

andy thurston | drum tuition

Hand to Foot 16th Note Exercise

This exercise is designed to develop the coordination between your hands and feet. When first using these patterns, repeat each of the top two bars slowly ensuring the timing is consistent, and then gradually increase the tempo. They have been written to most clearly show the pattern, although the formal way of writing the pattern is shown in the bottom bar. These are intended as an aid to the 16th Note Kick Variations worksheet.

R= Right hand

L= Left hand

F= Right foot

Left-handed players should swap the left and right hand indicators.

R F R F...

R F R F R+L F R F...

x x x x