

Snare

# Shifting (P.I.M.A.) Paradiddles

Paradiddles, Inverted Paradiddles, Mills, & Alternating Quads

Four sets of drum strokes on a single staff:

- Single Paradiddle:** R L R R L R L L
- Inverted Paradiddle:** R L L R L R R L
- Single Mill:** R R L R L L R L
- Alternating Quad:** R L R L L R L R

Each set has a single accent (>) over the second stroke.

## EXERCISE

Drum exercise in 4/4 time:

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

Drum exercise in 4/4 time:

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

Drum exercise in 4/4 time:

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

Drum exercise in 4/4 time:

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

Variation: Play the whole exercise without accents. Speed it up and keep it smooth so that it sounds like one continuous roll.