

ULTIMATE DRUMMING HAND SPEED WORKOUT



BY: STEPHEN TAYLOR

Ultimate Drumming Hand Speed Workout

Stephen Taylor

1. Singles Train Ride

(Play for 2 or 4 minutes)

Musical notation for 'Singles Train Ride' in 4/4 time. The first staff shows a sequence of quarter notes: R L R L R L R L, followed by four groups of eighth notes beamed in pairs, each with a '3' above it indicating a triplet. The second staff shows four groups of eighth notes beamed in pairs, each with a '6' above it indicating a sextuplet. The third staff shows four groups of eighth notes beamed in pairs, each with a '6' above it indicating a sextuplet. The fourth staff shows a sequence of quarter notes: R L R L R L R L, followed by four groups of eighth notes beamed in pairs, each with a '3' above it indicating a triplet.

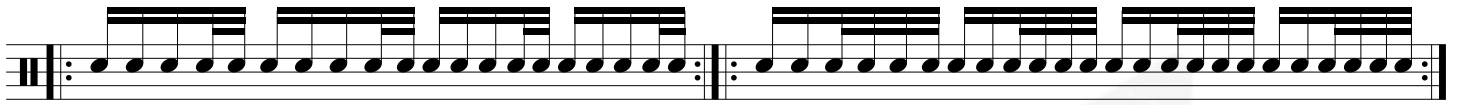
2. Double Train Ride

(Play for 2 or 4 minutes)

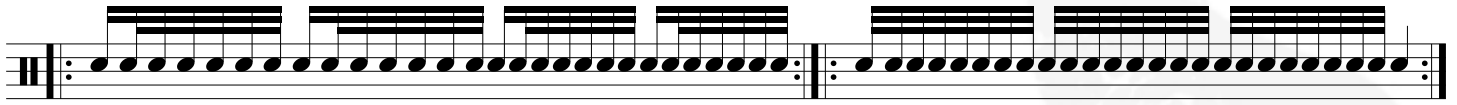
Musical notation for 'Double Train Ride' in 4/4 time. The first staff shows a sequence of quarter notes: R R L L R R L L, followed by four groups of eighth notes beamed in pairs, each with a '3' above it indicating a triplet. The second staff shows four groups of eighth notes beamed in pairs, each with a '6' above it indicating a sextuplet. The third staff shows four groups of eighth notes beamed in pairs, each with a '6' above it indicating a sextuplet. The fourth staff shows a sequence of quarter notes: R R L L R R L L, followed by four groups of eighth notes beamed in pairs, each with a '3' above it indicating a triplet.

7. Mind the (Singles) Gap

(Play for 2 or 4 minutes)




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



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

8. That Rebound Life

(Play for 2 or 4 minutes)



R R R R R R >> >> >> >> >>
L L L L L L L R L R L R L R L R

THE DAILY ROUTINE

EXERCISE

LENGTH OF TIME

- | | |
|---------------------------|----------------|
| 1. SINGLES TRAIN RIDE | 2 OR 4 MINUTES |
| 2. DOUBLE TRAIN RIDE | 2 OR 4 MINUTES |
| 3. TABLE FOR ONE | 2 OR 4 MINUTES |
| 4. DON'T HERTA YOURSELF | 2 OR 4 MINUTES |
| 5. DIDDLE TURN AROUND | 2 OR 4 MINUTES |
| 6. MIND THE (DOUBLE) GAP | 2 OR 4 MINUTES |
| 7. MIND THE (SINGLES) GAP | 2 OR 4 MINUTES |
| 8. THAT REBOUND LIFE | 2 OR 4 MINUTES |



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		This month I worked on:		Notes:		

DAY _____

EXERCISE

BPM

1. SINGLES TRAIN RIDE

2. DOUBLE TRAIN RIDE

3. TABLE FOR ONE

4. DON'T HERTA YOURSELF

5. DIDDLE TURN AROUND

6. MIND THE (DOUBLE) GAP

7. MIND THE (SINGLES) GAP

8. THAT REBOUND LIFE

ULTIMATE HAND SPEED WORKOUT

DAILY PROGRESS

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30