

# DRUM LESSONS IN LA.COM

## Developing Your Weaker Side

Drummers naturally have a stronger and weaker hand (or foot). It's usually the left for right handed players and vice versa. We are only as fast and smooth as our weaker side.

This is a deceptively simple exercise that is designed to even out both sides. The point is to play constant notes while shifting the order to both sides. Play the stickings line after line and then repeat and loop the whole thing. Start at a comfortable speed and use a metronome gradually increase the tempo and find your top speed.



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