

Multi-string double-stroke exercise:

1. Triplets with one-handed double strokes

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

5

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

2. Paradiddles up and down a scale (double strokes with both hands)

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

Swallowtail Jig with double strokes:

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

5

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