

TABLE OF CONTENTS

TECHNIQUE

I.	GRIP FUNDAMENTALS	7
II.	TECHNIQUE FUNDAMENTALS	12
III.	DEFINITIONS.....	14
IV.	BASIC STROKES.....	15
V.	THE ADAPTED MOELLER STROKE.....	16
VI.	THE VELOCITY STROKE	23

ONE HANDED WARMUPS and TWO HEIGHT CONTROL

I.	ONE HEIGHT WARMUPS.....	31
II.	TWO HEIGHTS	33
III.	COMBINATION BEATS / MOTIONS.....	36
IV.	COMBINATION BEAT PATTERNS WITH ACCENTS.....	37
V.	THE NEXT LEVEL.....	39

TIMING CONTROL

I.	TIMING CONCEPTS.....	43
II.	16th NOTE TIMING	43
III.	TRIPLET TIMING	48
IV.	DUPLE / TRIPLE RELATIONSHIPS.....	49
V.	16th NOTES IN TRIPLE TIME & 16th NOTE TRIPLETS.....	51
VI.	THE NEXT LEVEL.....	53

DIDDLE CONTROL

I.	DIDDLE QUALITY BUILDERS	63
II.	ROLL BUILDERS.....	66
III.	PARADIDDLES	69
IV.	DIDDLE AND ROLL ISOLATION	74
V.	DIDDLE INTERPRETATION	76
VI.	MORE PARADIDDLE PRACTICE	79
VII.	OTHER DRAG RUDIMENTS.....	81
VIII.	THE NEXT LEVEL.....	83

BUZZ CONTROL

I.	BUZZ LENGTH	89
II.	BUZZ SPEED	90
III.	ONE HEIGHT BUZZ CONTROL.....	91
IV.	TWO HEIGHT BUZZ CONTROL.....	92
V.	THE NEXT LEVEL.....	93

FLAM CONTROL

I.	FLAM MOTIONS.....	95
II.	FLAM QUALITY	96
III.	DOWNSTROKED MOTION RUDIMENTS.....	100
IV.	CONTROLLED REBOUND MOTION RUDIMENTS.....	102
V.	INVERTED MOTION RUDIMENTS.....	108
VI.	COMBINATION MOTIONS.....	115
V.	THE NEXT LEVEL.....	118

HYBRIDS	121
----------------------	-----

BACKSTICKING AND TRICKS	127
--------------------------------------	-----

SPEED

I.	THE PROCESS OF GETTING FASTER.....	131
II.	SINGLE SPEED	133
III.	ROLL SPEED	135
IV.	PARADIDDLE SPEED	137

SOLO CONSTRUCTION

I.	COMPILING IDEAS AND SKILLS.....	141
II.	IDENTIFYING STRENGTHS	141
III.	FINDING A THEME	141
IV.	WRITING THE SOLO	143
V.	PACING AND TRANSITIONS.....	143
VI.	PREPARATION AND PERFORMANCE	144

"TRIBUTE": A CHAMPIONSHIP RUDIMENTAL SOLO	145
--	-----