

Paradiddle Grooves

by Craig Sellar

Lesson 1 - Single Paradiddle

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

1/4 Note Kick Exercise

Dr. 4

8th Note Kick Exercise

Dr. 5

8th Note Groove 1

Dr. 6

8th Note Groove 2

Dr. 7

16th note unisons with Right Hand

16th note unisons with Left Hand

Dr. 8