

Level system warm-ups

Stick heights: high = 6-9" / low = 1.5-3"

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F = full stroke - starts high / ends high
T = tap - starts low / ends low
D = down stroke - starts high / ends low
U = up stroke - starts low / ends high

1

F **F**
R L
L R

2

D **D** **U** **U**
R L R L
L R L R

3

F **F** **D** **D** **T** **T** **U** **U**
R L R L R L R L
L R L R L R L R

4

D **D** **U** **U**
R L R L
L R L R

5

U **U** **D** **D**
R L R L
L R L R

6

T **T** **U** **U** **F** **F** **F** **F** **D** **D** **T** **T**
R L R L R L R L R L R L
L R L R L R L R L R L R

7 Start with **R** - high / **L** - low

D **U** **T** **D** **U** **T**
R L R L R L
L R L R L R

8 Start with **R** - low / **L** - high

U **D** **F** **U** **D** **F**
R L R L R L
L R L R L R

9

U **U** **F** **D** **D** **U** **U** **F** **D** **D**
R L R L R L R L R L
L R L R L R L R L R

Start with 1st hand high - 2nd hand low

10

U **F** **D** **F**
R L R L
L R L R