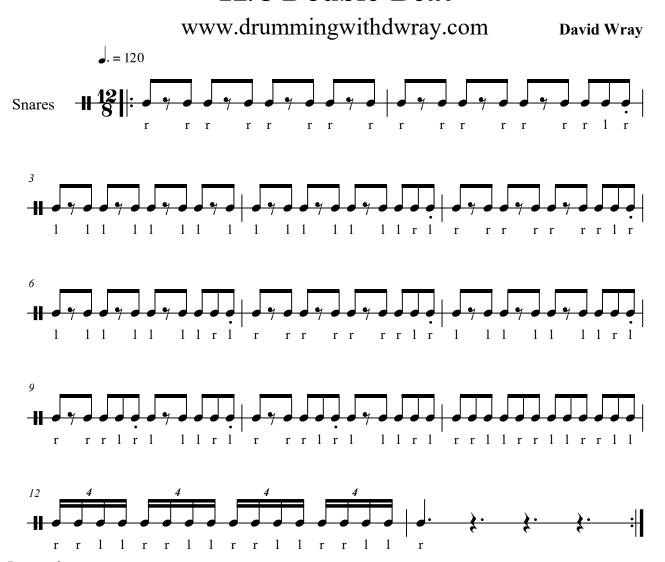
12/8 Double-Beat



Instructions:

Make sure you are doing 2 full rebound/legato strokes for each double, taking care to ensure that the 2nd note of each double (on the downbeats) has at least as much (or slightly more) weight/volume than the 1st note.

While this technique requires an active use of the fingers, take care to ensure that the wrist still accounts for a solid 60-75% of the stroke (ie - do not allow the fingers to 'own' the majority of the work!)

Practice with a metronome to ensure tempo consistency.

Practice with a mirror to ensure stick-height consistency.

Practice at different tempo settings and dynamic levels.

NEVER SACRIFICE PROPER TECHNIQUE AND QUALITY OF SOUND FOR SPEED!! It's ok and necessary to push yourself...but only to the extent you're building 'GOOD' muscle memory...