Exercise No. 1: Sixteenth notes with dynamics.
This exercise is designed to focus on evenness between hands at different dynamics and with different stickings. The goal is to have as smooth a sound as possible, maintaining the same sound between each hand regardless of sticking or dynamics.
The player should practice everything with a left hand lead as well.
$=60-120$


## Exercise No. 2: Mixed Meter Stroke Challenge

This exercise is designed to focus on the quick transition between regular and buzzed strokes. It is important to remember that no matter what the tempo, the player should try to fill out the buzz of each stroke as much as necessary to connect with the next stroke. Practice at varying dynamics, as that effects what must be done to produce a good buzz stroke. Lastly, try it using double strokes, triple strokes, and closed buzz strokes.


## Exercise No. 3: Flams and Ruffs

This exercise is designed to work on different grace notes at different dynamics. In this exercise, it is important for the player to think of each beat, having added one grace note to the previous beat, as building off of that previous beat. Just as the flam is a quick grace note added to a single note, a ruff is only one grace note more than a flam, and a 4 stroke ruff is just one grace note more than that. It is also important for the player to make sure s/he can play all grace notes comfortably leading with either hand. For the 4 stroke ruffs, depending on the dynamic and personal preference, the player must also choose how $\mathrm{s} / \mathrm{he}$ will stick it - alternating or including a double.


