

Valentino Vitali

Paradiddle

Exercise 1: basic paradiddle

R L R R L R L L

Exercise 2: the four stickings

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 R L R L L

Outward paradiddle

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

Reverse paradiddle

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

Inward paradiddle

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

Exercise 3: accent & cycle

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

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

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

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

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

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

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

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

Exercise 4: keep the sticking, move the accent

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Staff 1: $\text{R L R R L R L L R L R R L R L L}$ | $\text{R L R R L R L L R L R R L R L L}$

Staff 2: $\text{R L R R L R L L R L R R L R L L}$ | $\text{R L R R L R L L R L R R L R L L}$

Staff 3: $\text{R L R R L R L L R L R R L R L L}$ | $\text{R L R R L R L L R L R R L R L L}$

Staff 4: $\text{R L R R L R L L R L R R L R L L}$ | $\text{R L R R L R L L R L R R L R L L}$

Exercise 5: stretch

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Staff 1: R L R R L R L L | $\text{R L R R L R L L R L R R}$

Staff 2: $\text{L R L L R L R R L R L L R L R R}$ | $\text{L R L L R L R R L R L L R L R R L R L L R L R R}$

Staff 3: L R L L R L R R | $\text{L R L L R L R R L R R L R L L}$

Staff 4: $\text{R L R R L R L L R L R R L R L L}$ | $\text{R L R R L R L L R L R R L R L L R L R R L R L L}$

Exercise 6: double-time

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Staff 1: $\text{R L R R L R L L R L R R} \quad \text{L R L L R L R R L R L L} \quad \text{R L R R L R L L R L}$

Staff 2: $\text{R R L R L L R L R R} \quad \text{L R L L R L R R L R L R}$

Staff 3: $\text{L R L L R L R R L R L L} \quad \text{R L R R L R L L R L R R} \quad \text{L R L L R L R R L R}$

Staff 4: $\text{L L R L R R L R L L} \quad \text{R L R R L R L L R L R L}$

Exercise 7: quintuplets

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Staff 1: $\text{R L R R L R L L R L R R} \quad \text{L R L L R L R R L R L L R L R R L R L L}$