

STICK CONTROL MEDLEY!!!

Exercises from Stick Control by G. L. Stone

Single Beat Combinations – page 5, #1-13, 20x each; long-term goal is half note = 112-120



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

Short Roll Combinations (Single Beat Rolls) – page 10, #1-12, 4x each; long-term goal is half note = 96-100



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

Short Roll Combinations (Double Beat Rolls) – page 11, #1-12, 4x each; long-term goal is half note = 100-104

1 

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

* 9 stroke open roll

2. L R L R LLRLLRR
3. R R L L RLLRLL
4. L L R R LLRLLRR
5. R L R R LLRLLRR L R L L RLLRLL
6. R L L R LLRLLRR L R R L RLLRLL
7. R R L R LLRLLRR L L R L RLLRLL
8. R R R L RLRLRLRL R R R L RLRLRLRL
9. L L L R LRLRLRLR L L L R LRLRLRLR
10. R L L L RLRLRLRL R L L L RLRLRLRL
11. L R R R LRLRLRLR L R R R LRLRLRLR
12. R R R R LRLRLRLR L L L L RLRLRLRL