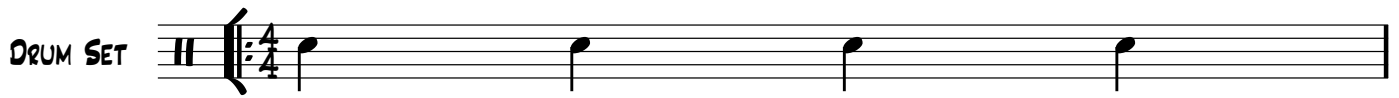
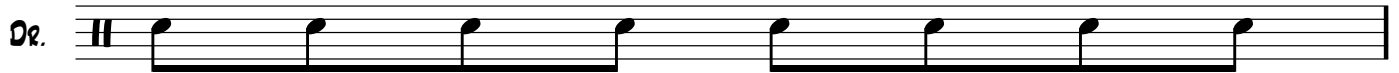


SUBDIVISION EXERCISE

BY ANDREW ROONEY



2



3



* DON'T BE AFRAID TO DO THIS EXERCISE SLOWLY. TRY STARTING AT 60 BPM IF YOU ARE A BEGINNER.
TRY STARTING AT 40 BPM IF YOU ARE AN EXPERIENCED DRUMMER. QUARTER NOTES AT 40 ARE EXTREMELY DIFFICULT.

* THIS EXERCISE IS ONE OF THE BEST THINGS I EVER LEARNT.

* TRY THIS EXERCISE WITH SINGLES, DOUBLES AND PARADIDDLES.

* THIS EXERCISE HELPS WITH...

- SPEED
- CONTROL
- COORDINATION
- TIMING
- EVEN SUBDIVISIONS
- FILLS
- SOLOING

ETC ETC.... GET. ON. IT!!!