

The 26 *Polyrhythm* Rudiments

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*note:

When learning & playing "The 26 Polyrhythm Rudiments" an underlying basic pulse is required and is written below each rudiment.

This is vital because this is what makes the rudiments polyrhythmic. Utilizing a metronome or tapping your foot (i.e. playing the bass drum) is suggested or you may prefer doing both at the same time.

1. Five Stroke Roll

The 5 Stroke Roll (5)

R R L L R L L R R L

As written

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

In the polyrhythm

Polyrhythm of 6 over 4 = quarter note triplets (rhythmic ratio 1½ beats to 1)

*Metronome tempos are suggested only.

2. Seven Stroke Roll

The 7 Stroke Roll (7)

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

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

In the polyrhythm

Polyrhythm of 5 over 4 (rhythmic ratio 1¼ beats to 1)

Note - Alternate stickings may be applied eg. L R

3. Nine Stroke Roll

The 9 Stroke Roll

1. R R L L R R L L R
2. L L R R L L R R L

As written

R R L L R R L L

In the polyrhythm

(♩=106) R (9) R L (9) L R R L R etc. R

Polyrhythm of 7 over 4 (rhythmic ratio $1\frac{3}{4}$ beats to 1)

4. Eleven Stroke Roll

The 11 Stroke Roll

1. R R L L R R L L R R L
2. L L R R L L R R L L R

As written

R L R L R L R L

In the polyrhythm

(♩=122) R L R L L R L R

Sticking may be reversed.

Polyrhythm of 3 over 4 = half note triplets (rhythmic ratio $\frac{3}{4}$ beats to 1)

Polyrhythm is slower than the basic $\frac{4}{4}$ pulse

5. Thirteen Stroke Roll

The 13 Stroke Roll

1. R R L L R R L L R R L L R
2. L L R R L L R R L L R R L

As written

In the polyrhythm

(♩=176)

Polyrhythm of 3 over 4

6. Flam

As written

In the polyrhythm

(♩=110)

Polyrhythm of 4 over 3

7. Flam Tap

As written

LR R RL L LR R RL L LR R RL L LR R RL L LR R RL L

In the polyrhythm

(♩=106) LR R RL L LR R RL L LR R RL L LR R RL L LR R RL L

Polyrhythm of 4 over 3 (sub-divided into 1/8th notes)

8. Flamacue

As written

LR L R L LR LR L R L LR LR L R L LR LR L R L LR LR L R L LR

In the polyrhythm

(♩=120) LR L R L LR LR L R L LR LR L R L LR LR L R L LR LR L R L LR

Sticking may be reversed

Polyrhythm of 6 over 4

9. Flam Accent

→ As written

LR L R RL R L LR L R RL R L LR L R RL R L LR L R RL R L

→ In the polyrhythm

(♩=172) LR L R RL R L LR L R RL R L LR L R RL R L LR L R RL R L

Polyrhythm of 3 over 4 - (the '3' sub-divided into triplets)

10. Flam Paradiddle

→ As written

LR L R R RL R L L LR L R R RL R L L LR L R R RL R L L LR L R R RL R L L

→ In the polyrhythm

(♩=126) LR L R R RL R L L LR L R R RL R L L LR L R R RL R L L LR L R R RL R L L

Polyrhythm of 3 over 4

11. Swiss Army Triplet

As written

LR R L LR R L LR R L LR R L LR R L LR R L LR R L LR R L

In the polyrhythm

(♩=110)
LR R L LR R L LR R L LR R L LR R L LR R L LR R L LR R L

Polyrhythm of 5 over 4

12. Flam Paradiddle Diddle

As written

LR L R R L L R L R R L L R L R R L L R L R R L L R R L

In the polyrhythm

(♩=74)
LRLRR L L R L R L L R R L R L R R L L R L R R L L R L R R L L R R L

Polyrhythm of 6 over 4

13. Drag

As written

LLR RR L LL R RR L LL R RR L

In the polyrhythm

(♩=124) LLR RR L LL R RR L LL R RR L

Polyrhythm of 5 over 4

14. Single Drag Tap

As written

LLR L RRL R LLR L RRL R LLR L RRL R

In the polyrhythm

LLR L RRL R LLR L RRL R LLR L RRL R

RRL R LLR L RRL R LLR L RRL R

Polyrhythm of 7 over 4

15. Double Drag Tap

→ As written

LLR LLR L RR L RR L R LLR LLR L RR L RR L R

→ In the polyrhythm

(♩=160) LLR LLR L RR L RR L R LLR LLR L RR L RR L R

Polyrhythm of 3 over 4

16. Single Paradiddle

As written

Single Paradiddle
As Written

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

In the polyrhythm

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

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

♩ = 76

Polyrhythms of: 6 over 4 ... & 8 over 4 (rhythmic ratio = 2 to 1)

17. Double Paradiddle

→ As written

Musical notation for Double Paradiddle in 6/8 time. The notation consists of two staves. The top staff shows a sequence of eighth notes with accents (>) over each note. The bottom staff shows the corresponding drum notation: R L R L R R L R L R L L R L R L R R L R L R L L.

→ In the polyrhythm

Musical notation for Double Paradiddle in 4/4 time, illustrating a polyrhythm of 6 over 4. The notation consists of two staves. The top staff shows eighth notes with accents (>) and brackets indicating groups of six notes. The bottom staff shows the corresponding drum notation: R L R L R R L R L R L L R L R L R R L R L R L L. A tempo marking of (♩=180) is present.

Polyrhythm of 6 over 4

18. Triple Paradiddle

→ As written

Musical notation for Triple Paradiddle in 4/4 time. The notation consists of two staves. The top staff shows a sequence of eighth notes with accents (>) over each note. The bottom staff shows the corresponding drum notation: R L R L R L R R L R L R L R L L R L R L R L R R L R L R L R L L.

→ In the polyrhythm

Musical notation for Triple Paradiddle in 4/4 time, illustrating a polyrhythm of 3 over 4. The notation consists of two staves. The top staff shows eighth notes with accents (>) and brackets indicating groups of three notes. The bottom staff shows the corresponding drum notation: R L R L R L R R L R L R L R R L R L R L R L R R L R L R L R L L. A tempo marking of (♩=90) is present.

Polyrhythm of 3 over 4

19. Single Ratamacue

As written

LLR L R L RR L R L R LLR L R L RR L R L R

In the polyrhythm

(♩=120)

LLR L R L RR L R L R LLR L R L RR L R L R LLR L R L

Polyrhythm of 5 over 4

20. Double Ratamacue

As written

LLR LLR L R L RR L RR L R L R LLR LLR L R L RR L RR L R L R

In the polyrhythm

(♩=106)

LLR LLR L R L RR L RR L R L R LLR LLR L R L RR L RR L R L R

Polyrhythm of 6 over 4

21. Triple Ratamacue

As written

LLR LLR LLR L R L RRL RRL RRL R L R

In the polyrhythm

(♩=172) LLR LLR LLR L R L RRL RRL RRL R L R

Polyrhythm of 3 over 4

22. Lesson 25

As written

LLR (RRL) L R LLR L R LLR L R LLR L R

In the polyrhythm

(♩=100) LLR L R LLR L R LLR L R LLR L R LLR L R LLR L R

Polyrhythm of 7 over 4

23. Three Stroke Ruff

As written

LRL RLR LRL RLR LRL RLR LRL RLR

In the polyrhythm

(♩=82) RLR LRL RLR LRL RLR LRL RLR LRL RLR LRL

Polyrhythm of 5 over 3

24. Four Stroke Ruff

As written

LRLR RLRL LRLR RLRL LRLR RLRL LRLR RLRL

In the polyrhythm

(♩=76) RLRL LRLR RLRL LRLR RLRL LRLR RLRL LRLR

Polyrhythm of 4 over 3

25. Double Stroke Roll

Play alternating double strokes over a steady pulse with gradual increasing (polyrhythmic) hand speed.

As written:

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

In the polyrhythm

(♩=92)

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

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

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

Sticking may be reversed

26. Single Stroke Roll

Play alternating single strokes over a steady pulse with gradual increasing (polyrhythmic) hand speed.

As written:

Musical notation for 'As written' in 4/4 time. The notation shows a steady pulse of quarter notes on a single staff. The notes alternate between the right hand (R) and left hand (L) in a sequence: R L R L R L R L R L R L R L R L. The notes are grouped in pairs of two, with a horizontal line above each pair.

In the polyrhythm

Musical notation for 'In the polyrhythm' in 4/4 time. The notation shows a polyrhythmic pattern of eighth notes. The first measure contains three groups of three eighth notes, each with an accent (>) above it. The second measure contains four groups of four eighth notes, each with an accent (>) above it. The third measure contains five groups of five eighth notes, each with an accent (>) above it. The notes are grouped with brackets above them. The notation is followed by 'etc...'.

(♩=84)

Musical notation for 'In the polyrhythm' in 4/4 time. The notation shows a polyrhythmic pattern of eighth notes. The first measure contains six groups of six eighth notes, each with an accent (>) above it. The second measure contains seven groups of seven eighth notes, each with an accent (>) above it. The notes are grouped with brackets above them. The notation is followed by 'etc...'.

Musical notation for 'In the polyrhythm' in 4/4 time. The notation shows a polyrhythmic pattern of eighth notes. The first measure contains eight groups of eight eighth notes, each with an accent (>) above it. The notes are grouped with brackets above them. The notation is followed by 'etc...'.

*Sticking may be reversed
#26 Accents are optional