

# 5 Minute Warm-up

♩ = 120

Single Strokes

0:10      0:20      0:30      0:55

R L R L

*mf*      *fff*      *ppp*

Double Strokes

1:00      1:10      1:20      1:30      1:55

R R L L

*mf*      *fff*      *ppp*

2:00    Improve simple patterns based on practice needs. Examples include single strokes, four stroke ruffs, and rolls.

*mf*

ca. 3:00    Flam Accents

R      L      R      L      R      L      R      L      etc.

ca. 3:30    Flam Paradiddles

R L R R L R L L    R L R R L R L L    R L R R L R L L    R L R R L R L L    etc.

ca. 4:10    *The Three Camps*

R      L      R      R      L      R      etc.

*rit.* ----- *molto rit.* -----

*f*      *fff*