



Band Virtual Learning

# 7th Grade Percussion

May 11th, 2020



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Lesson: May 11th, 2020

**Objective/Learning Target:**  
Students will add flam paradiddles (flamadiddles)  
to their daily warm-up routine.



## Review:

Remember that with the diddle rudiment names:

1. “Para” refers to two alternated single-strokes, as in a “pair of” singles
2. “Diddle” refers to two notes in a row on the same hand (double stroke)
3. So a paradiddle is RLRR or LRLR
4. A double paradiddle (double para and a diddle) would be RLRLRR or LRLRLR

# Flam Paradiddle (Flamadiddle)

As the name suggests, this rudiment is a paradiddle with a flam at the beginning and it will look like:

The image displays two musical staves for the Flam Paradiddle (Flamadiddle) rudiment. Each staff begins with a flam note (a quarter note with a slash through the stem) followed by a series of eighth notes. A greater-than sign (>) is placed above the first note of each staff to indicate an accent. The first staff has a sequence of notes with the following hand indicators below them: L R, L, R, R. The second staff has a sequence of notes with the following hand indicators below them: R L, R, L, L.



# Practice:

Go to the flam paradiddle page of the Vic Firth website found [HERE](#).

1. Watch the videos by Dr. John Wooten, a world famous percussionist (yes, he plays with traditional grip, but don't pay attention to that!)
2. Practice flam paradiddles with the tracks working from bronze level up as high as you can!
3. Scroll down farther and try the application exercise as well.



## Practice: Add flam paradiddles to your routine

1. Make sure you start and end with correct playing position
2. Use a metronome starting at 80 beats per minute and move it up in increments of 10 as you are able to do so (I usually turn on the 8th note subdivision). You could also play along with songs on the radio or with your other favorite music!

Free online metronome [HERE](#)

3. Add this new rudiment to your pyramid warm-up routine (Single Strokes, Double Strokes, Paradiddles, Flams, Flam Taps, Flam Accents, Double Paradiddles and Paradiddle-diddles). These can also be played in the quarter-eighth-sixteenth-eighth-quarter pyramid, but you might want to just start with quarters and eighths.



## Additional Warm Up Thoughts:

Each Monday we will have more warm up exercises for you to put into your daily routine to help you stay in shape on your instruments!!

Keep working to play with the BEST technique possible!

Try your best to set aside time EVERY DAY for at least 15 minutes of practice. The skills we have learned will be lost if we don't continue working and refining them!!