

Paradiddle Fill Practice Page

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Practice the hand pattern



R L R R L R L L R L R R L R L L R L R R L R L L
 1 2 3 4 1 2 3 4 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &



R L R R L R L L R L R R L R L L R L R R L R L L R L R R L R L L
 1 E & A 2 E & A

Move the Accents:

Move Beat 1 to Floor tom
 beat 3 to high tom



R L R R L R L L R L R R L R L L R L R R L R L L R L R R L R L L
 1 2 3 4 1 2 3 4 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &



R L R R L R L L R L R R L R L L R L R R L R L L R L R R L R L L
 1 E & A 2 E & A 3 E & A 4 E & A 1 E & A 2 E & A 3 E & A 4 E & A



R L R R L R L L R L R R L R L L R L R R L R L L R L R R L R L L
 1 E & A 2 E & A 3 E & A 4 E & A 1 E & A 2 E & A 3 E & A 4 E & A

1 bar groove, 1 bar fill:



R L R R L R L L
 1 & 2 & 3 & 4 &



R L R R L R L L R L R R L R L L R L R R L R L L R L R R L R L L
 1 E & A 2 E & A 3 E & A 4 E & A 1 E & A 2 E & A 3 E & A 4 E & A