

Paradiddle Inversion Exercises
feet with metronome

1

2

3

4

2 Paradiddles & 1 16th

R L R R L R L L R L R L L R L R R L R L R

L L R L R L L R L R R L R L R R L R L L R L R L

L R L R R L R L R R L R L L R L R L R L R L

2 Paradiddles & 3 16ths

Musical notation for 2 Paradiddles & 3 16ths. The piece is in 2/4 time and consists of three staves of music. Each staff contains two paradiddles (RLRLRLRL and RLRLRLRL) and three 16th-note runs. The first staff has a first ending bracket under the first two paradiddles. The second staff has a first ending bracket under the first two paradiddles. The third staff has a first ending bracket under the first two paradiddles. The notation includes accents and slurs.

RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL
RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL
RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL

2 Paradiddles & 5 16ths

Musical notation for 2 Paradiddles & 5 16ths. The piece is in 2/4 time and consists of four staves of music. Each staff contains two paradiddles (RLRLRLRL and RLRLRLRL) and five 16th-note runs. The first staff has a first ending bracket under the first two paradiddles. The second staff has a first ending bracket under the first two paradiddles. The third staff has a first ending bracket under the first two paradiddles. The fourth staff has a first ending bracket under the first two paradiddles. The notation includes accents and slurs.

RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL
LLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL
RLRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL
LRRLRLRL RLRLRLRL RLRLRLRL RLRLRLRL