

Paradiddle Exercises

By Dr. Dave Gerhart

Paradiddle **Double Paradiddle**

$\frac{4}{4}$ $\frac{3}{4}$ $\frac{4}{4}$

R L R R L R L L R L R L R R L R L R L L
 D U F F D U F F D F F U F F D F F U F F

Triple Paradiddle **Paradiddle-diddle**

$\frac{4}{4}$ $\frac{3}{4}$ $\frac{4}{4}$

R L R L R L R R L R L R L R L L R L R R L L
 D F F F F U F F D F F F F U F F L R L L R R
 D F F U F F

Paradiddle Pyramid

$\frac{4}{4}$ $\frac{3}{4}$ $\frac{4}{4}$

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

$\frac{4}{4}$

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

$\frac{4}{4}$

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