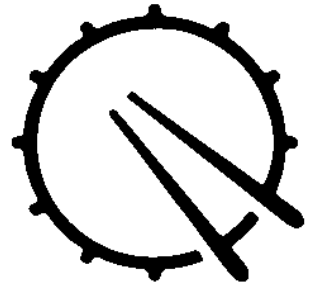


ROLLING THROUGH THE WEEK!



Directions: Play each of the roll rudiments below, and write the fastest tempo (BPM) you can play each rudiment. When you are able to play a roll rudiment 5 BPM faster, put a ✓ in the box next to +5. Once you reach 10 BPM faster, put a ✓ in the next box. *Congratulations!*

Double Stroke Roll BPM ___ | +5 | +10

R R L L R R L L ...

Five Stroke Roll BPM ___ | +5 | +10

R R L L R L L R R L

Seven Stroke Roll BPM ___ | +5 | +10

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

Nine Stroke Roll BPM ___ | +5 | +10

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

Ten Stroke Roll BPM ___ | +5 | +10

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

Eleven Stroke Roll BPM ___ | +5 | +10

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

Thirteen Stroke Roll BPM ___ | +5 | +10

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

Fifteen Stroke Roll BPM ___ | +5 | +10

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

Combining Rolls!

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

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

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

BONUS: Identify the stroke rolls in the piece above by writing the number above each roll type.