

Four Basic Stroke Types: Transitions

Repeat each exercise as needed to master each stroke and transition

♩ = 80-120 ♪ = 160-240 ♫ = 320-480

1 **full** **down**
R
L

2 **tap** **up**
R
L

3 **down tap**
R
L

4 **tap** **up** **full** **down**
R
L

5 **full** **down** **tap**
R
L

6 **tap** **up** **down tap**
R
L

Use a metronome on 8th or 16th notes
to refine placement and timing