

# Four Stroke Ruff Exercise

practice at all dynamics

**1** ♩ = 50+

1 r L

2 r L L

3 r L L R

4 r L L R

**2** ♩ = 80 - 126

5 r L L R

6 r L L R

7 r L L R

8 r L L R

9 R L L R

10 R L L R

11 r l l R

**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