

# Stick Control Patterns and Counts

**Single**      **Double**      **Paradiddle**

Single: R L R L R L R L  
 Double: R R L L R R L L R R L L R R L L  
 Paradiddle: R R L R L L R L R L L R L L R L L R

Single: L R L R L R L R  
 Double: R L L R R L L R R L L R R L L R R L L  
 Paradiddle: R L L R L L R L R L L R L L R L L R

♩ = 80-120

♩ = 160-240

♩ = 320-480

Loop each pattern using a large Full Stroke gesture

Cover a quiet metronome with the same tone on every note

**Double Counts**

1 & 2 & 3 & 4 & (1) 2 & 3 & 4 & 1 2 3 4  
 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 2 3 4  
 1 & 2 & 3 & 4 & (1) 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 2 3 4  
 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 2 3 4

**Paradiddle Counts**

1 & 3 & 1 & 2 3 & 4 1 & 2 & 3 & 4 & 1 2 3 4  
 & 2 & & 4 1 & 2 3 & 4 1 & 2 & 3 & 4 & 1 2 3 4  
 2 & 4 & (1) 2 & 3 4 & 1 & 2 & 3 & 4 & 1 2 3 4  
 (1) & 3 & 1 2 & 3 4 & 1 & 2 & 3 & 4 & 1 2 3 4