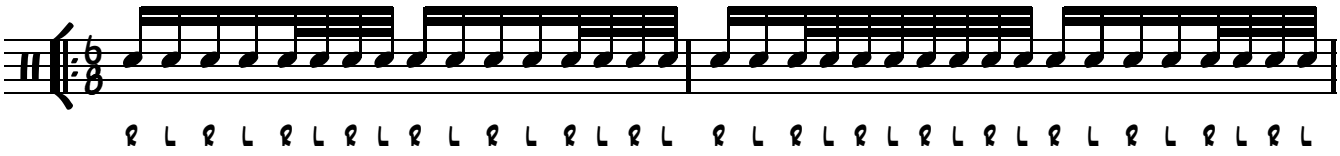
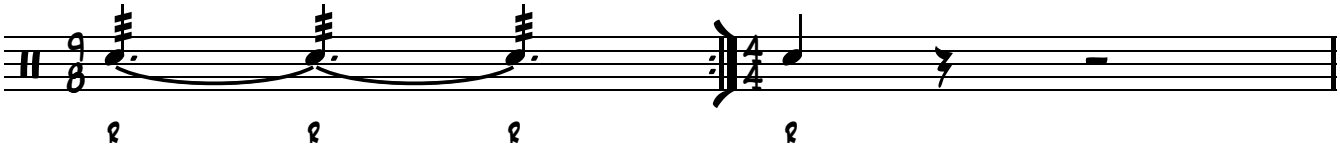
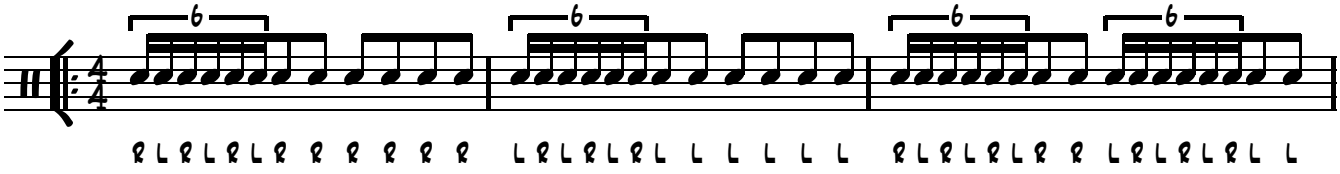
Single Stroke Exercises...

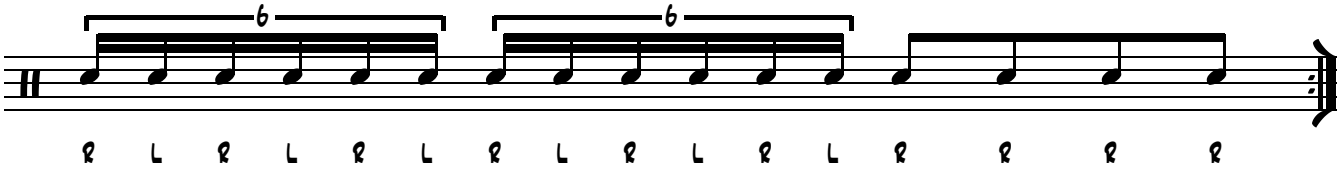
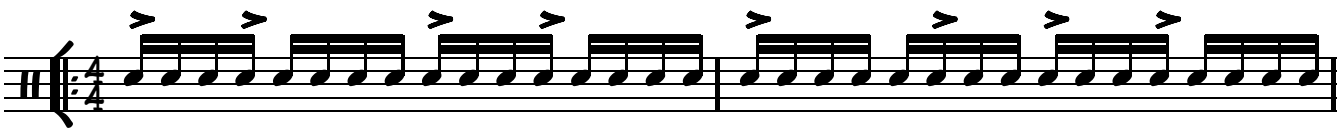
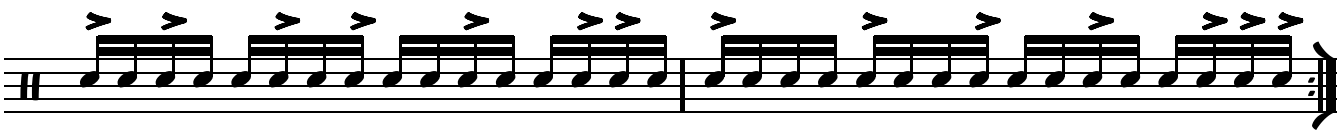
Daniel Luttick

Here are some relatively straightforward single stroke exercises. These exercises are aimed at developing speed, endurance and power! All are hand to hand sticking but are reversed on the repeat. These exercises are a guide for you to create your own exercises to develop this concept...









Here is a four bar exercise using only the wrist. This is great for developing speed and power while also developing a great sense of control... Do this for a while and your hands will fly around the drums!!!