

Aerobic Hands

Rudimental Chops Workout

Atma Anur

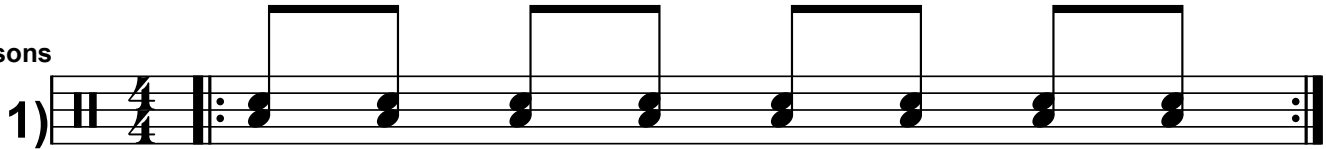
♩ = 80 to 160

These are my personal hand warm ups/ workouts for control and speed. Play these exercises for 2 to 3 minutes each.

Use three hand positions,

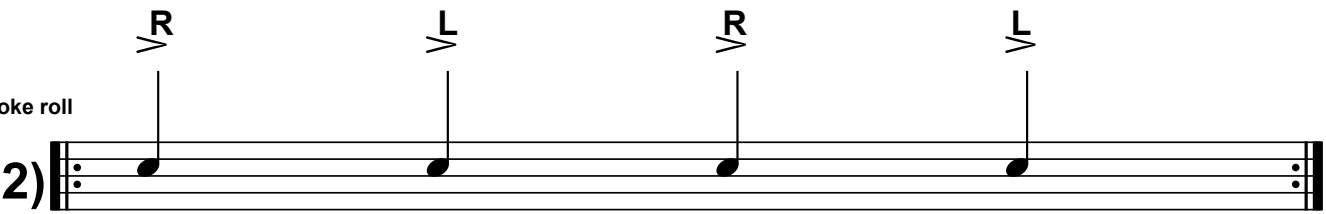
1) wrist only 2) fingers only 3) combined "normal" playing technique

Unisons

1) 

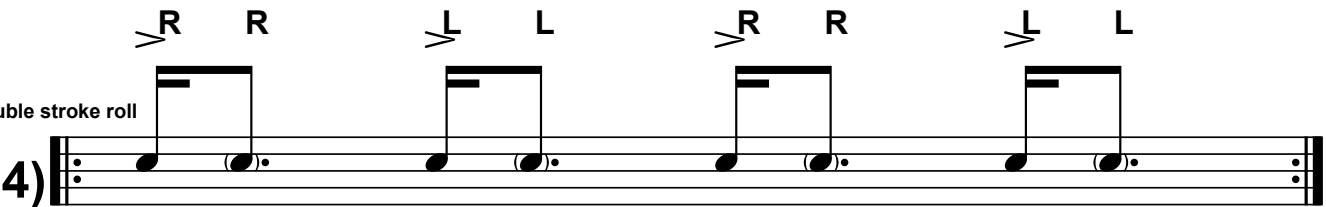
Play hands together (unison) move from wrists/fingers, use extreme full stroke

Single stroke roll

2) 

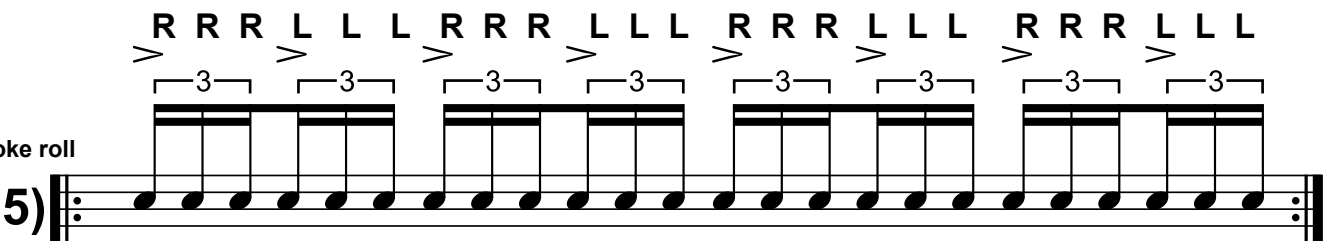
Single full strokes alternating from top to bottom of stroke simultaneously in a single swift motion

"drop" Double stroke roll

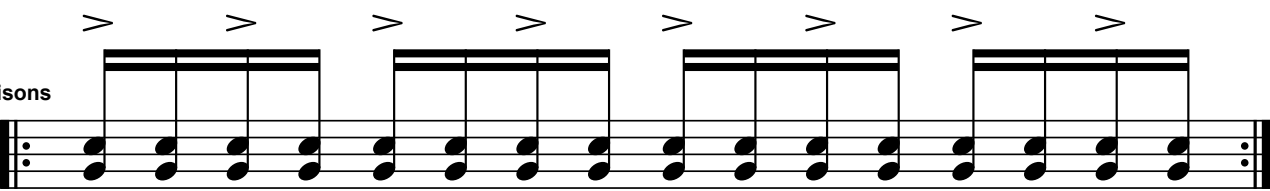
4) 

aggressively drop stick to make fast double stroke using wrists and finger pull

triple stroke roll

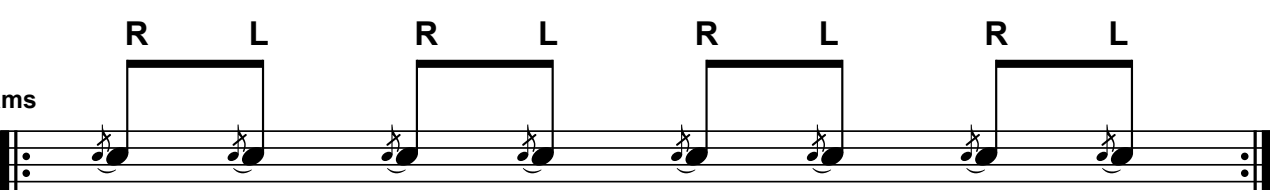
5) 

"rocking S" unisons

6) 

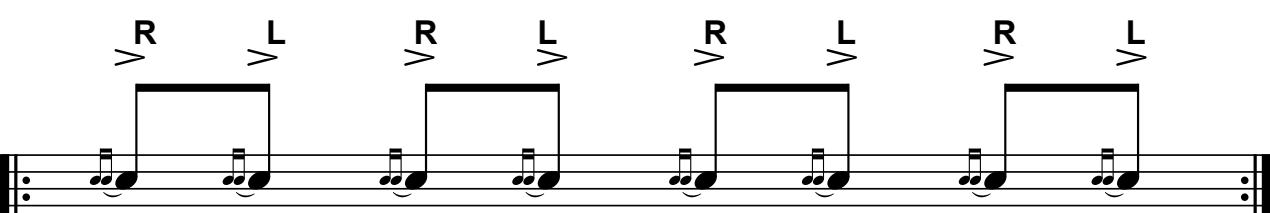
play hands together using extreme back to front / up and down motion

"dancing" flams

7) 

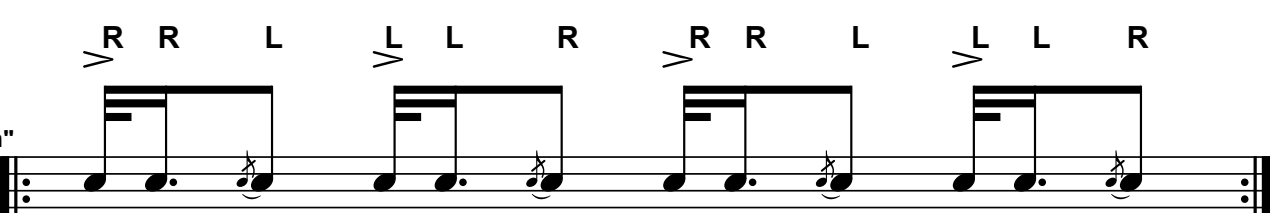
use extreme alternating back of wrist with front of wrist up and down motion

drag

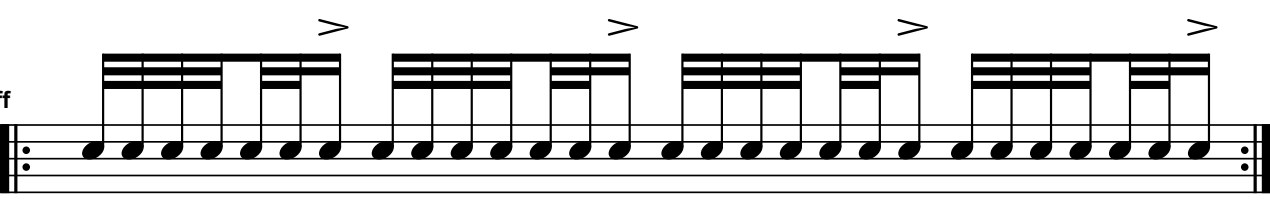
8) 

use extreme alternating up and down motion with brief pause between strokes

"drag flam"

9) 

7 stroke ruff

10) 

play hand to hand, begin right then left, etc

RLR LLRR LLRR LLRR L L RL RRLL RRLL RRLL R L RL

> 3 3 3 3 3 3 3 3

13 stroke ruff workout

11) 6/4 [Musical notation for exercise 11]

RRLL RRLL RRLL RRLL RLR LLRR LLRR LLR LRL RRLL RRLL RLR L RRLL R LRL

> 3 3 3 3 3 3 3 3

roll control

12) 8/4 [Musical notation for exercise 12]

11 stroke 9 stroke 5 stroke then begin the repeat on the "and" of last beat