

# Daily Routines

1

2

*ff*

3

Paradiddles

4

Paradiddles

5

6

Flams

Paradiddles

Flam Taps

Paradiddles

Flam-a-diddles

Flam Taps

Daily Routines

7

Double Beat

8

Triple Beat

9

Paradiddles

9 Stroke Roll

5 Stroke Roll

10

11