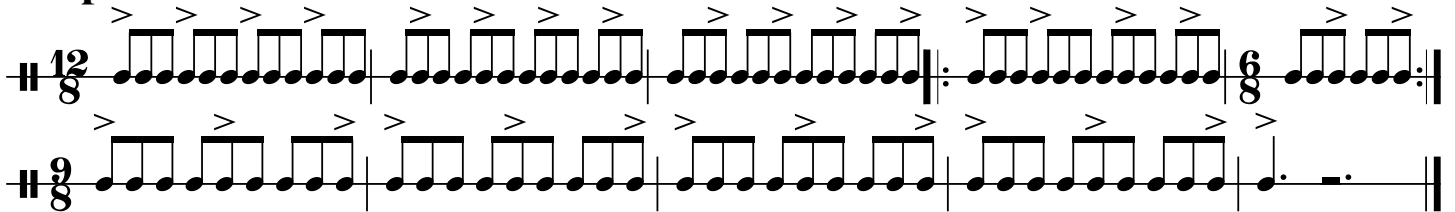
## Triplet/16th Timing



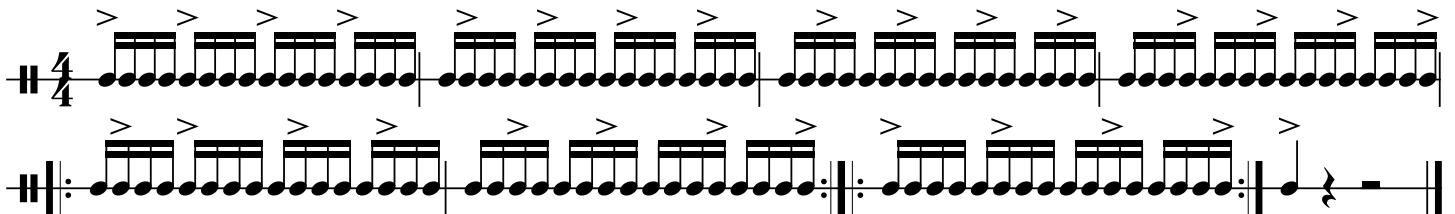
## 3s and 5s



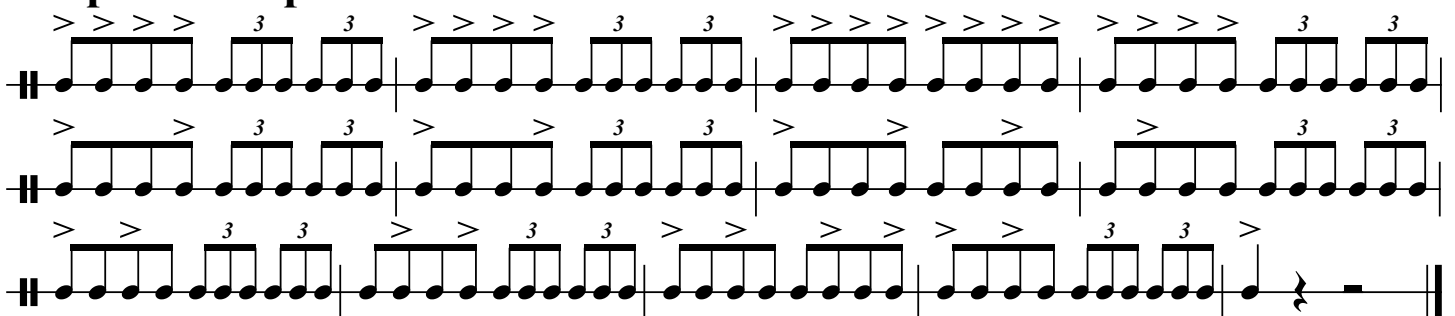
## Triplet Accent Grid



## 16th Accent Grid



## Jeepers Creepers



## Notes about timing exercises:

All timing variations can be played:

- Off the left
- Backwards (patterns are reversed)
- With double sticking
- At all dynamics
- With constant accents on any partial (or combinations of partials)
- With rolls on certain partials/beats (on accent grid and Jeepers Creepers)
- With phrasing (crescendo/decrescendo)
- With any combination of the above
- With constant motion unless musically appropriate

### 16th Inverted Rolls (Stick Control)

Two staves of music. The first staff has a treble clef and a key signature of one flat. It contains four measures of music, each with a 16th-note roll. The notes are beamed in groups of 4. The second staff has a bass clef and a key signature of one flat. It contains two measures of music, each with a 16th-note roll, followed by a quarter rest and a final quarter note.

RLLRRLRLRLLRRL RLLRRLRLRLLRLLR LLRRLRLRLLRLLR LRRLRLRLLRLLRL

RLLRRLRLRLLRLLR LLRRLRLRLLRLLR RLLRRLRLRLLRRL RLLRRLRLRLLRLLR R

### 5-8 Paradiddle (Stick Control)

Two staves of music. The first staff has a treble clef and a key signature of one flat. It contains four measures of music, each with a 5-8 paradiddle roll. The notes are beamed in groups of 5. The second staff has a bass clef and a key signature of one flat. It contains two measures of music, each with a 5-8 paradiddle roll, followed by a quarter rest and a final quarter note.

RLRRLRLRRLRLRL RLLRRLRLRLLRRLR RRLRRLRLRRLRLLRL RLRLRLRRLRRLRLRL

RLRRLRLRRLRLRLR RRLRRLRLRRLRRL RRLRRLRLRRLRRLR RLRLRRLRRLRRLR R

### Triplet Inverted Rolls (Stick Control)

Two staves of music. The first staff has a treble clef and a 12/8 time signature. It contains four measures of music, each with a triplet inverted roll. The notes are beamed in groups of 8. The second staff has a bass clef and a 12/8 time signature. It contains two measures of music, each with a triplet inverted roll, followed by a quarter rest and a final quarter note.

R R L L R R L R R L L R L L R R L L R L L R R L L R R L L R R L

R R L L R R L R R L L R L L R R L L R R L L R R L R

### Morello Rolls

Two staves of music. The first staff has a treble clef and a 4/4 time signature. It contains four measures of music, each with a Morello roll. The notes are beamed in groups of 8. The second staff has a bass clef and a 4/4 time signature. It contains two measures of music, each with a Morello roll, followed by a quarter rest and a final quarter note.

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

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

### Morello Paradiddles

Two staves of music. The first staff has a treble clef and a 4/4 time signature. It contains four measures of music, each with a Morello paradiddle. The notes are beamed in groups of 8. The second staff has a bass clef and a 4/4 time signature. It contains two measures of music, each with a Morello paradiddle, followed by a quarter rest and a final quarter note.

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

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

### Paradiddles

Two staves of music. The first staff has a treble clef and a 4/4 time signature. It contains four measures of music, each with a paradiddle. The notes are beamed in groups of 8. The second staff has a bass clef and a 4/4 time signature. It contains two measures of music, each with a paradiddle, followed by a quarter rest and a final quarter note.

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

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

### Paradiddle-7s

Two staves of music. The first staff has a treble clef and a 4/4 time signature. It contains four measures of music, each with a paradiddle-7s. The notes are beamed in groups of 7, with a triplet of 3 notes. The second staff has a bass clef and a 4/4 time signature. It contains two measures of music, each with a paradiddle-7s, followed by a quarter rest and a final quarter note.

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

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

### Gallup

4/4

R R L R R L R R L R R L R L L R L L R L L R L L R R L R R L R L L R L L R L L R...

The 'Gallup' exercise consists of two staves of music in 4/4 time. The top staff features a sequence of eighth-note patterns with rhythmic markings 'R' (right) and 'L' (left) below the notes. The bottom staff contains a continuous stream of eighth notes, with some groups of four notes beamed together.

### Float Triplet Diddle

The 'Float Triplet Diddle' exercise consists of two staves of music. Both staves feature a continuous sequence of eighth-note triplets, indicated by a '3' above each group of three notes.

### Pat's Rolls

The 'Pat's Rolls' exercise consists of a single staff of music featuring a continuous sequence of eighth-note triplets, indicated by a '3' above each group of three notes.

### Diddle Diddle Five Nine

The 'Diddle Diddle Five Nine' exercise consists of a single staff of music featuring a continuous sequence of eighth-note groups, with some groups of five notes beamed together.

### 16th Seven-Stroke Rolls

The '16th Seven-Stroke Rolls' exercise consists of a single staff of music featuring a continuous sequence of eighth-note groups, with some groups of seven notes beamed together.

### Crazy 5s

The 'Crazy 5s' exercise consists of two staves of music. The top staff features a continuous sequence of eighth-note groups of five notes beamed together. The bottom staff features a similar sequence, with an accent (^) above the first group of five notes.

### Triplet Seven-Stroke Rolls

The 'Triplet Seven-Stroke Rolls' exercise consists of two staves of music. The top staff features a continuous sequence of eighth-note groups of seven notes beamed together, with accents (>) above each group. The bottom staff features a similar sequence, with accents (>) above each group of seven notes.

### Jeepers Rolls

Jeepers Rolls: A drum set exercise consisting of three staves of music. The first staff uses a snare drum (S) and the second and third staves use a hi-hat (H). The pattern features eighth-note rolls with accents (>) and triplets (3) throughout.

### Three-Level Rolls

Three-Level Rolls: A drum set exercise consisting of two staves of music. The first staff uses a snare drum (S) and the second staff uses a hi-hat (H). The pattern features eighth-note rolls with accents (>) and triplets (3) throughout.

### 16th Note Triplet Rolls

16th Note Triplet Rolls: A drum set exercise consisting of one staff of music using a snare drum (S). The pattern features 16th-note triplet rolls with accents (>) and triplet markings (3).

### Copland Rolls

Copland Rolls: A drum set exercise in 3/4 time, consisting of one staff of music using a snare drum (S). The pattern features eighth-note rolls with accents (>) and includes specific rhythmic patterns like R R R R and L L L L.

### Pudadas

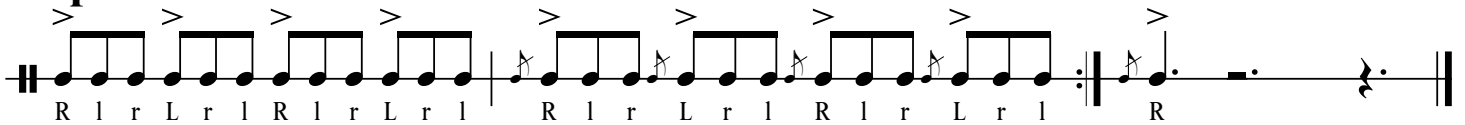
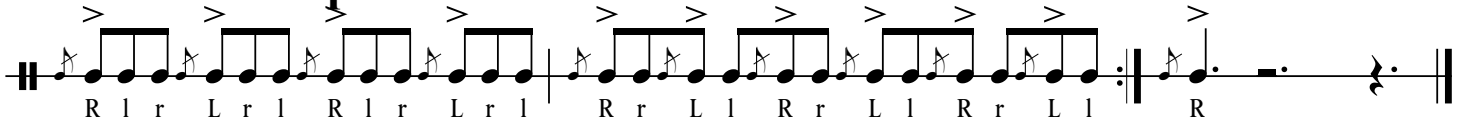
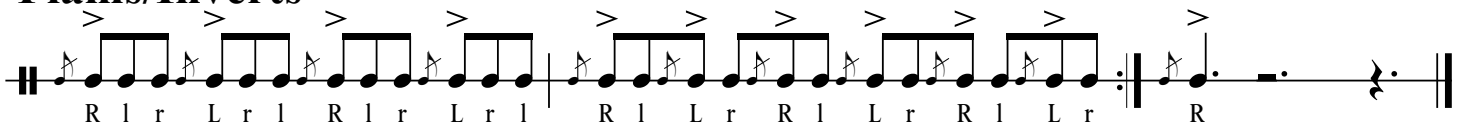
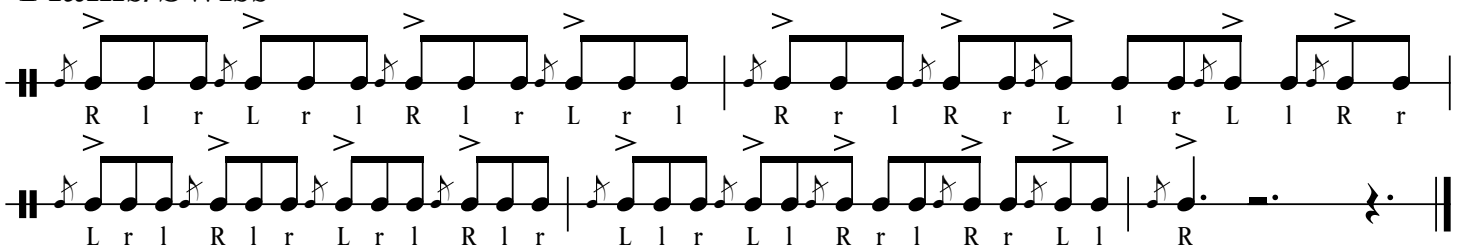
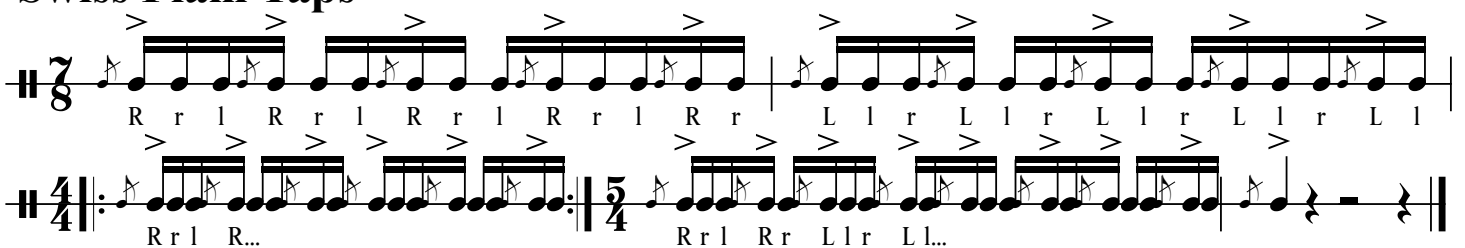
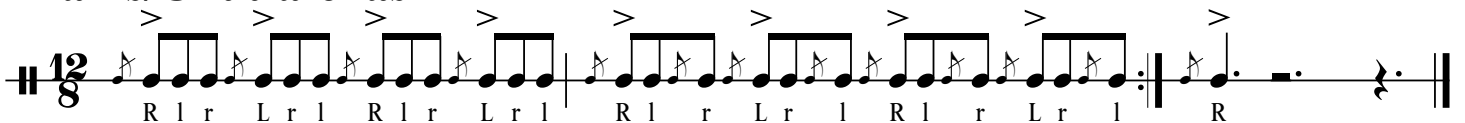
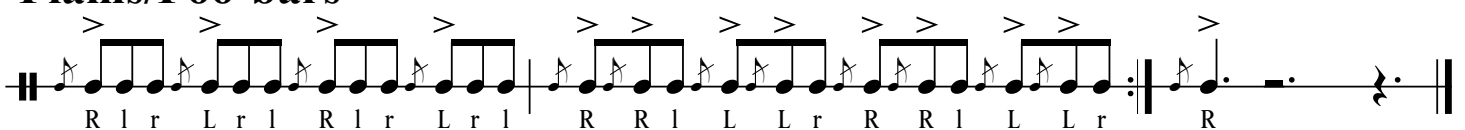
Pudadas: A drum set exercise in 12/8 time, consisting of two staves of music. The first staff uses a snare drum (S) and the second staff uses a hi-hat (H). The pattern features eighth-note rolls with accents (>) and includes specific rhythmic patterns like R l r L r l R l r L r l and R R R R R R.

### Drags/Hertas

Drags/Hertas: A drum set exercise consisting of one staff of music using a snare drum (S). The pattern features eighth-note rolls with accents (>) and includes a drag pattern.

### Chicken and a Roll

Chicken and a Roll: A drum set exercise consisting of two staves of music. The first staff uses a snare drum (S) and the second staff uses a hi-hat (H). The pattern features eighth-note rolls with accents (>) and includes a 'chicken' pattern.

**Triplet Accent****Taps/Flams****Flams/Flam Taps****Flams/Inverts****Flams/Swiss****Swiss Flam Taps****Flams/Chut-a-chas****Flams/Foo-bars**



## '06 Paradiddles

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

## 7/8 Grid

Template:

4 3 4 3 3 4 3 4

Example: Flam-taps for the 4s, Flam accent for the 3s

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

Example: Triplet rolls for the 4s, 16th note 3s for the 3s

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

## Notes about flam exercises:

Considerations:

- Focus on primary note timing before grace note width
- Listen for a warm, smooth inner beat sound
- Ensure that accents in both hands 'pop'

All of the flam exercises can be played:

- On different partials, and in different meters
- With any applicable hybrid rudiments

7/8 Grid Instructions:

- The template above is made of groups of 4 and 3 8th notes
- Assign any rudiment, hybrid, or accent pattern to each group as shown in the examples above
- Challenge yourself and your friends both physically and mentally by coming up with new combinations