

# 12/8 Double-Beat

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♩ = 120

Snares

3

6

9

12

## 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...