

Single Paradiddle-Diddle Scales

NOTES:

- this is simple exercise to build up strength/stamina **on inner mallets with cross grip** whilst working on scales
- use a slow metronome, for the whole measure (example: minim = 20-40, inspired on Jeffery Davis's "slow metronome method")

1. Start on low C and work your way up chromatically in this order:
 - all major
 - all minor melodic
 - all minor harmonic
2. Use both patterns below
3. Work on phrasing and the polyrhythmic feel (4/3) with metronome
4. At faster tempi, you may add a rest at the top
5. Don't forget to practice this exercise with the corresponding descending scales!
6. Strike bars at center or off center, no edges!

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Mba.

2 3 3 2 2 3 2 3 3 2 2 3 etc.
3 2 2 3 3 2 3 2 2 3 3 2 etc.

Mba.

Mba.

Mba.

4

etc.