

# The Six Stroke Roll

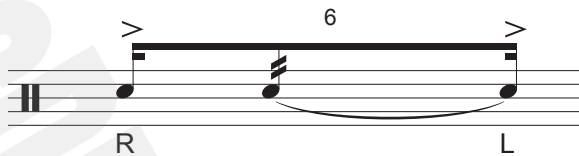
## Part 1



This is the first of a few lessons based on the six stroke roll. In this first part we're going to look at the roll in it's "standard" form. We'll move the rudiment around the kit and look at ways to practice switching from right to left lead.

### Ex.1

Here's the six stroke roll...



and here it is, exactly the same, written out in full...



To achieve a clear difference in dynamics, between the accents and quiet notes, the rudiment is best played using "Down" & "Up" strokes. Both accents should end low to the drum (down strokes), the quiet doubles are best played with your hands moving up from the drum (up strokes). Pay attention to this motion in my accompanying video. Using these techniques will allow you to play the pattern faster & smoother while maintaining clear dynamics.

### Ex.2

Once you feel comfortable with the above sticking, it's time to switch it around...



or written out in full...





● **Ex.3**

Let's play the six stroke roll around the kit by moving the accents out to toms. We'll play the right accent on our low tom, the left accent on our high tom and keep the unaccented notes on the snare.

R LLRR L R LLRR L R LLRR L R LLRR L

● Remember to practice with a metronome. It's also a good idea to add a 1/4 note pulse with your hi-hat foot.

● **Ex.4**

Here's the same kit exercise played left lead...

L RLLR R L RLLR R L RLLR R L RLLR R

● Notice that in Ex.3 the pairs of accents are moving **down** in pitch, while in Ex.4 they are moving **up** in pitch. This shows that the sticking you choose can affect your choice of instrumentation on the kit.



● Ex.5

Next, practice switching between the right and left lead six stroke rolls. First we're going to end each roll on beat 4 of the bar, this will create a "pause" allowing time to think about turning your sticking around.

R LLRR L R LLRR L R LLRR L R L RLLR L RLLR L RLLR L

● Ex.6

This time we're going to throw in half a paradiddle, as 16th notes, to connect the right and left lead rolls. Play three right lead six stroke rolls then, on beat 4, play the right half of a paradiddle: R L R R. This will turn your sticking around so that you can repeat the process left lead. Finishing with the left half of a paradiddle: L R L L you'll wind up back where you started on a right.

R LLRR L R LLRR L R LLRR L R L R R L RLLR L RLLR L RLLR L R L L

● Ex.7

This final exercise for "part 1" fits in the connecting half paradiddle as 32nd notes, ending on a leading tom hit at the end of each bar. This is a more challenging exercise but it will allow you to switch lead without any change in rhythm. Although the high & low tom pitches will switch order, it will sound like you're playing a constant six stroke roll.

R LLRR L R LLRR L R LLRR L R L R L R L RLLR L RLLR L RLLR L R L R R L