

PARADIDDLE PYRAMID

The Paradiddle Pyramid will take you through the Four inversions of the Single Paradiddle. It is composed of 2 Paradiddles followed by Single Strokes that start with 1 Single Stroke and increase to 8 and then reverse and decrease back to 1.

Keep your Feet with the metronome.

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

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

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

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

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

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