

All Right Hand Accents Paradiddle-diddles:

F

S. $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$

T. $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$

B. $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$

No Accent Paradiddle-diddles:

G

S. $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$

T. $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$

B. $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$ $\text{R L R R L L R L R R L L}$

H

S. $\text{R L L R L L R L R R L L}$ $\text{R L L R L L R L R R L L}$ $\text{R R L R R L L R L R R L L R L}$ $\text{R R L L R L R R L L R L R R L L}$

T. $\text{R L L R L L R L R R L L}$ $\text{R L L R L L R L R R L L}$ $\text{R R L R R L L R L R R L L R L}$ $\text{R R L L R L R R L L R L R R L L}$

B. $\text{R L L R L L R L R R L L}$ $\text{R L L R L L R L R R L L}$ $\text{R R L R R L L R L R R L L R L}$ $\text{R R L L R L R R L L R L R R L L}$

"...Paradiddle Version Too

Notes:

- Any accent pattern section can be skipped or adjusted to fit your group’s ability level, so feel free to mix and match as needed.
- For added variety, try playing through the entire exercise using the two alternate rhythm variations to the right.
- You can also focus on just one accent pattern and cycle through Variation 1, Variation 2, then full paradiddle-diddles to strengthen the structure and feel of each phrase.
- This exercise is highly adaptable, so use it in whatever way best develops control and consistency with paradiddle-diddles!

Variation 1:

Variation 2: