

Progressions for Single/Double Bass Drum ~ 8/8 Pulse

1. Standard Subdivisions

Standard Subdivisions in 4/4 time:

- A:** Four eighth notes, quarter rest, eighth note, quarter rest, eighth note, quarter rest, eighth note, quarter rest.
- B:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.
- C:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.
- D:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.
- E:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.
- F:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.
- G:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.
- H:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.

2. Syncopated Subdivisions

Syncopated Subdivisions in 4/4 time:

- A:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.
- B:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.
- C:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.
- D:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.
- E:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.
- F:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.

3. Dotted Subdivisions

Dotted Subdivisions in 4/4 time:

- A:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.
- B:** Quarter note, eighth note, quarter note, eighth note, quarter note, eighth note, quarter note, eighth note.