STICK CONTROL VARIATIONS

| creative exercises to use with “stick control”

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Introduction

Thanks for checking out this e-book. Over the years I have stockpiled exercises that that I have been given, that I’ve written or have stumbled upon one way or another. I took all of my favorites and put them into this book. The key to these exercises is to play the patterns correctly and to not worry about speed. Take them slow and the speed will come.

Each exercise is based on Stick Control Page 5. You will be using the “Rs and Ls” on the page as indicators of what to play. Meaning, an R could represent “Kick” and an “L” could represent “Snare”, etc. Think of them as “Rs” and “Ls” rather than as “right hand” and “left hand”. In every exercise I indicate what “R” and “L” represent. I used exercises 1,2 and 5 from Stick Control as examples to demonstrate what the sticking patterns look like for each variation but each exercise (A thru K) should be played with each pattern on the Stick Control page (1 thru 24). Once you can play through each exercise on page 5 you can move to page 6 and so on. Additionally, once you master the patterns you should start moving them around the kit to the toms, cymbals, etc. There are infinite possibilities.

If you have ANY questions please feel free to email me: Nick@DrummersResource.com

I hope that you find these exercises challenging and interesting.

Enjoy!

Nick
Stick Control Variations

A  ACCENTING "R's" - Playing all written notes with one hand, accenting each "R"

As written:  R  L  R  L  R  L  R  L  R  L  R  L  R  L  L  L
As played:  R  r  R  r  R  r  R  r  R  r  R  r  R  r  R  r  R  r  R  r  R
(Repeat each exercise with Left Hand)

B  ACCENTING "R's" - HAND TO HAND
(Always start with Right Hand)

As written:  R  L  R  L  R  L  R  L  R  L  R  L  R  L  L  L
As written:  R  r  R  r  R  r  R  r  R  r  R  r  R  r  R  r  R  r  R

C  ACCENTING TRIPLETS #1 - R = Rrr, L = Lll

As written:  R  L  R  L  R  L  R  L  R  L  R  L  R  L  L  L
Played as triplets

D  ACCENTING TRIPLETS #2 - R = rRr, L = lll.
FLAM ACCENT TRIPLETs #1 - Flams are Accented: $R = Rlr$ or $Lrl$, $L = lrL$ or $rlR$

As written:

Played as triplets

PARADIDDLE EXERCISE

First Exercise Example in Stick Control

Replacing Existing "R" and "L" with designated 16th note stickings

Second Exercise Example in Stick Control

Replacing Existing "R" and "L" with designated 16th note stickings (Starting with right hand options)

5A
TRIPLET / DOUBLES - R = RLR LRL or L = LRL RLR (in 8th note triplets)
L = RRL LRR or R = LLR RLL

SINGLES - R = RLR LRL (in 16th notes), L = LRL LRL (in 16th notes)
*When there 2 or more lefts or rights in a row are required, replace only on the last 16th note of the pattern with a rest.

HAND / FOOT COMBINATIONS - R = KLR L = RLK ("K" = kick)
HAND / FOOT COMBINATIONS (1) - R = K,  L = Both Hands Together

As written:
1  L  R  L  R  L  R
2  L  R  L  R  L  R
5  R  L  R  L  R  L  L

As played:
1  K  R  K  R  K  R  L  L
2  K  R  K  R  K  R  L  L
5  K  R  K  K  K  R  K  R  L  L

HAND / FOOT COMBINATIONS (2) - R = K,  L = Alternating Hands (Always start with right hand)

As written:
1  R  L  R  L  R  L
2  L  R  L  R  L  R
5  R  L  R  L  R  L  L

As played:
1  K  R  K  L  K  R  K  L
2  K  R  K  L  K  R  K  L
5  K  R  K  K  L  K  R  K