

"Double- triple beat" is a legato exercise. Make sure to hit the heat hard enough for the stick to rebound up to vertical. Make sure to allow both notes of the double beat to rebound up to vertical by maintaining a relaxed grip on the stick, and not allowing yourself to get tense and squeeze the stick. Make sure both notes of the double beat are the same height. The Same approach needs to be taken with the triple beats. Make sure all 3 notes rebound to vertical. Make sure all three notes of the triple beat are the same height.

Unlike "First things first", where the motion of the stick is continuous, in "Double- triple beat" the motion of the stick in will actually hang in the vertical position during the 16th note rests in between double beats, and also in between triple beats. **The last note before every hand change will be Staccato.**

Things to remember about this exercise: Always play with a metronome and mark time. Start slow, and work your way up. The faster you can play this exercise, the better your rolls and 3's will be.