The Six Essential Rudiments

1. Single Stroke Roll

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

2. Double Stroke Roll

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

3. Single Paradiddle

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

4. Flam

L R   R L   L R   R L

5. Drag

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

6. Multiple Bounce Roll

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