

STICKING CHALLENGE FROM HELL #1

PARADIDDLES VERSIONS

Guy Gelso

Start at ♩ = 50

STANDARD PARADIDDLE OUTWARD PARADIDDLE

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

STANDARD PARADIDDLE REVERSED PARADIDDLE

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

STANDARD PARADIDDLE INVERTED PARADIDDLE

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

STANDARD PARADIDDLE 3 / 5 LINEAR PATTERN

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

INSTRUCTIONS:

Start by learning the individual patterns on right side of page slowly at 50-60 bpm

When you have those down, take each line separately until your comfortable before attempting the entire exercise.

Pull out the accents and try and think ahead to the next pattern coming up as your playing the current pattern.

Try and get your speed to 150-200 beats per minute.

GOOD LUCK!!