MuseScore

Paradiddle sticking sheet

Capital letters = accent · lower case in the family table = grace note

The family

RUDIMENT	STICKING (BOTH HALVES)	NOTES PER GROUP
Single paradiddle	**R L R R, L R L L**	4: two singles + a double
Double paradiddle	**R L R L R R, L R L R L L**	6: four singles + a double
Triple paradiddle	**R L R L R L R R, L R L R L R L L**	8: six singles + a double
Single paradiddle-diddle	**R L R R L L (or L R L L R R)**	6: two singles + two doubles
Flam paradiddle	l **R L R R,** r **L R L L**	4, with a flam on the first note
Flam paradiddle-diddle	l **R L R R L L,** r **L R L L R R**	6, with a flam on the first note
Single dragadiddle	**R R L R R, L L R L L**	4, with a drag on the first note

Inversions

STARTS ON NOTE	STICKING	ACCENTED VERSION
1 (the root)	**R L R R L R L L**	**R** l r r **L** r l l
2	**R L L R L R R L**	r l l **R** l r r **L**
3	**R R L R L L R L**	r r **L** r l l **R** l
4	**R L R L L R L R**	r **L** r l l **R** l r

Practice steps

1. Play it without accents: 60 BPM, eighth notes, two strokes per click.
2. Add the accent: a down stroke on the first note of each group, the rest as taps.
3. Move to sixteenth notes: four strokes per click, accent on every number.
4. Raise the tempo in small steps: about 5 BPM, after a minute without a mistake.
5. Go slow to fast to slow: speed up over a minute, then slow down over the next.
6. Lead with the left: start as L R L L as often as R L R R.

☐ 60 BPM ☐ 65 BPM ☐ 70 BPM ☐ 75 BPM ☐ 80 BPM ☐ 85 BPM ☐ 90 BPM ☐ 95 BPM ☐ 100 BPM