

# SELF CHEXERCISES

WHEN YOU CAN'T DRUM WITH FRIENDS, CHECK YOURSELF

PAGE 2 - DOUBLE STROKES & ACCENT/TAP

SAUL 2020  
COVID-19

## 8 ONE HEIGHT DOUBLES (PLAY AT ALL HEIGHTS)

R R R R R R R R B B B B B B B B L L L L L L L L B B B B B B B B

## 9 ONE HEIGHT DOUBLES (PLAY AT ALL HEIGHTS)

R R R R R R R R B B B B B B B B L L L L L L L L B B B B B B B B

## 10 ONE HEIGHT DOUBLES (PLAY AT ALL HEIGHTS)

R R R R R R R R B B B B B B B B L L L L L L L L B B B B B B B B

## 11 ONE HEIGHT DOUBLES (PLAY AT ALL HEIGHTS)

R R R R R R R R B B B B B B B B L L L L L L L L B B B B B B B B

## 12 ACCENT/TAP & DOUBLE STROKES (VARY ACCENT HEIGHTS)

R R R R R R R R B B B B B B B B L L L L L L L L B B B B B B B B

## 13 ACCENT/TAP & DOUBLE STROKES (VARY ACCENT HEIGHTS)

R R R R R R R R B B B B B B B B L L L L L L L L B B B B B B B B

## 14 ACCENT/TAP & DOUBLE STROKES (VARY ACCENT HEIGHTS)

R R R R R R R R B B B B B B B B L L L L L L L L B B B B B B B B