

Add-a-Flam Drag

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Snare

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

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

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

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

Purpose: The purpose of this exercise is to improve your grace note consistency on multiple same-hand flam drag rudiments.

Notes: This exercise should be played with 2 heights - and accent height (full vertical stroke at slow speeds, decreasing in height as the tempo increases) and a 3" tap height. When playing multiple flams in a row, try to play the main notes and grace notes as relaxed as possible. If you break each hand into its own components, you are just playing eight-on-a-hand strokes at different heights. Don't let the fact that you are playing flams change the basic mechanics of how you are producing the strokes.

A major, MAJOR tendency in this exercise will be to rush the diddle and the unaccented / unflammed notes, especially at the slower tempos. Be very conscious of placing these notes exactly on the eighth note pulse. Also, play the diddle with an accurate 16th note rhythm and don't drop it in early!

Pay attention to your grace note placement. Are you actually playing flams, or are you playing 'two-height double stops'? It is an easy mistake to shift the grace note directly on top of the main note.

Practice this with your metronome set to eighth notes, if it has that capability. This way you don't need to worry about the changing time signatures.