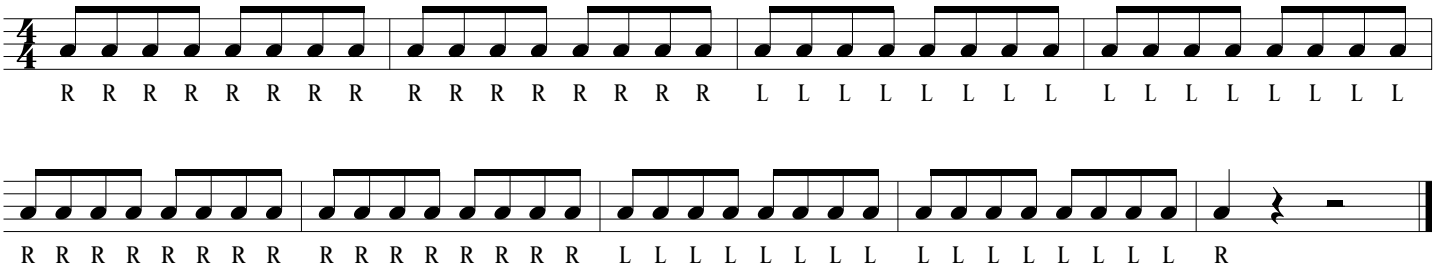
Allen Battery Exercises

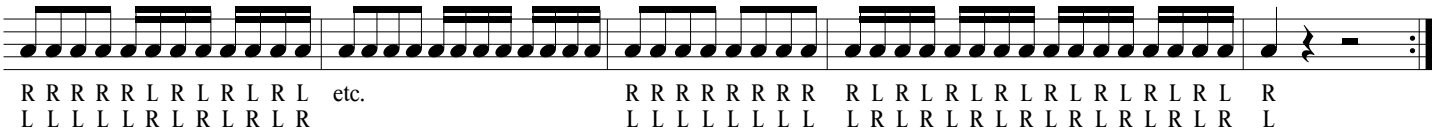
compiled by Miles Locke

Legatos (16 on a Hand)

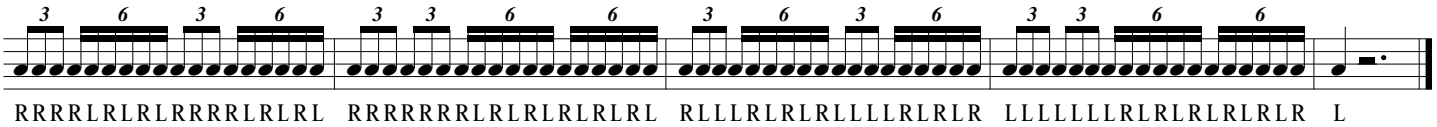


Legatos Variations:
All Up (as written, 12")
Taps (3")
Crescendo each hand (3" to 12")
Decrescendo each hand (12" to 3")
Measure up/Measure down (Hairpin)
Measure down/Measure up (Reverse Hairpin)

8ths and Singles



Triplets and Sixlets

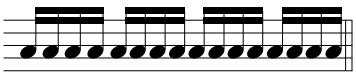


Timing Exercises

Practice with check pattern before
each written measure and without check.
Use standard sticking.
Also practice off the left hand. (Left hand lead)

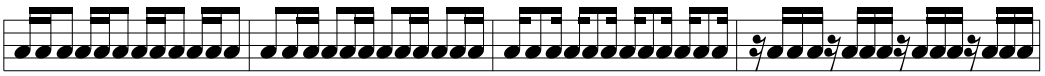
16th Timing 3-Note

Check Pattern



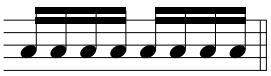
R L R L etc.

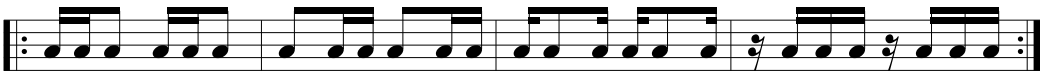
4s



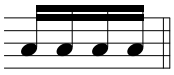
R L R R R L R L L L R L

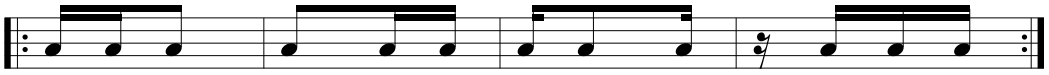
2s





1s

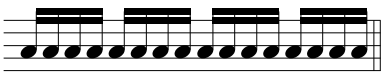




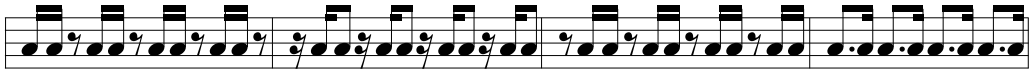
play 4x

16th Timing 2-Note

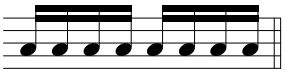
Check Pattern



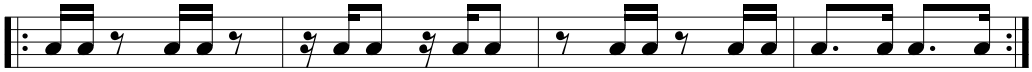
4s

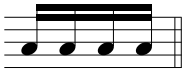


R L L R R L R L

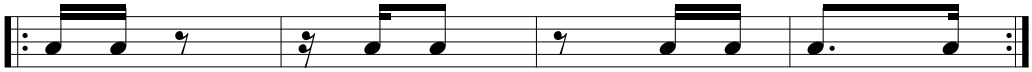


2s



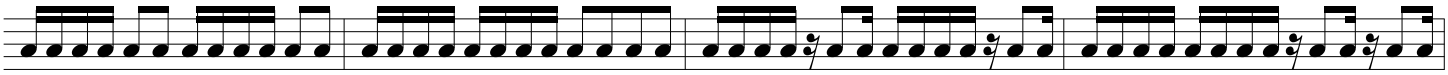


1s

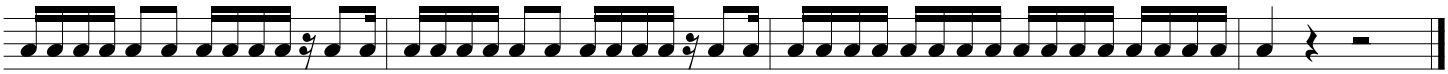


play 4x

16th Timing 1-Note



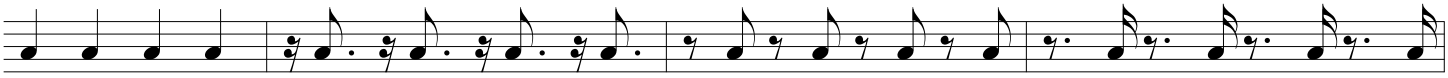
R L R L R R R L R L R R R L R L R L R L R R R R R L R L L L R L R L L L R L R L R L R L L L L L



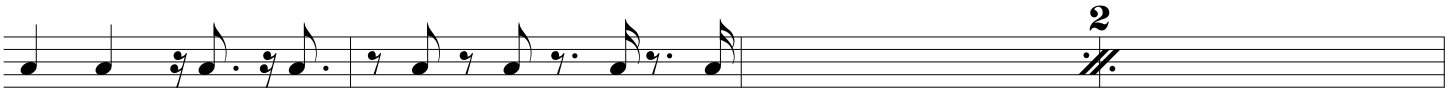
R L R L R R R L R L L L R L R L R R R L R L L L R L R L R L R L R L R L R L R L R L R

(Play off the left, true alternating sticking, doubles sticking, and paradiddle sticking)

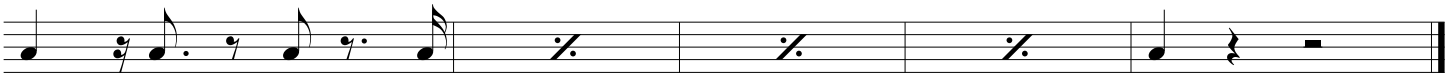
Isolated 1-Note Timing



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

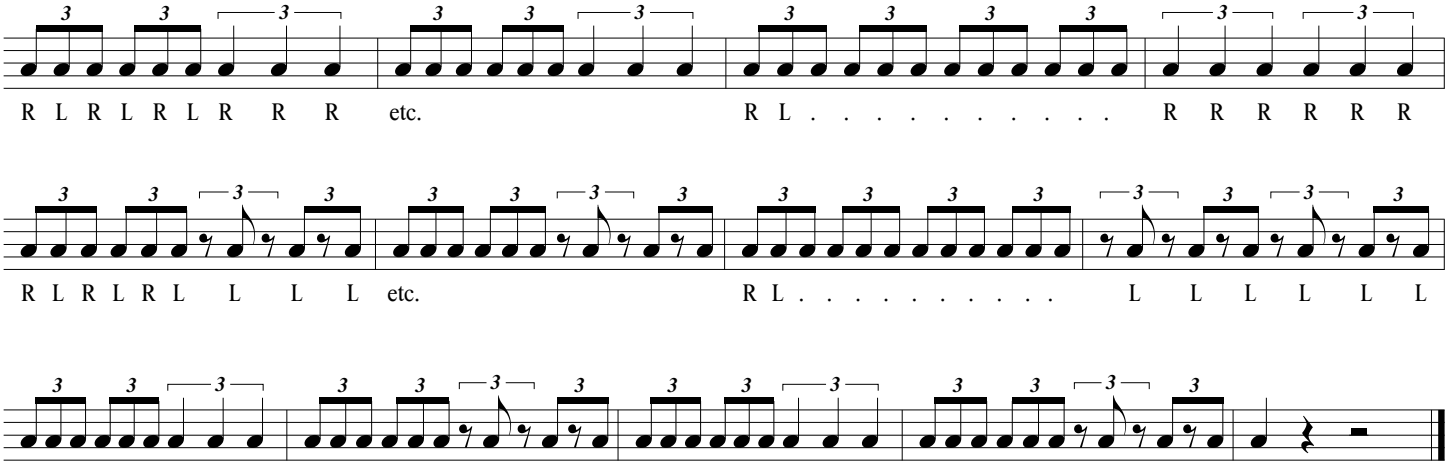


R R L L R R L L

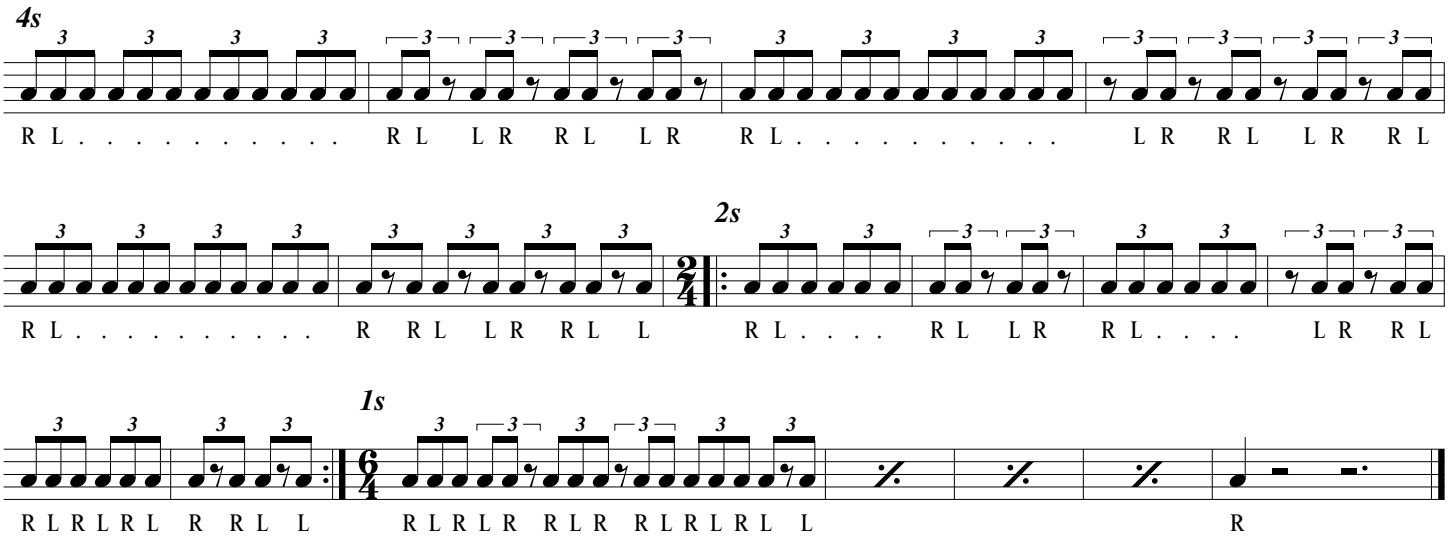


R L R L R

Triplet Timing 1-Note

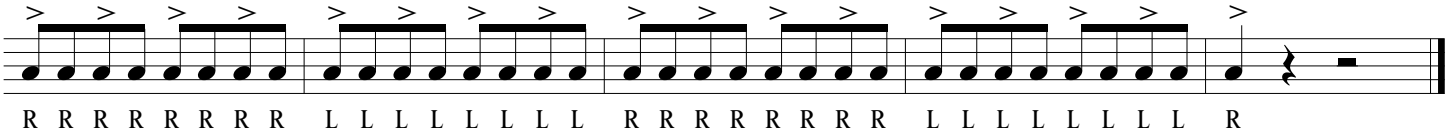


Triplet Timing 2-Note (with check)



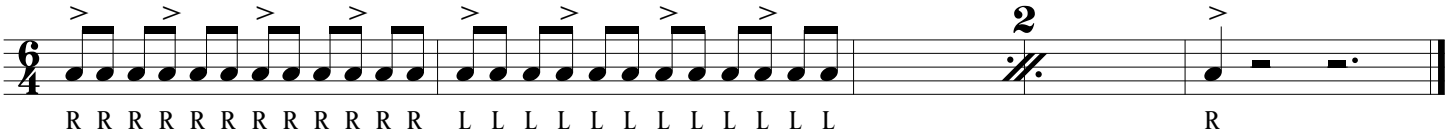
Two Heighted Exercises

Bucks

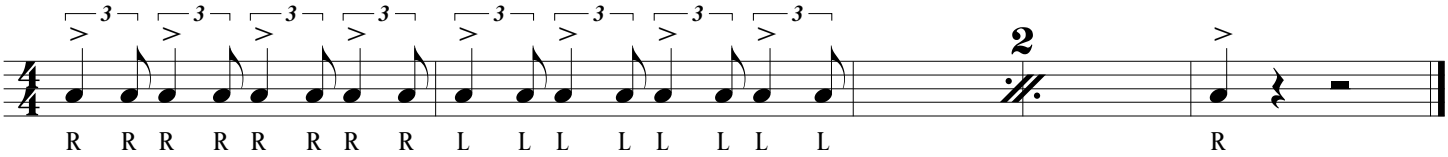


(Also play with upbeat accents)

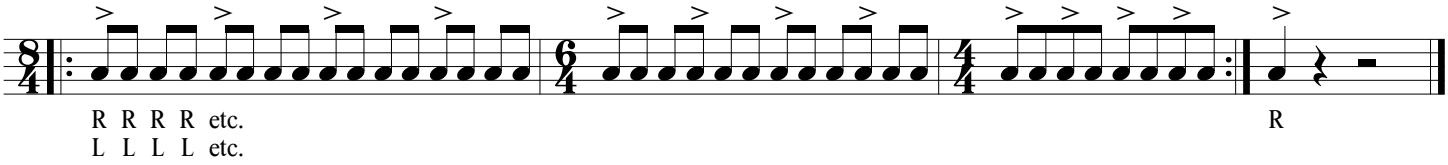
Triple Bucks



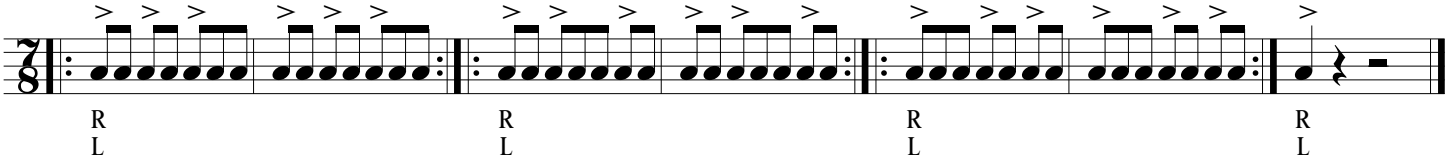
Swung Bucks



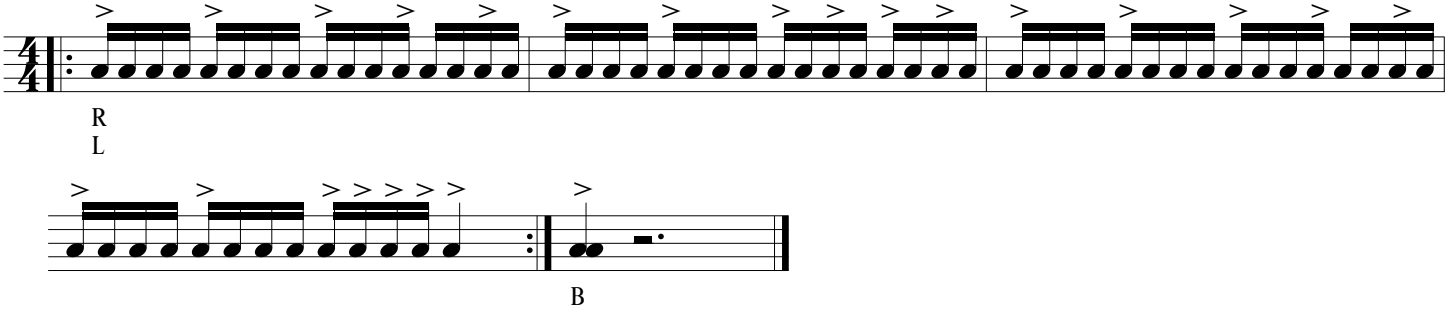
4-3-2 Accent



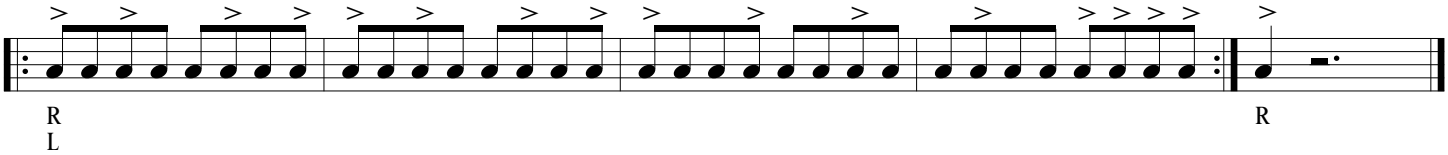
7/8 Bucks



Jungle Beat



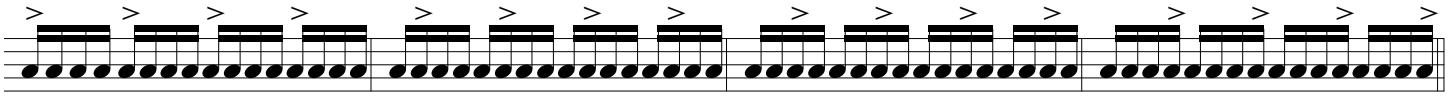
Montego Bay



Alternating Two Heights

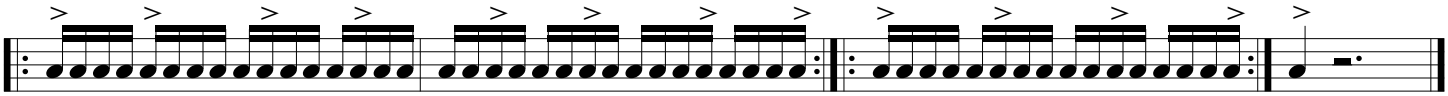
16th Accent Grid

4s



R L R L etc.

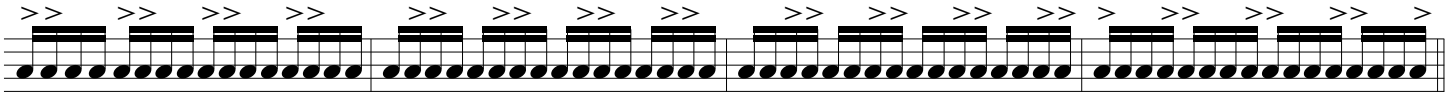
2s ***1s***



play 4x R

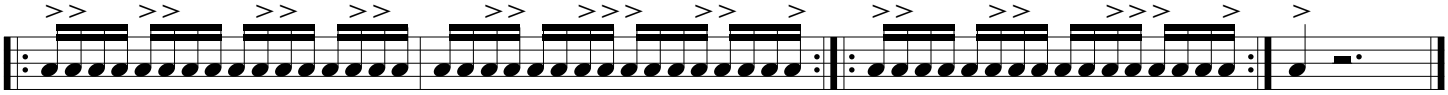
16th Double Accent Grid

4s



R L R L etc.

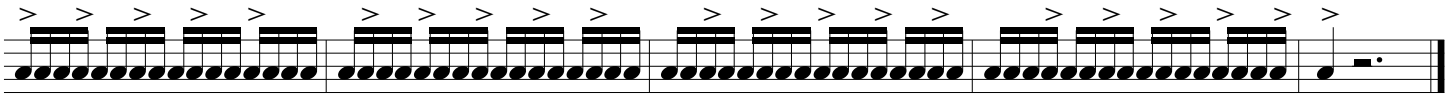
2s ***1s***



play 4x R

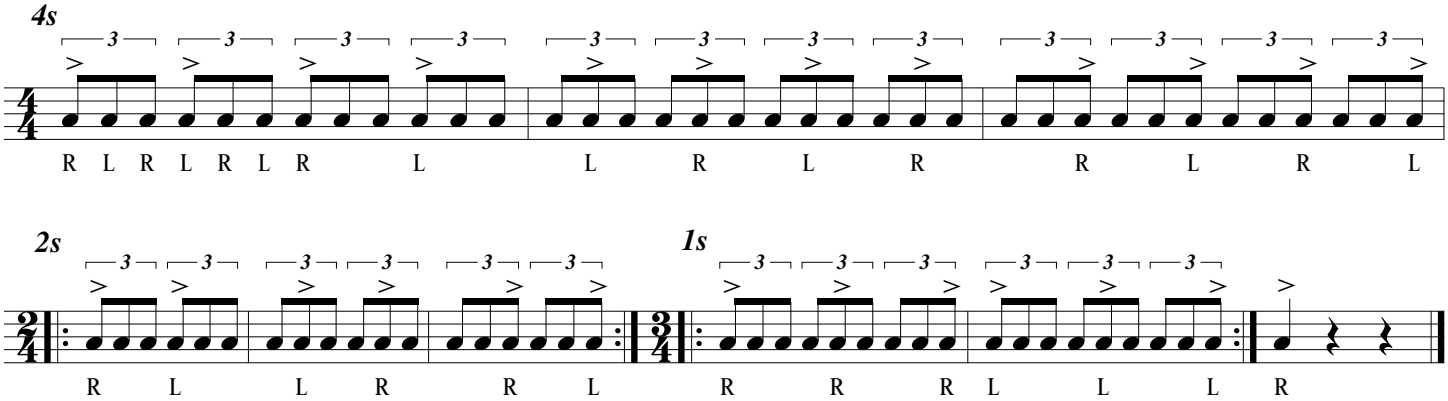
Play all grids off the left, backwards, and backwards off the left.

Accent Jam

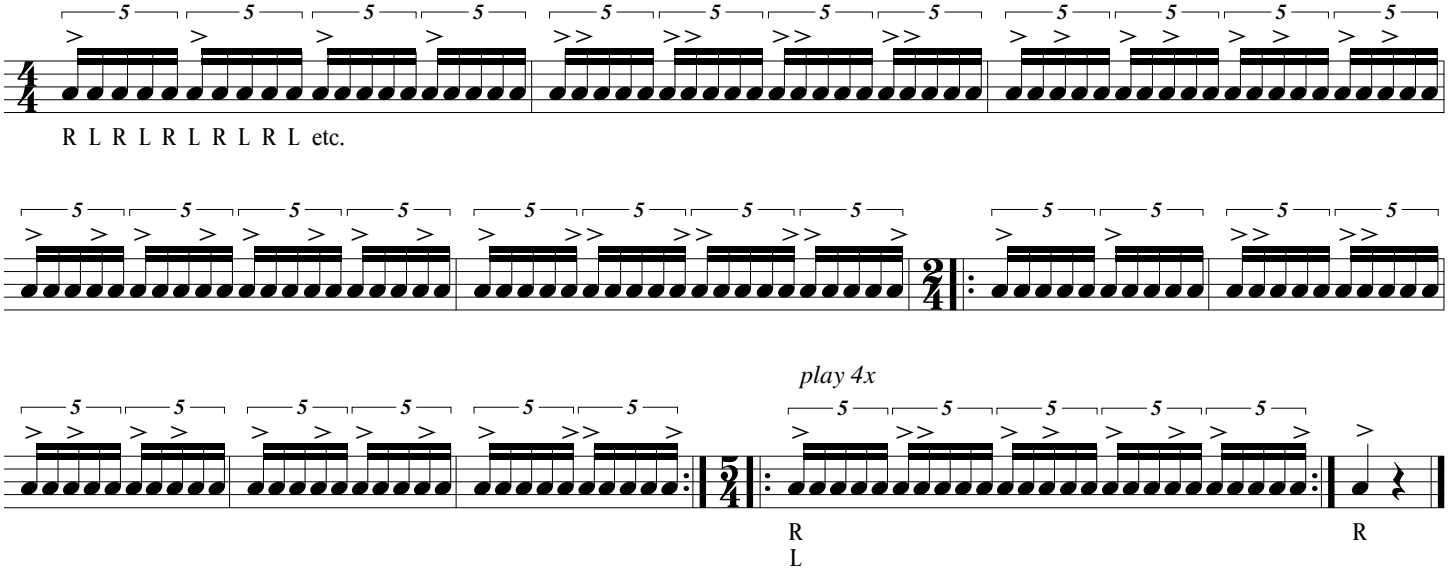


R L R L R L R L R L R L R L R L R L R L R

Triplet Accent Grid

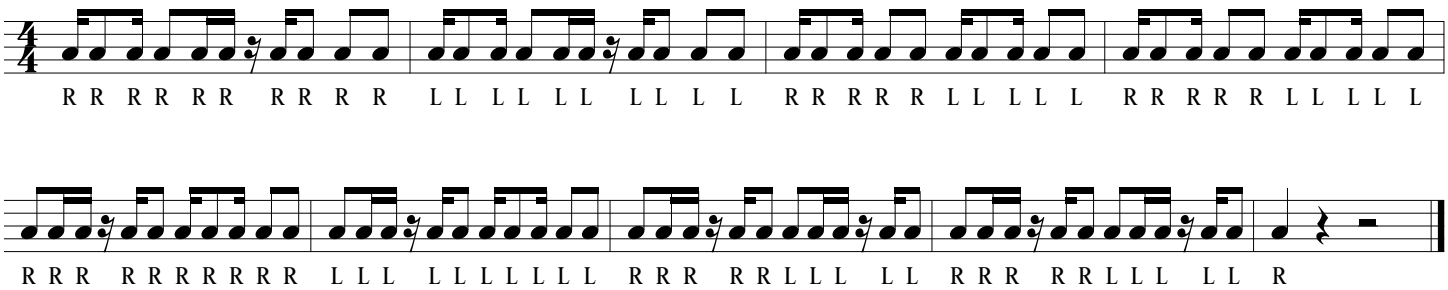


5'let Accent Grid (w/downbeat accent)

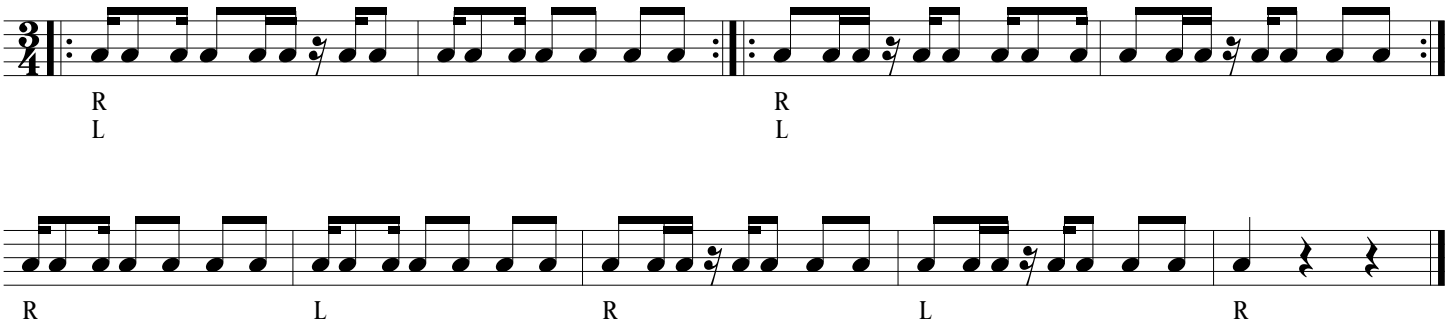


Double Beat Exercises

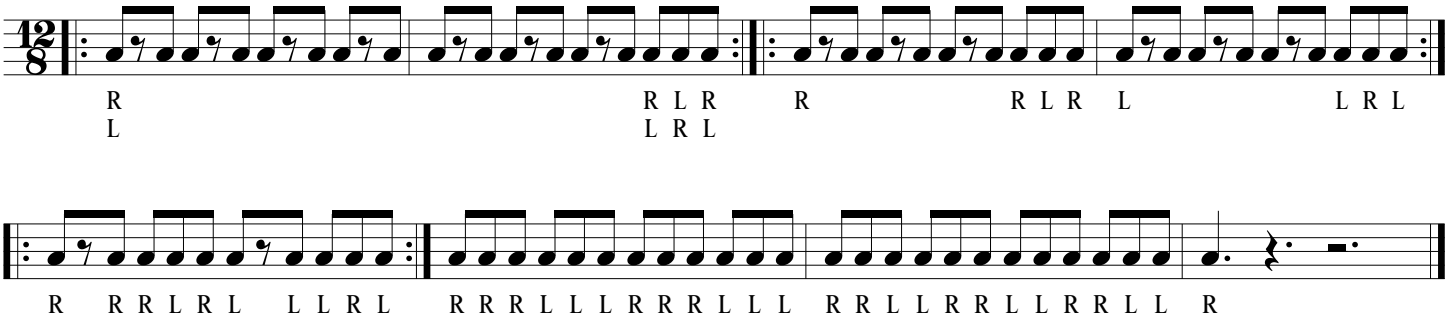
A/B "Double Beat"



3/4 Double Beat

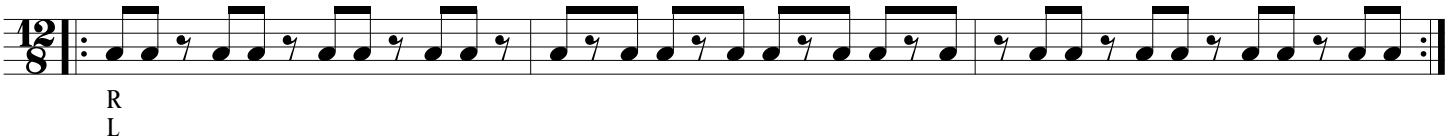


Irish Spring

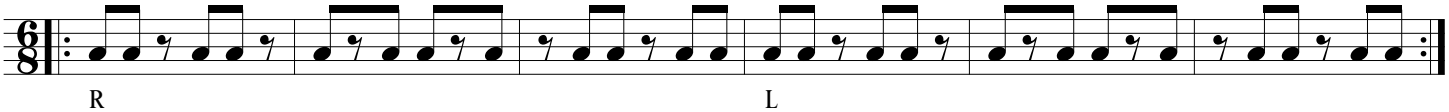


Shups

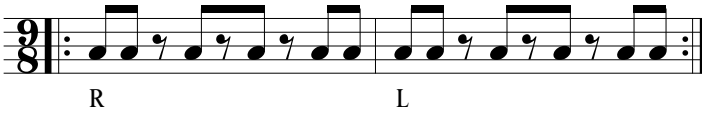
4s



2s

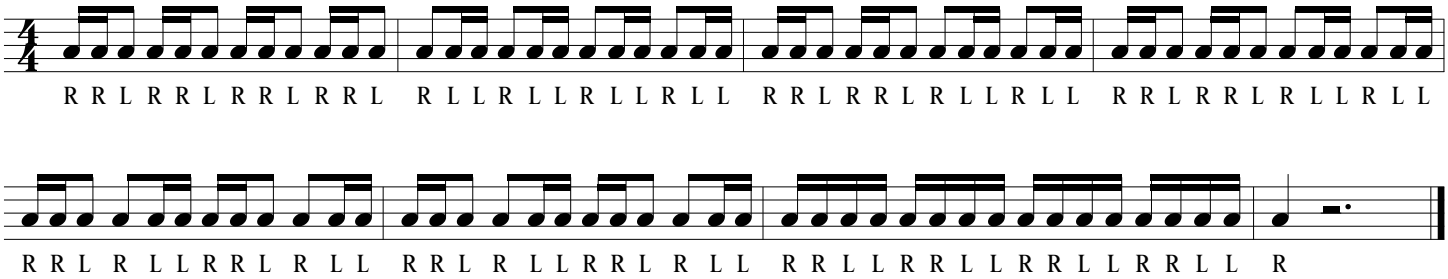


1s



Tag

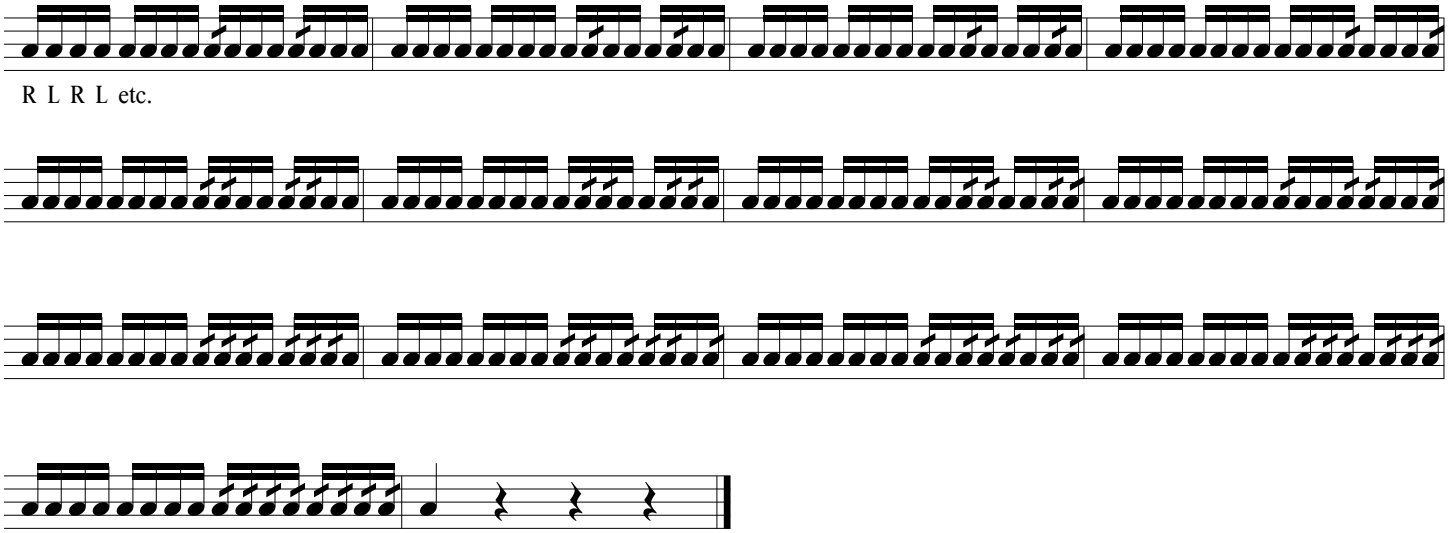
Gallup



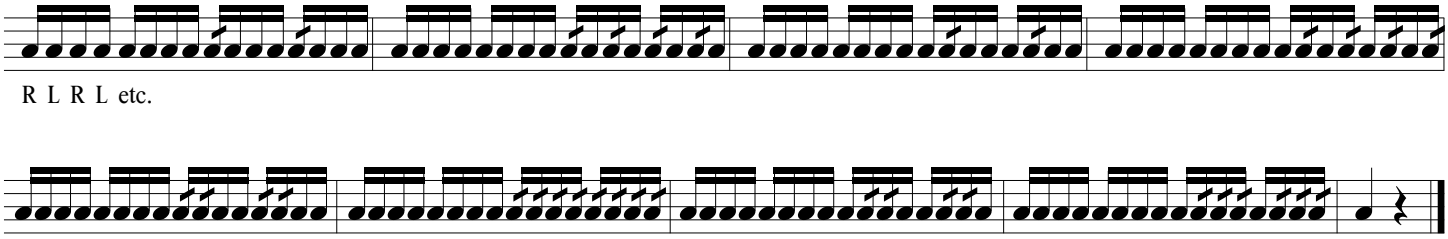
(Play off the left and with the rhythms inverted)

Roll Exercises

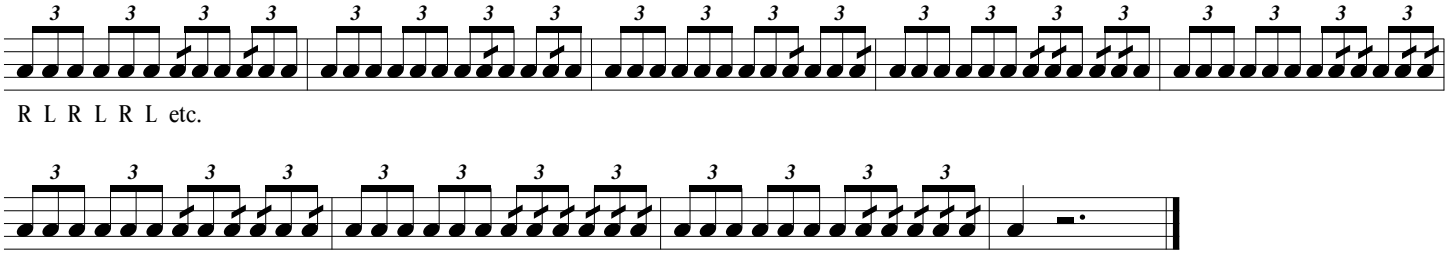
16th Diddle



Duple Diddle

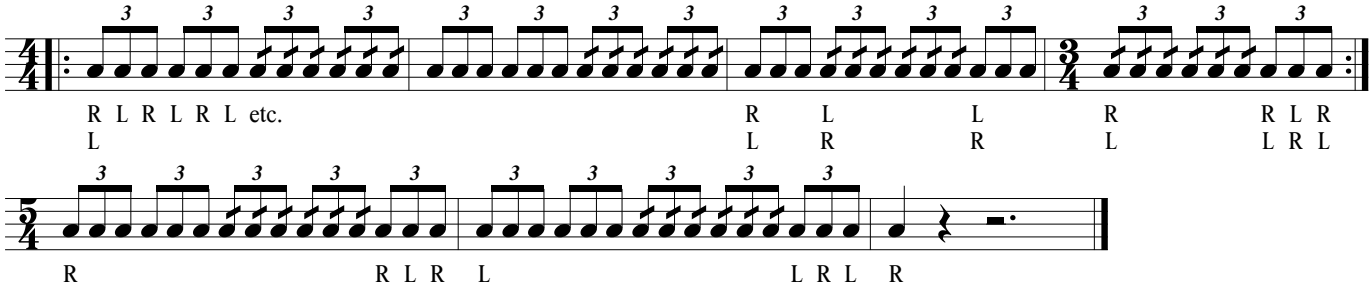


Triplet Diddle

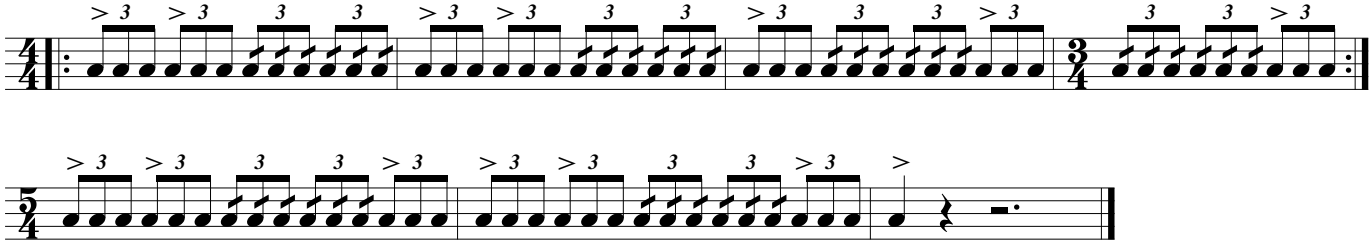


Triplet Rolls

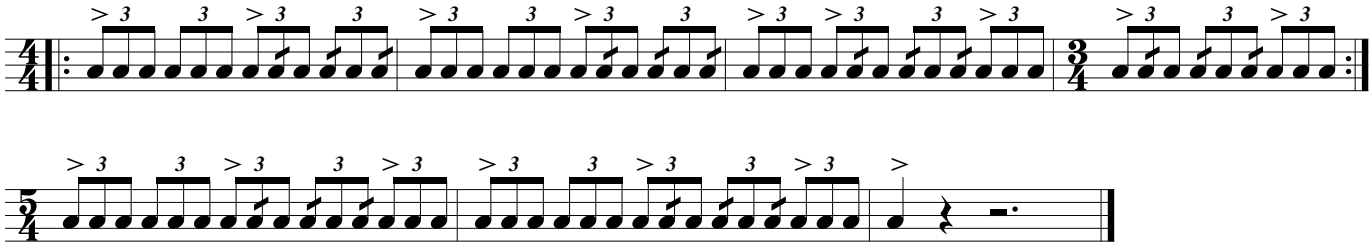
Pattern 1



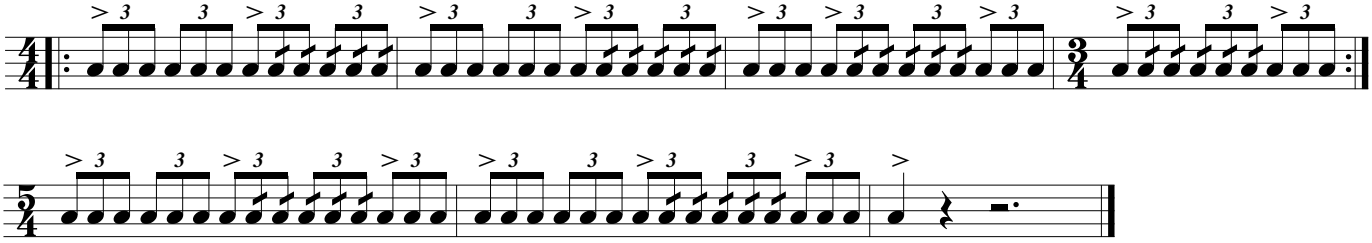
Pattern 2



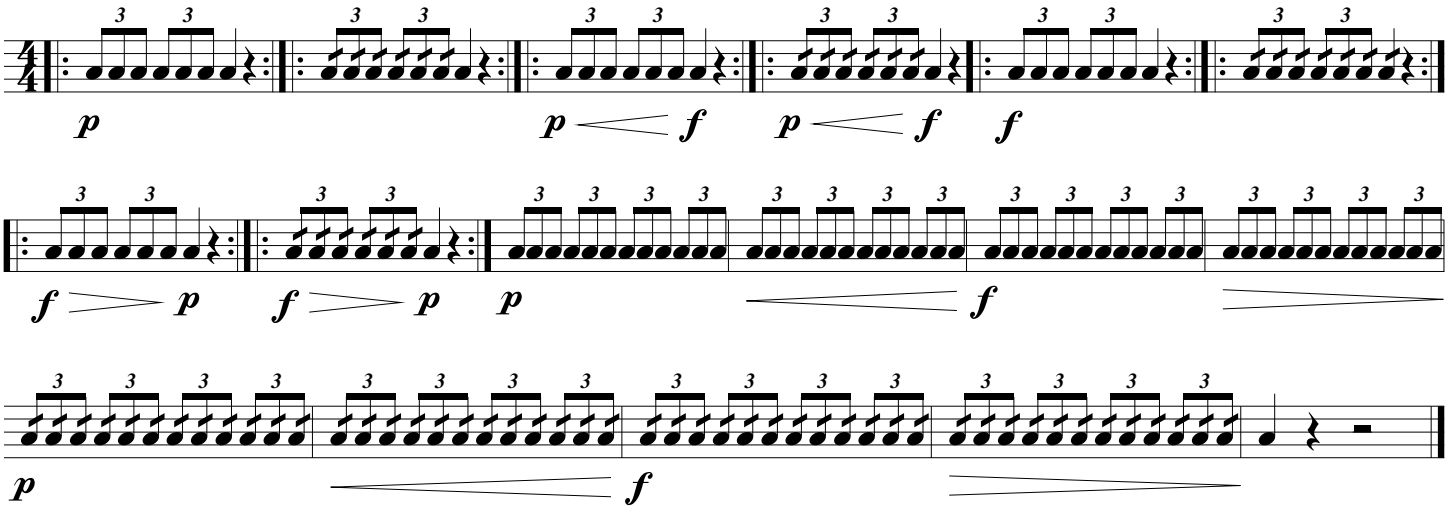
Pattern 3



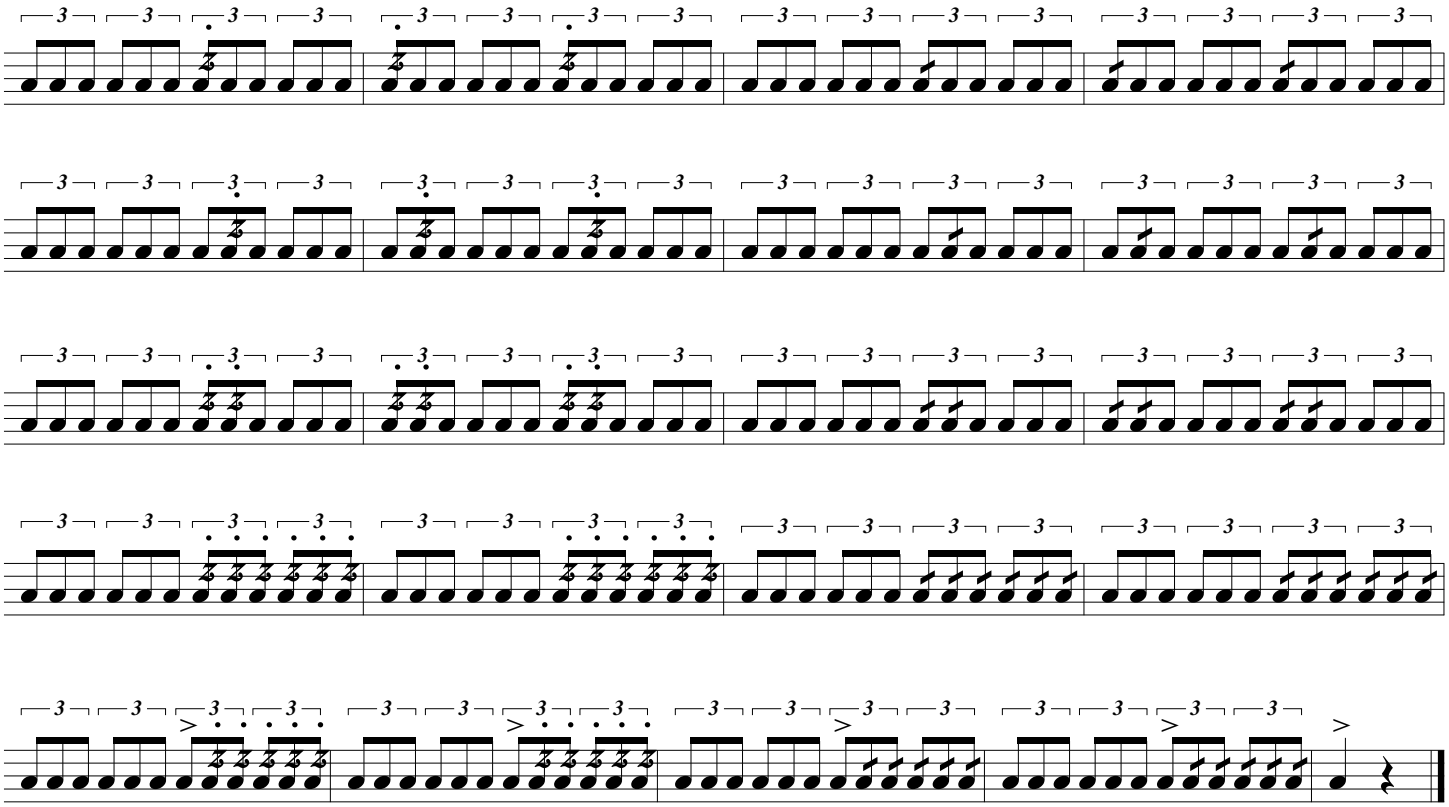
Pattern 4



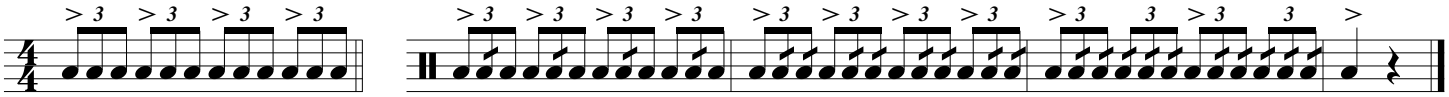
Dynamic Rolls



Criddles



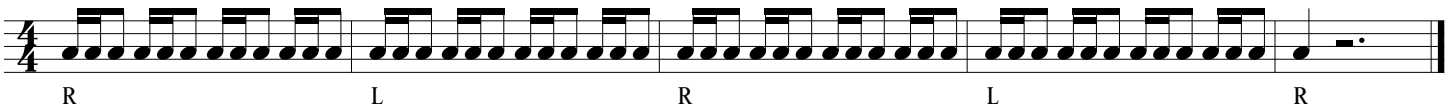
Tap Drag, Tap 5, Tap Roll



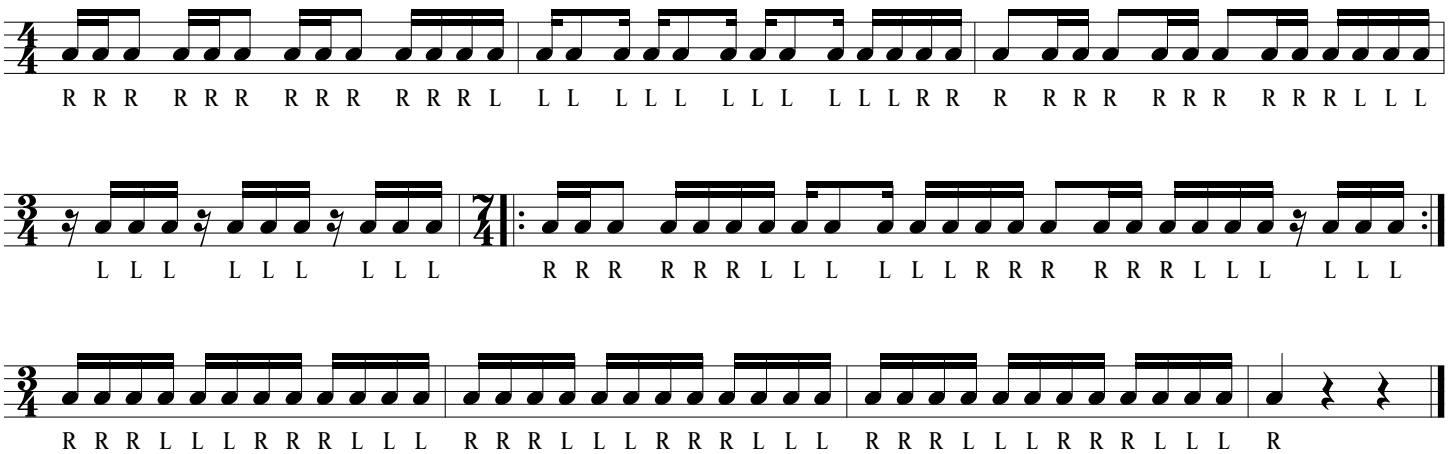
Check Pattern

Triple Beat Exercises

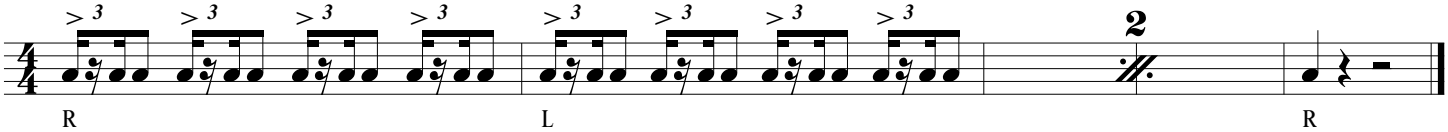
Hug-a-dits



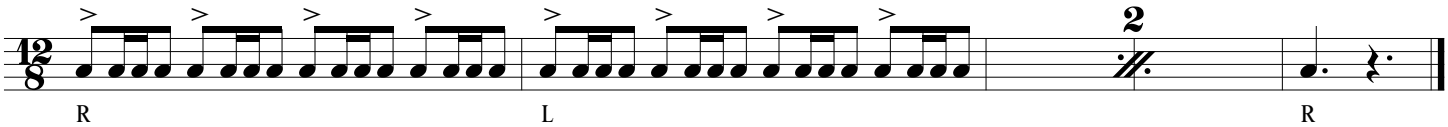
Hug-a-dit Mover



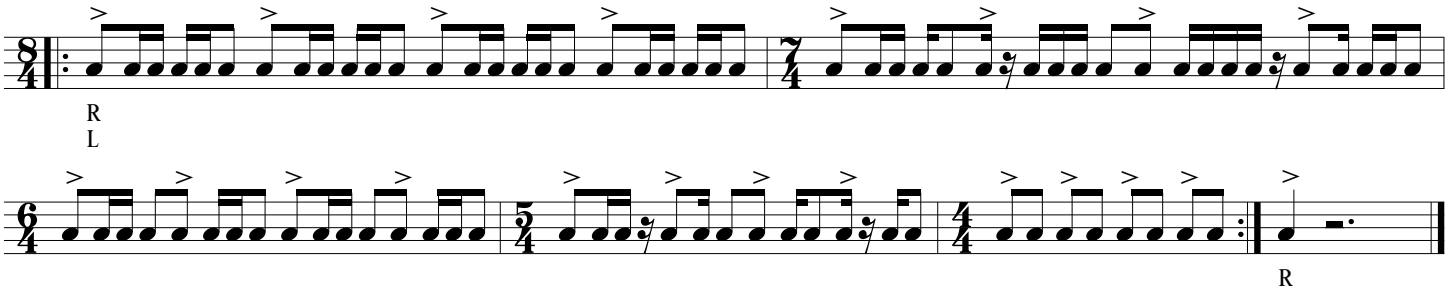
Huc-a-dits



Huc-diga-dits



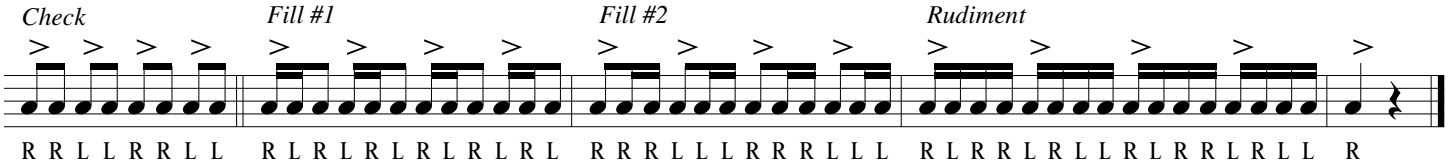
Huc-diga-dit Countdown



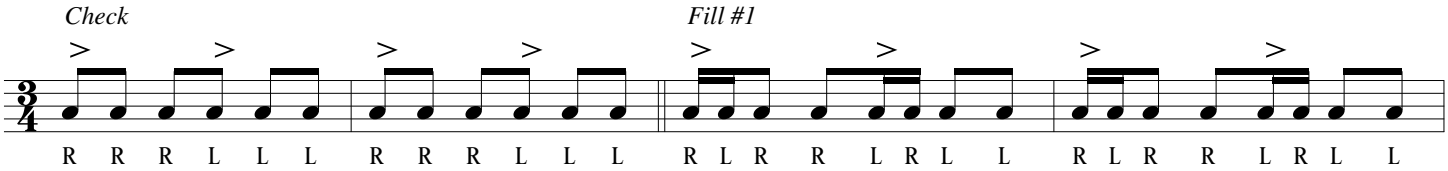
Paradiddle Exercises

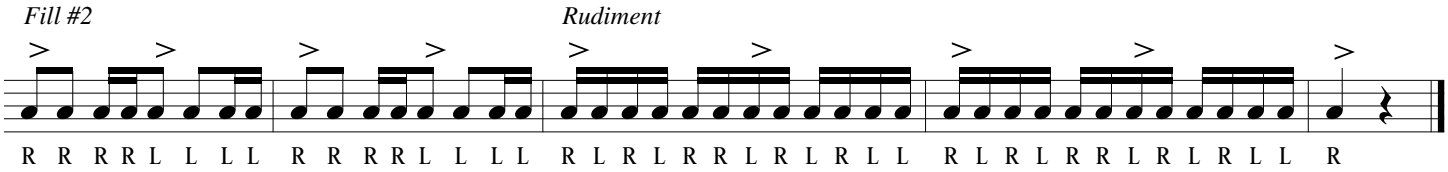
Play as Check | Fill 1 | Check | Fill 2 | Check | Rudiment
AND
Play as Check | Fill 1 | Fill 2 | Rudiment

Paradiddle Breakdown

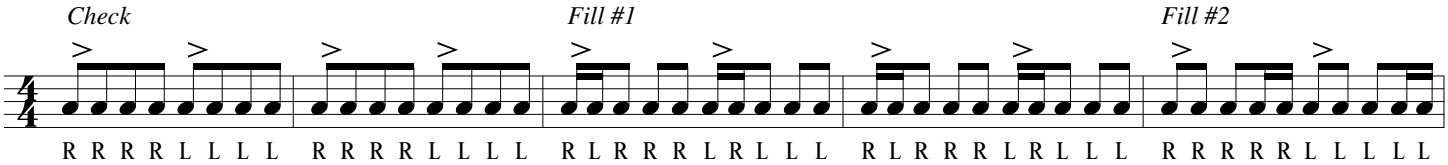


Double Paradiddle Breakdown

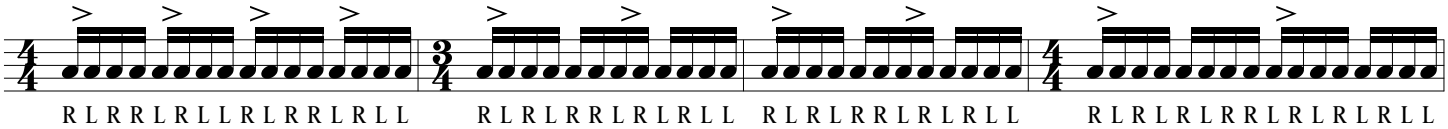


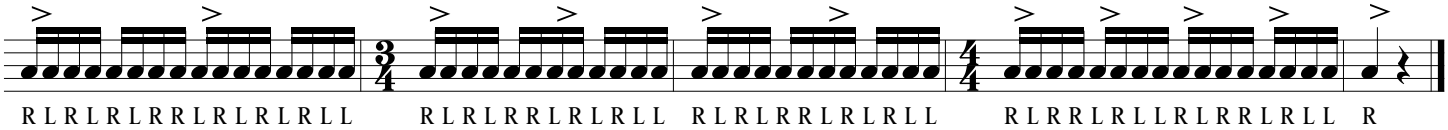


Triple Paradiddle Breakdown

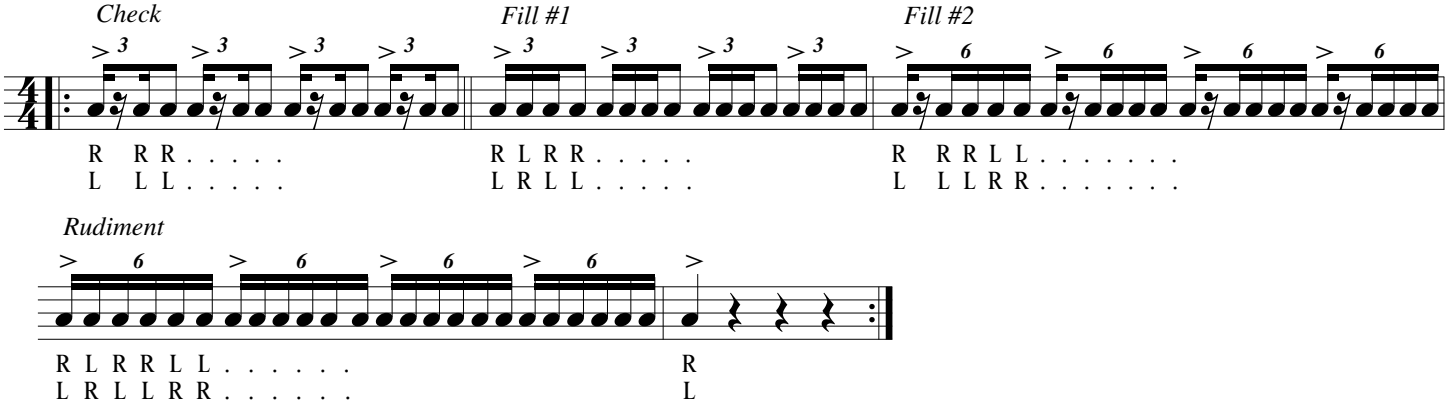


Paradiddle Pyramid

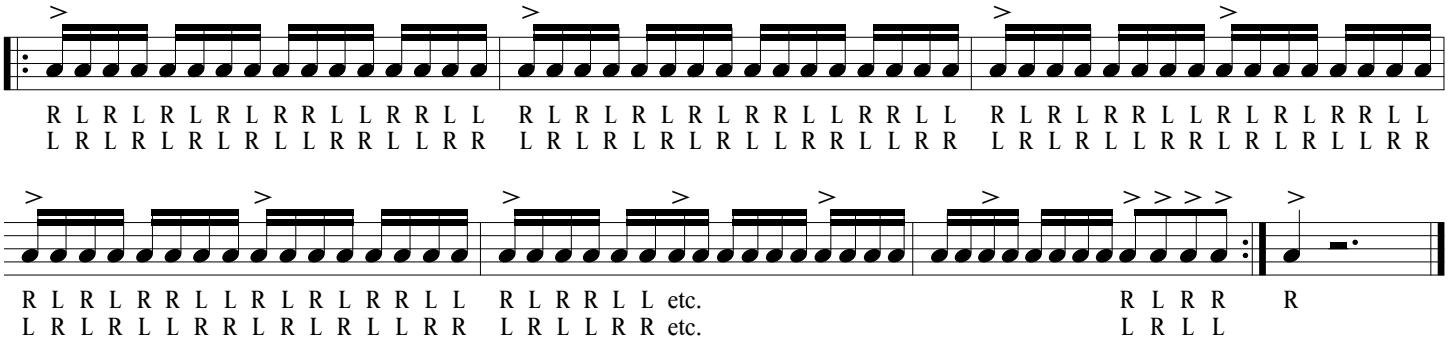




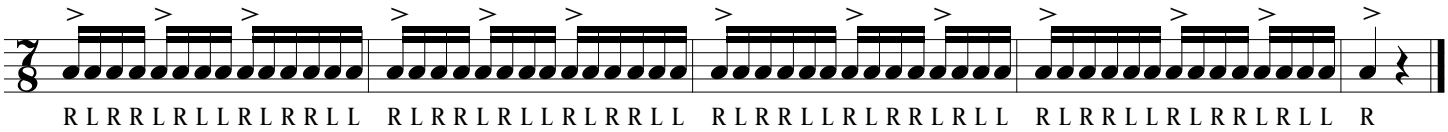
Paradiddle-diddle Breakdown



Single Double

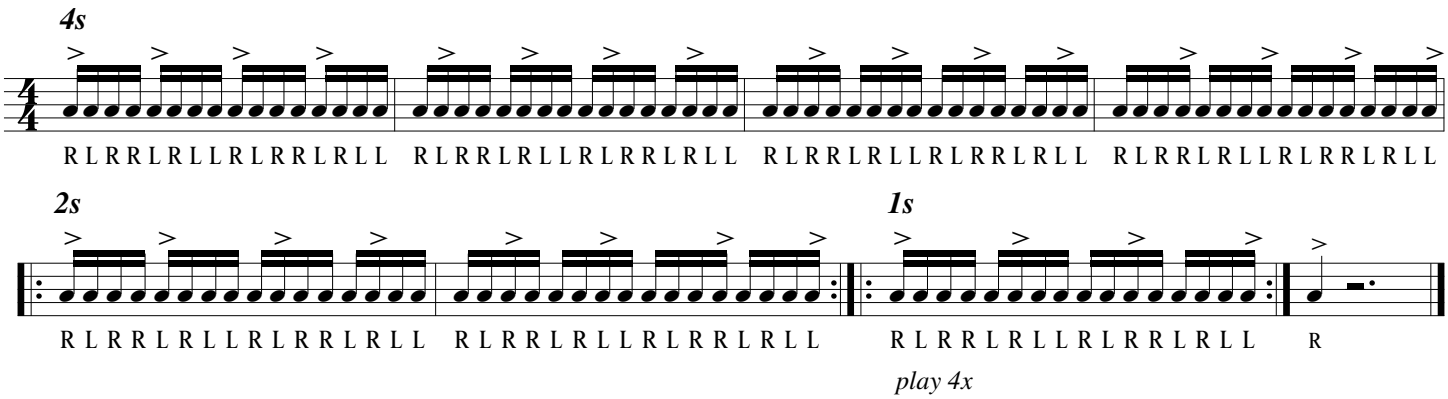


7/8 Paradiddle



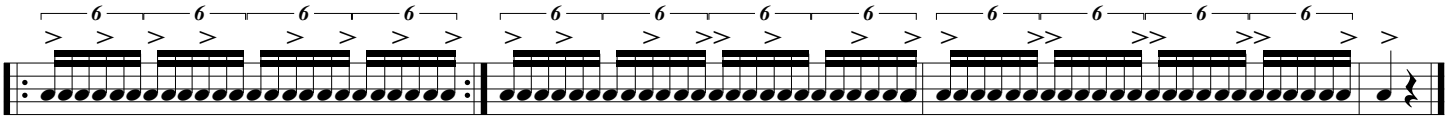
(Play off left. Replace paradiddle-diddles with double paradiddles)

Paradiddle Accent Grid



Puh-Duh-Duh Exercises

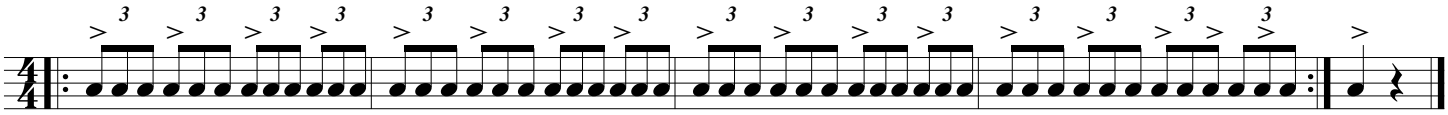
Puh-duh-duhs & Duh-duh-puhs



RLLRLLRLLRLLRRLRRLRRLRRL RLLRLLRRLRRLRLLRLLRRLRRL RLLRRLRLLRRLRLLRRLRLLRRL

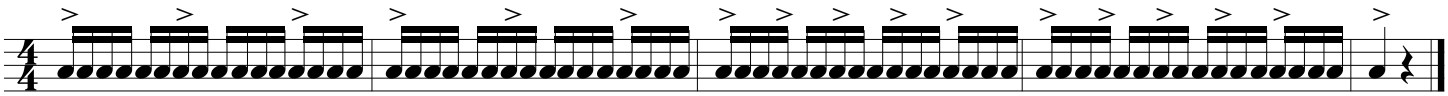
Also play backwards (duh-duh-puh puh-duh-duh)

Puh-duh-duh Flow



R L R L R L etc. R L L R L L etc. R L R L R L etc. R L L R L L R R L L R R R
L R L R L R etc. L R R L R R etc. L R L R L R etc. L R R L R R L L R R L L

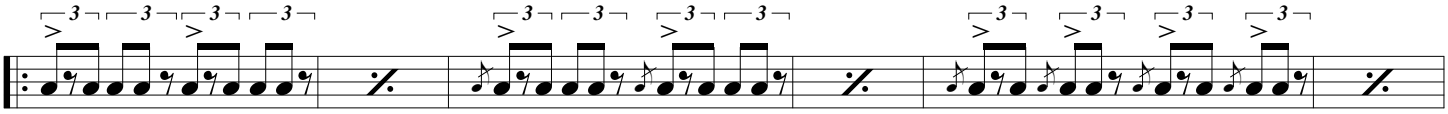
Paradiddle Jam



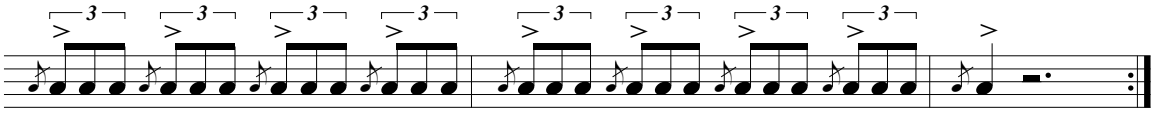
RLRRLLRLRRLLRLRR LRLLRRLRLLRRLRLL RLLRLLRLLRLLRLRR LRRLRRLRRLRRLRLL R

Flam Exercises

Flam Accent Breakdown

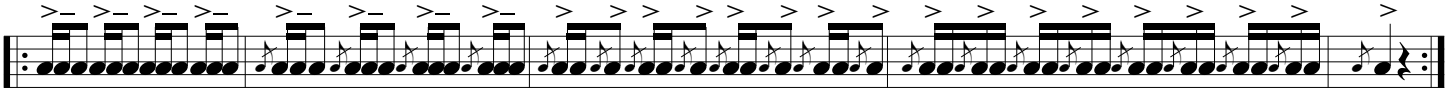


R RRR R RRR R RRR R RRR R R LR R R LR
L LLL L LLL L LLL L LLL L L RL L L RL



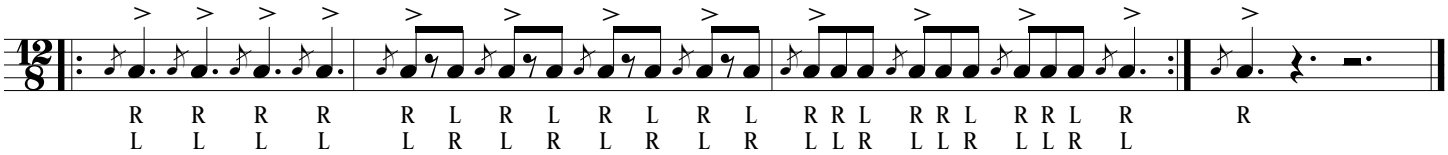
R L R L R L R L R L R L R L R L R L R
L R L R L R L R L R L R L R L R L R L

Flam Tap Breakdown

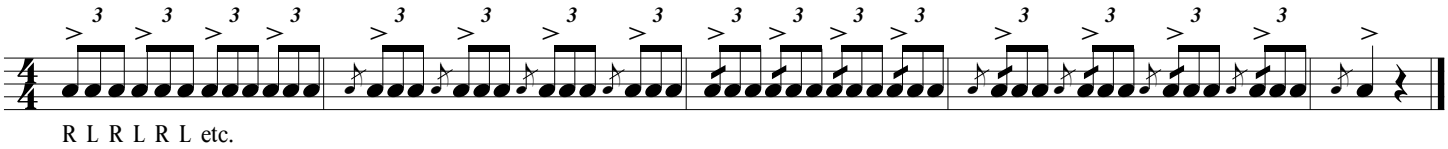


RRRetc. RRR etc. RR L etc. RR LL RR LL RR LL RR LL R
LLLetc. LLL etc. LL R etc. LL RR LL RR LL RR LL RR L

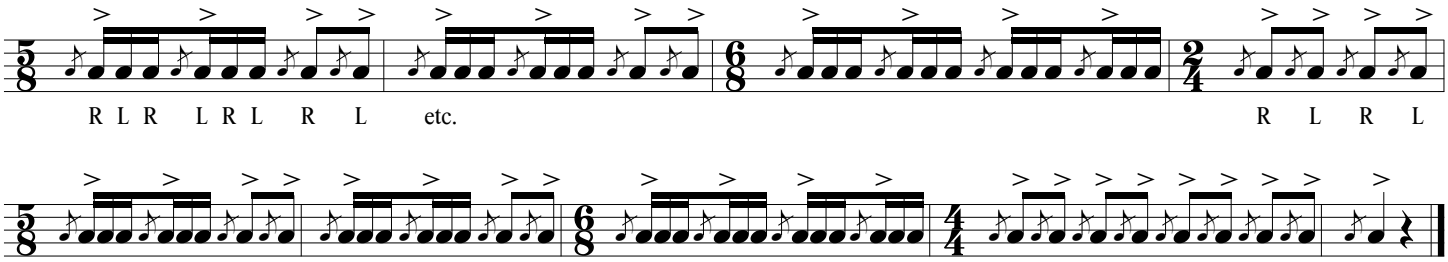
Swiss Breakdown



Cheese Builder



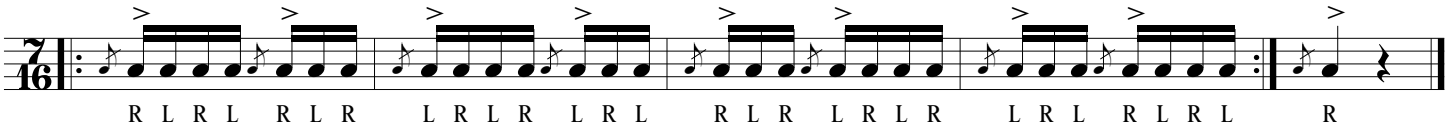
Chugada-Chugada



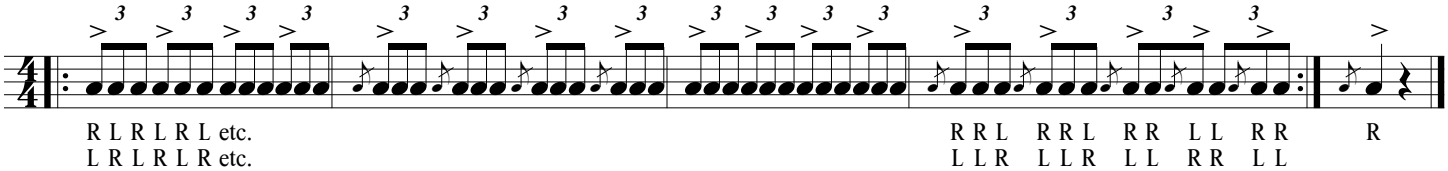
Replace the groups of 3 and 8th notes with the following:

Groups of 3: Swisses, Flam Drags, Paradiddle-diddles, Double Paradiddles, Puh-Duh-Duhs, Tuh-chu-duhs, Fubars, Flam 3s, Shirley Murphy's
Group of 2: Flam Taps, Rolls, Flam Inverts, Flam Paradiddles, Pataflaflas, Same hand Patties, Flammed Mills, Flamacues, 6'let Swisses, Singles

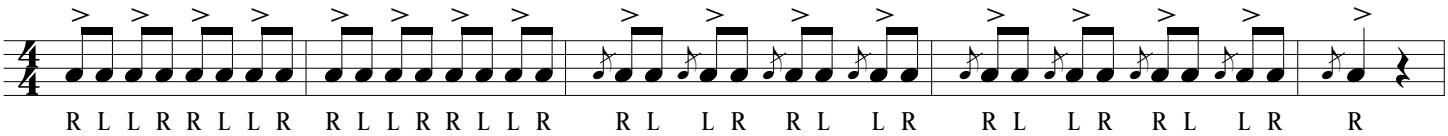
Four Three



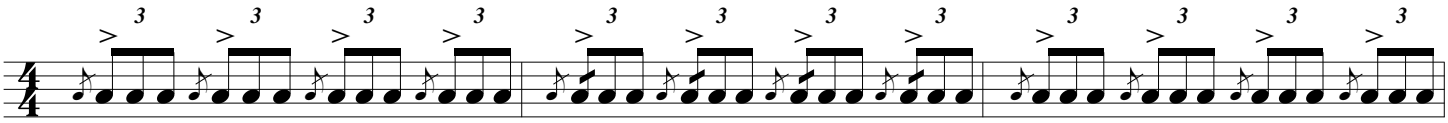
Accents, Swisses, & Taps (oh my!)

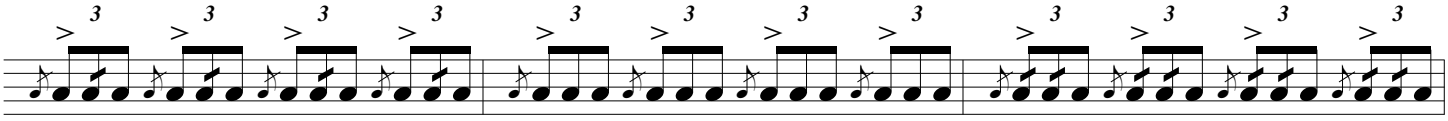


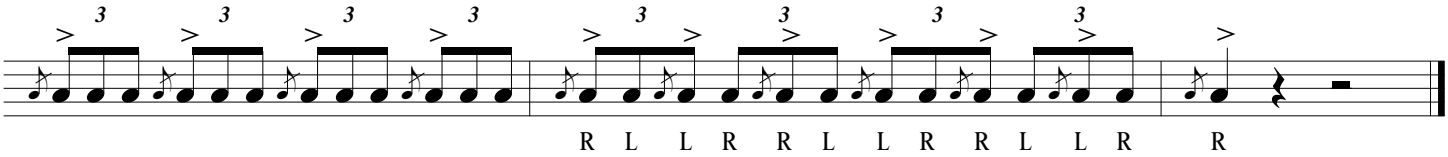
Inverted Flam Taps



Spree



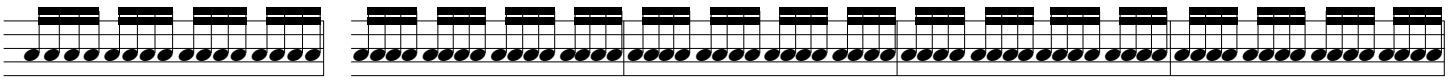


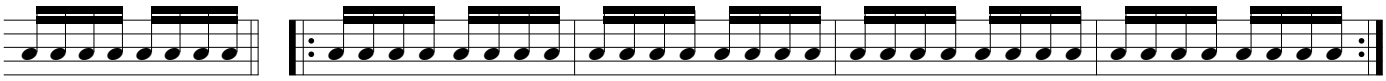


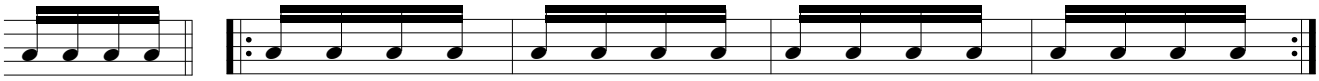
Stick Control Exercises

Stone Transition

Check Pattern

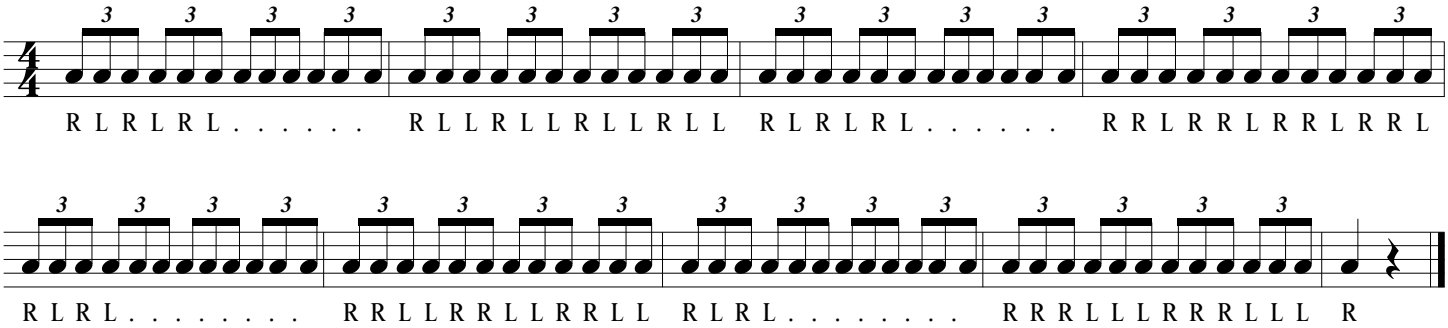






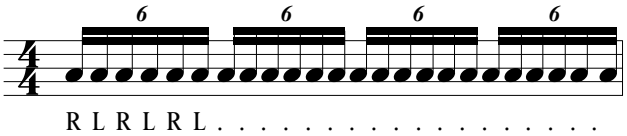
play 4x

Triplet Stick Control

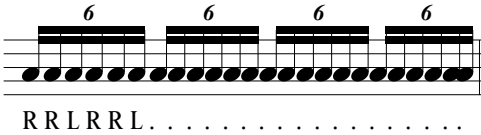


Sixtuplet Stick Control

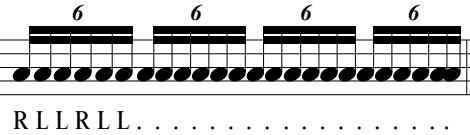
Check Pattern



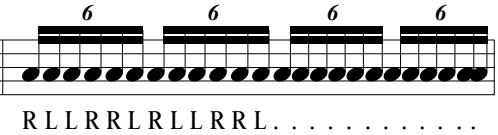
Duh-Duh-Puh



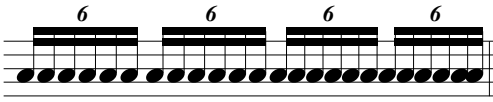
Puh-Duh-Duh



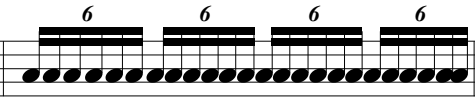
Inverted Paradiddle-diddle (Slurred Six)



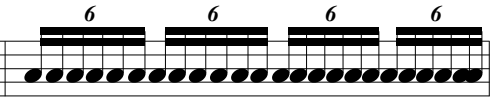
Double Paradiddle



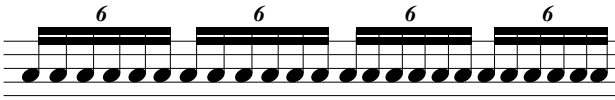
Paradiddle-diddle



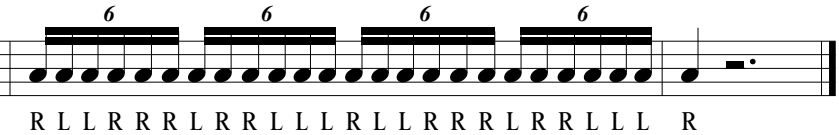
Doubles



Threes



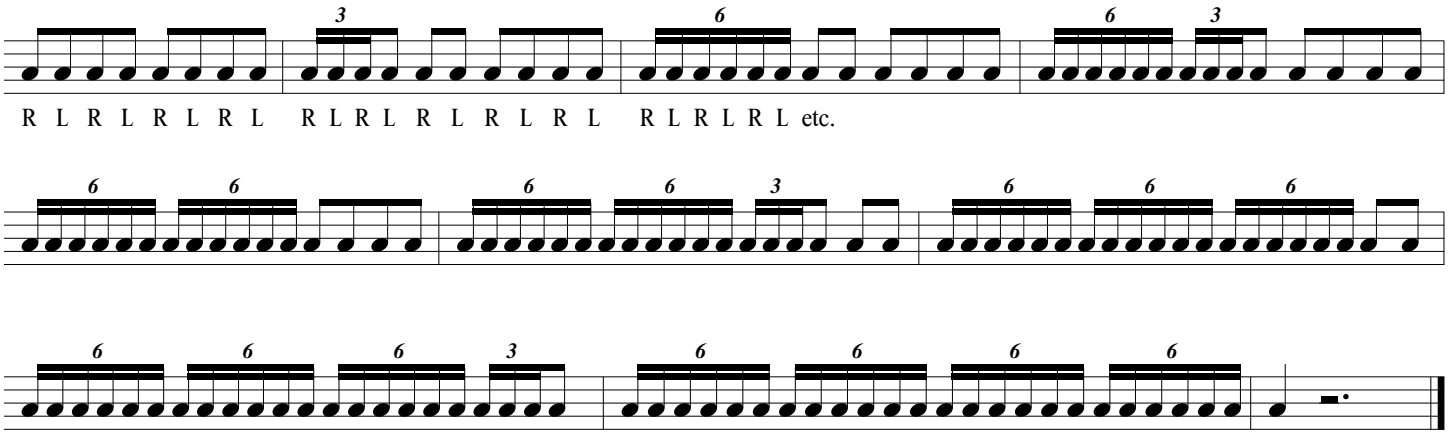
Shirley Murphy



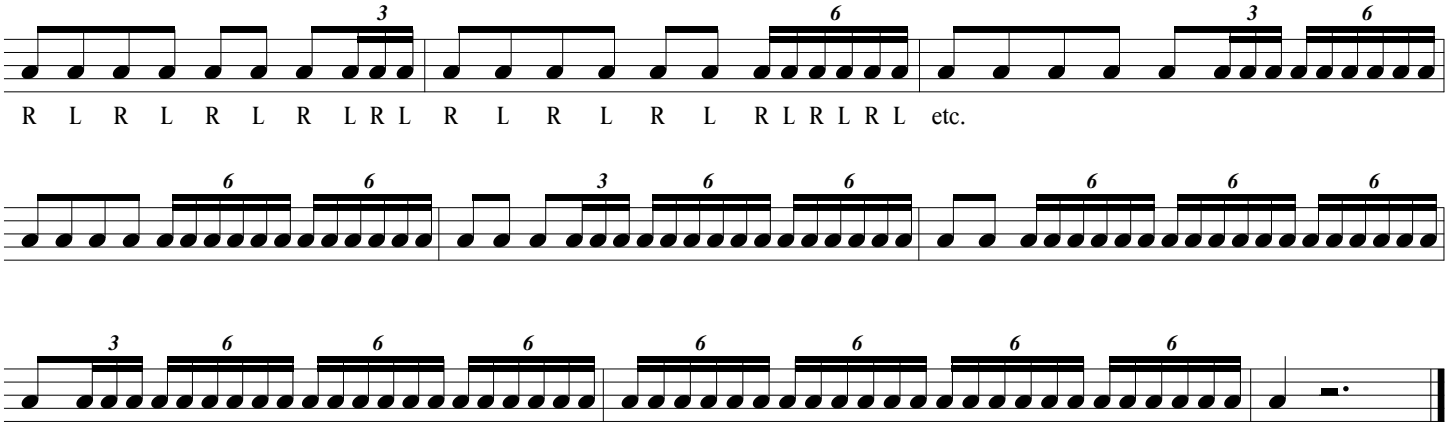
REPEAT EVERYTHING OFF THE LEFT

Hand Speed Changes

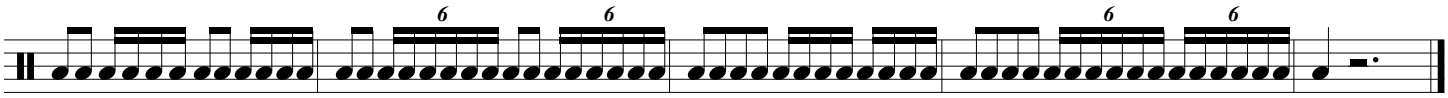
16th Triplet Forwards Builder



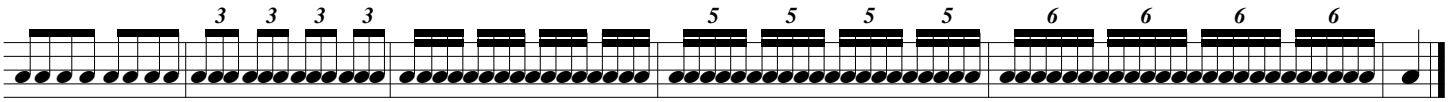
16th Triplet Backwards Builder



Hup Dup



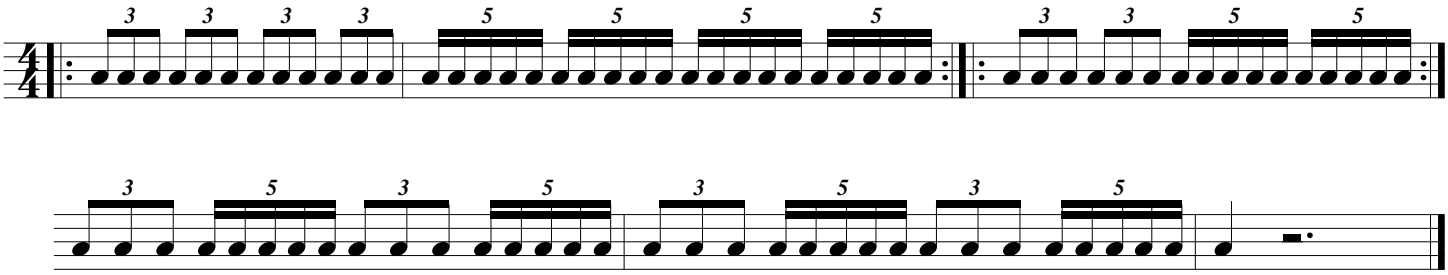
Two to Six



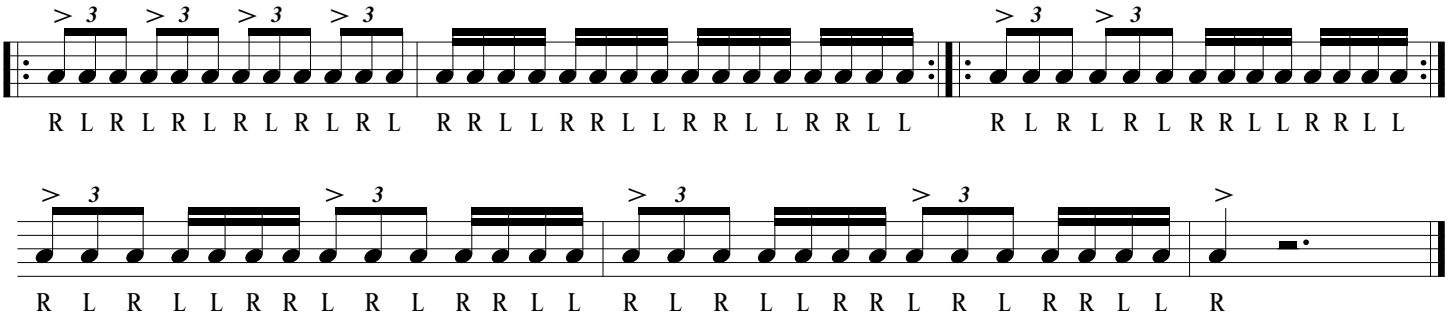
R L R L etc.

Variations:
Play it backwards (6 to 2).
Play it forwards using the 8th notes as a check pattern.
Play it backwards using the 6lets as a check pattern.

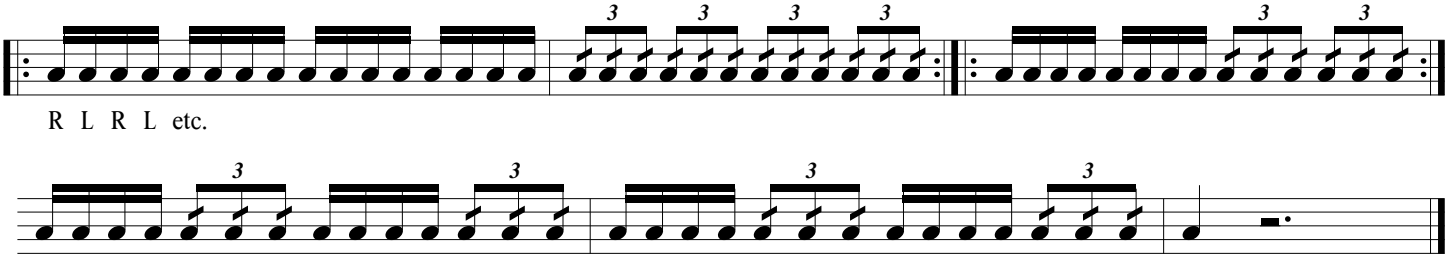
3's & 5's



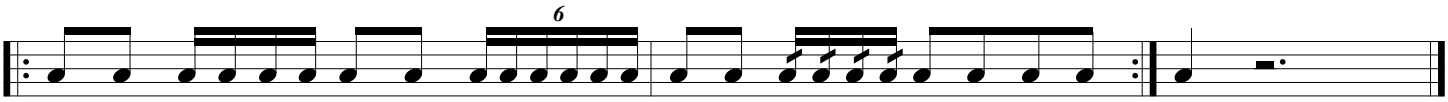
Triplets to 16th Doubles



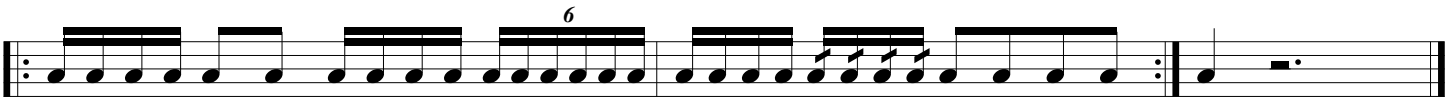
16ths to Triplet Rolls



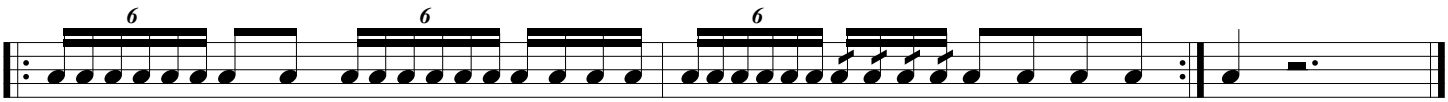
Denny's Combo #1



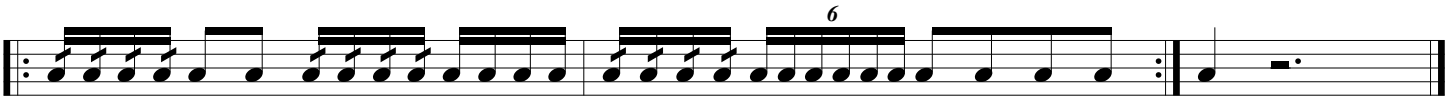
Denny's Combo #2



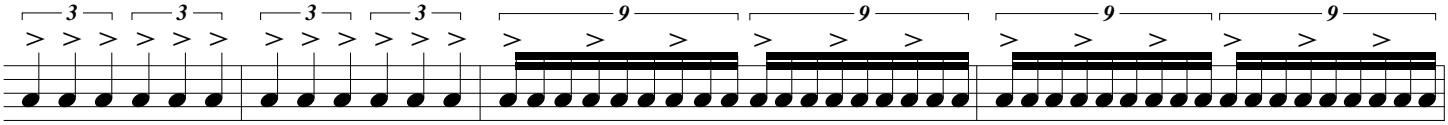
Denny's Combo #3



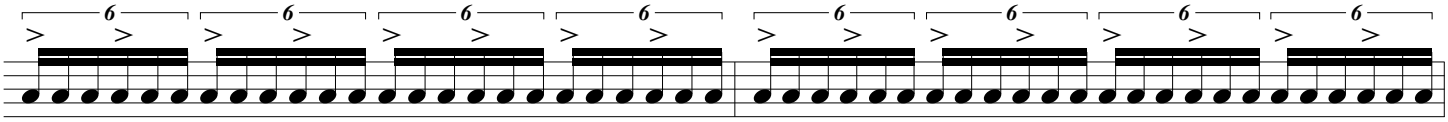
Denny's Combo #4



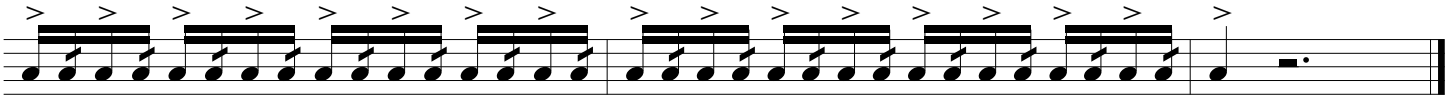
Puh-Duh-Duh Morph



R R R R R R R R R R R R R L L R L L R L L etc.



R L L R L L etc.



R L R L etc. R