

# Percussion Techniques Warmup Routine

inspired by Tommy Igoe's "Great Hands for a Lifetime" Routine

compiled by Brian Mueller

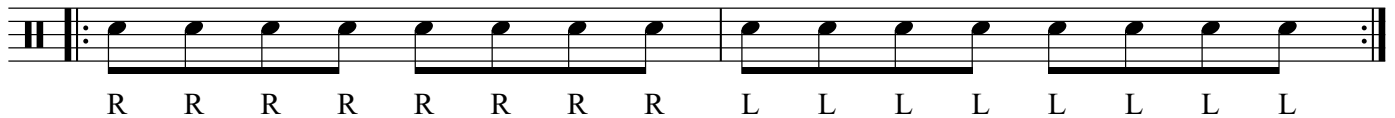
Note: Bold text indicates one of the 40 P.A.S. Rudiments.

Brackets indicate the first occurrence of this rudiment within the exercise.

Numbers in square brackets indicate how many repetitions to play when using the track.

## Part I: Rebound and Stroke Types

- 1** Rebound Strokes: Keep sticks UP, or play last note of each group as a downstroke.  
[8x]



- 2** Alternating Strokes  
[2x]





## Part II: Double Strokes

3

**5** Double Beat: Play with quick wrist strokes. Don't accent the first note - strive for perfectly even doubles.  
[2x]



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



R R R R R R R R R R R R R R R



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



L L L L L L L L L L L L L L L

**6** Five-Stroke Roll: Play the doubles at half-height. Make sure the accent stands out!  
[2x]



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



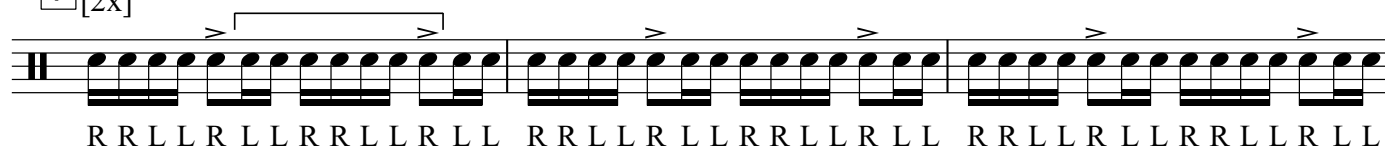
R L L R R L R R L L R L L R R L R R L L R R L L R



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

# 7 Seven-Stroke Roll

[2x]



# 8 17-Stroke Roll (unaccented) / Long Roll

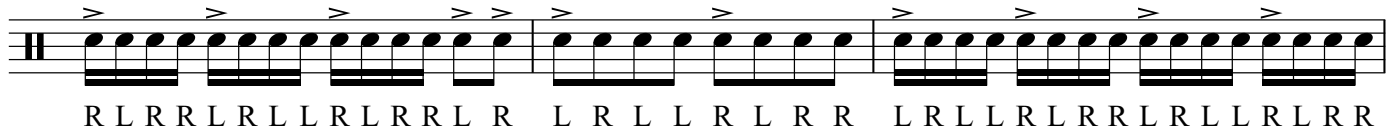
[4x]



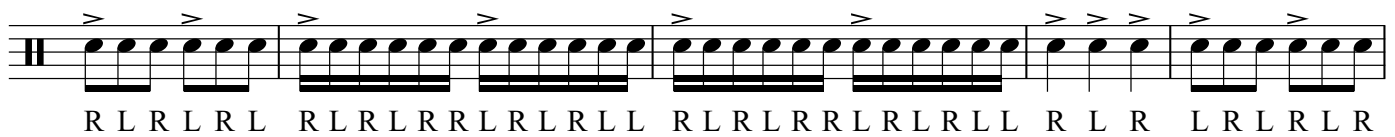
# Part III: Paradiddles and Buzz Strokes

5

## 9 Single Paradiddle [2x]



## 10 Double Paradiddle [2x]



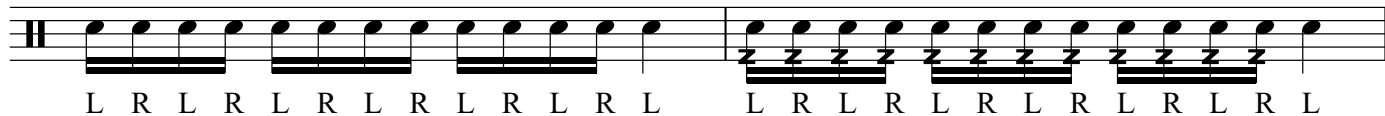
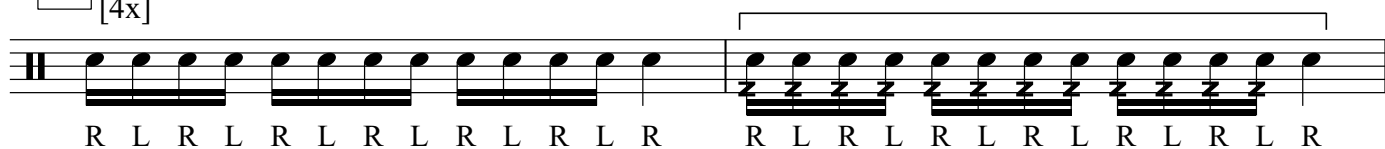
# 11 Triple Paradiddle

[2x]



# 12 Multiple Bounce (Buzz) Roll

[4x]



# Part IV: Ornaments: Flams and Drags

7

- 13 Flams:** Keep the grace notes LOW and consistently close to the primary note.  
[4x]



- 14 Flam Accents:** Notice the 'hidden' triple-stroke within this rudiment (highlighted in ms. 1 - 4)  
[2x]



- 15 Drags:** Utilize either a buzz stroke, or a "double bounce" stroke, for the grace notes.  
[4x]



note: the grace notes on beat 1 can be omitted when transitioning from the previous exercise.

- 16 Single Ratamacue:** Utilize a either a buzz stroke or "double bounce stroke" for the grace notes.  
Ms. 1 - 2 show the rudiment without the grace notes.

[4x]

