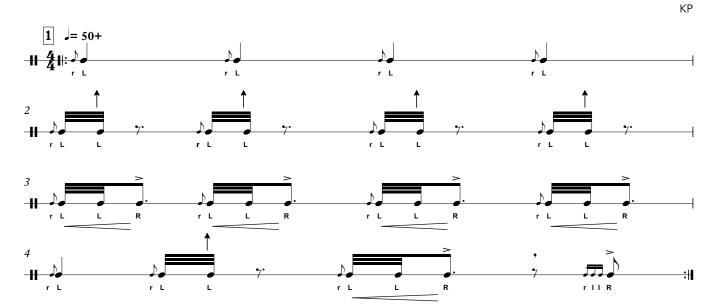
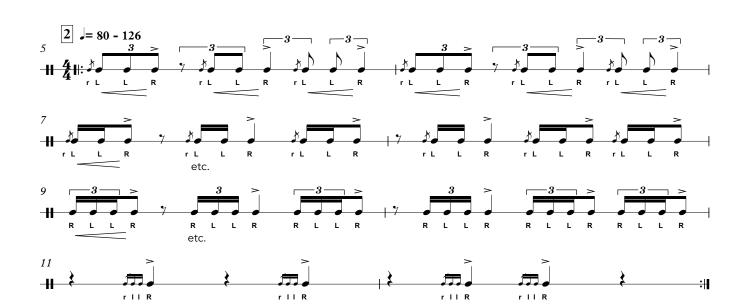
## Four Stroke Ruff Exercise

practice at all dynamics





## Practice Tips:

- 1. The first note of a four stroke ruff should be the lowest in stick height.
- 2. Breathe before beginning a four stroke ruff.
- 3. The rudiment should be one fluid motion make sure you are bouncing.
- 4. The last note of a four stroke ruff is the most important.
- 5. Always think up off the drum. This will allow the grace notes to lead and have direction towards the main note.

## Other stickings to practice:

- 1. LRRL
- 2. LRLR
- 3. RLRL

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