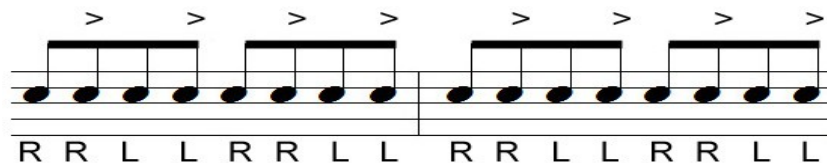


# Even Double Stroke Rolls

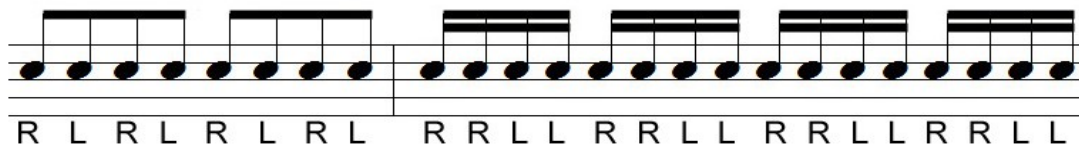
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In our previous doubles [lesson](#), we worked on strengthening the timing of your double stroke rolls. In this one, we will focus on making each stroke of the doubles dynamically even. As your doubles increase in speed, you rely on the rebound of the stick for that second hit, while the first one is usually started by the wrist. You want to make sure that both are even to play smooth double stroke rolls.

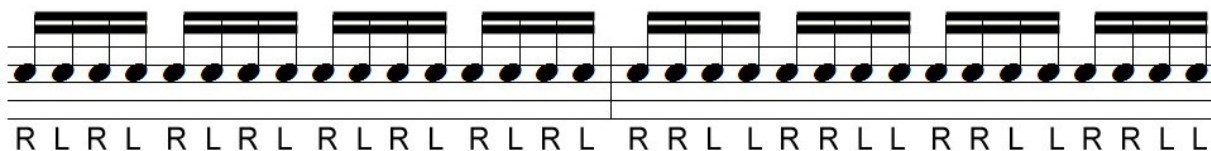
Start by playing doubles slowly and make sure you accent the second note of the doubles. Use a metronome to increase speed. If done consistently, this will smooth out your double stroke rolls.



Once you feel that your doubles are smooth, test them by alternating between singles and doubles. First with 8<sup>th</sup> note singles and 16<sup>th</sup> note doubles...



and then by keeping the 16<sup>th</sup> note throughout. Aim for making your singles and doubles sound the same.



Again, consistency is key. Happy practicing.  
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