

# Kick Drum Workout & Tom Beat

By Alex Ribchester

In this weeks lesson I have put together a nice little exercise for your kick drum foot. As well as this being a cool pattern to practice, it sounds quite good as a tom groove. The exercise is played as sextuplets and will require some busy footwork when played up to speed. I thought this would give both our hands a good workout by playing either hands on the toms to limit the bounce and promote equality. I have also included a break down pattern for each hand to try.

## Basic pattern

Musical notation for the basic pattern, showing four sextuplets of eighth notes on a single staff. The time signature is 4/4. Each sextuplet is marked with a '6' above it.

## With a back beat on the snare

Musical notation for the pattern with a back beat on the snare, showing four sextuplets of eighth notes on a single staff. The time signature is 4/4. Each sextuplet is marked with a '6' above it.

## Single hand exercise

Musical notation for the single hand exercise, showing four sextuplets of eighth notes on a single staff. The time signature is 4/4. Each sextuplet is marked with a '6' above it. The sticking letters are R K R R K K.

Musical notation for the single hand exercise, showing four sextuplets of eighth notes on a single staff. The time signature is 4/4. Each sextuplet is marked with a '6' above it. The sticking letters are L K L L K K.

## Idea played as a fill with alternative sticking on beat 4

Musical notation for the idea played as a fill with alternative sticking on beat 4, showing four sextuplets of eighth notes on a single staff. The time signature is 4/4. Each sextuplet is marked with a '6' above it. The sticking letters are R/L L R L R K.