

# Grip Exercises

## Section 1)

Reverse all stickings on repeat

♩ = 120

Drums

1) French Grip 8th notes

*mf*

2) German Grip 8th Notes

3) French Grip 16th notes

4) German Grip 16th notes

5) French Grip 32nd notes

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

6) German Grip 32nd Notes

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

7) Singles to doubles 8th to 16th notes

R L R L R L R L

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

8) Singles to doubles 16th to 32nd notes

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

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