

16th Note Grid

$\text{♩} = 80-140$

1 >

f

R | r | R | r | R | r | R | r | r | L | r | r | L | r | r | L | r | L | r | L | r | L | r | L |

r | R | r | R | r | R | r | R | r | R | r | r | L | r | r | L | r | r | L | r | r | L | r | r | L |

5 >

R | r | R | r | r | L | r | r | L | r | L | r | r | R | r | R | r | r | L | r | r | L | R | r | R | r | r | r | L | r | r | L | r | L |

9 >

r | R | r | R | r | r | L | r | r | L | R | r | r | r | L | r | r | R | r | r | r | L | R | r | r | r | L | r | r | R | r | r | r | L |

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R | r | r | r | L | r | r | r | R | r | r | r | L | R | r | r | r | L | r | r | r | R | r | r | r | L | R

Notes

- *Primary focus for this exercise is timing. Accents should never affect 16th note spacing
- *Be sure to practice while marking time. Your feet should be an asset not a liability. Do not let the 'e's and 'a's throw your timing off
- *Once you feel comfortable with accents, try substituting flams, diddles, paradiddles, and other rudiments