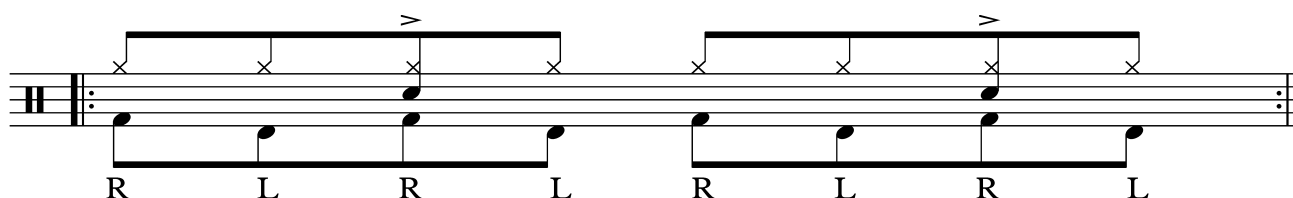


# DOUBLE BASS STICKING VARIATIONS

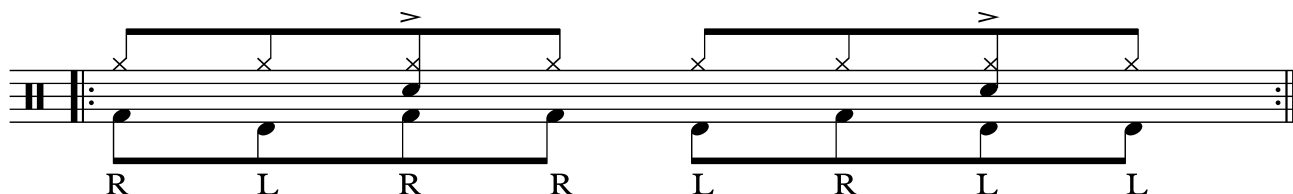
LEVEL: BEGINNER/INTERMEDIATE

This is an advanced way to play an 8<sup>th</sup> note double bass pattern. It will have a great effect on your control mostly, but you can also use it to expand your creativity by using different drums/percussion on your feet for example. Let's get into a quick example; here is the groove we will work with:

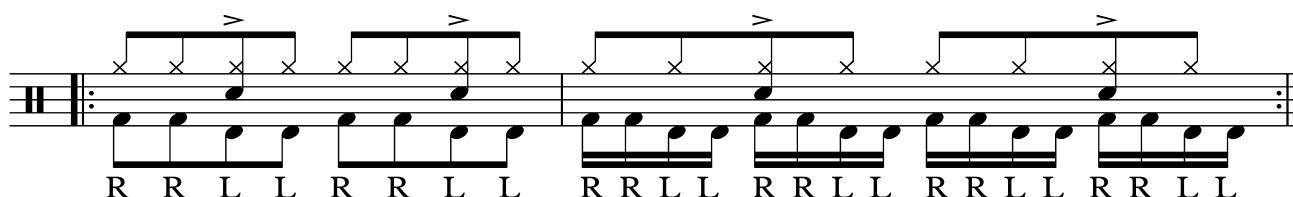
Basic Pattern: 8th notes on the ride cymbal, snare is on the 2nd and 4<sup>th</sup> beat, foot sticking is: RLRL RLRL



Going into a variation: Same beat, we change the foot sticking to a single paradiddle: RLRR LRL

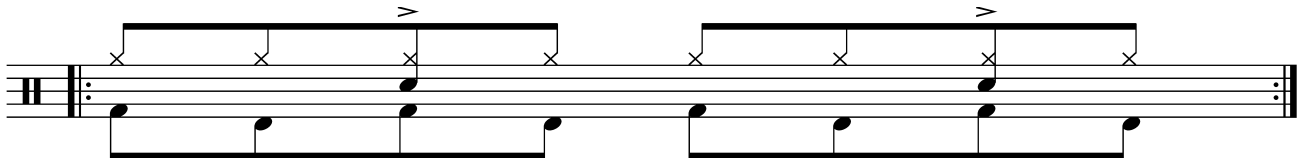


Let's move on to a 2-bar variation now: After we complete all the basic examples and we get the feel of these grooves, we can move on into the next level that is called: Double Time Patterns. We play 2 bars (or 4 if we want, as 2 and 2) of each groove and then we double the foot pattern challenging our balance even more. Here is a quick example using double strokes:

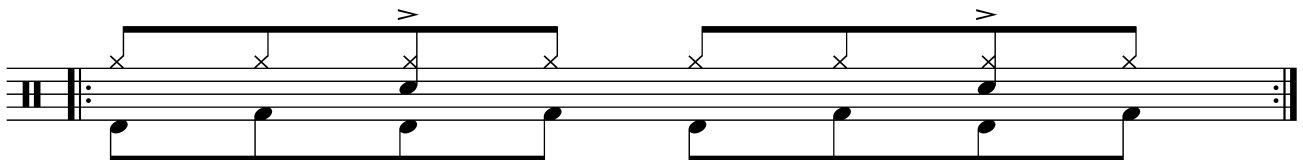


## DOUBLE BASS GROOVE VARIATIONS

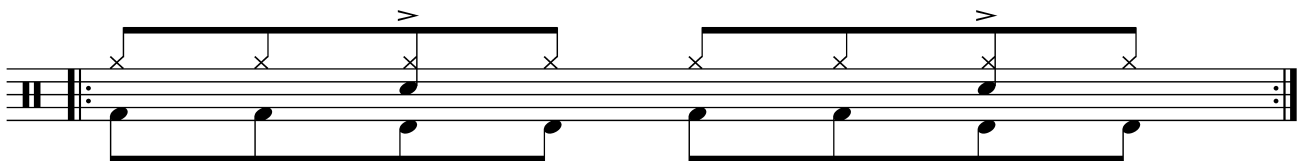
Variation 1:



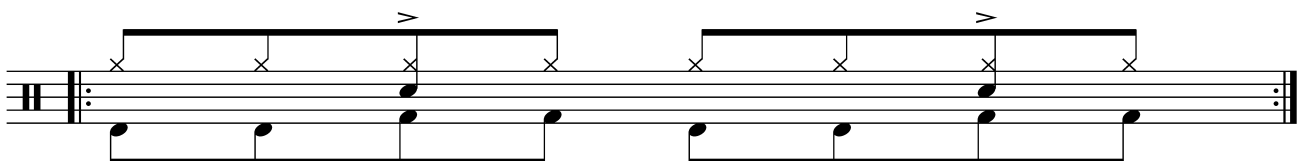
Variation 2:



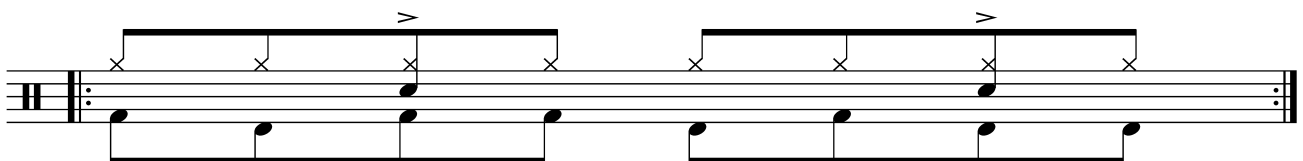
Variation 3:



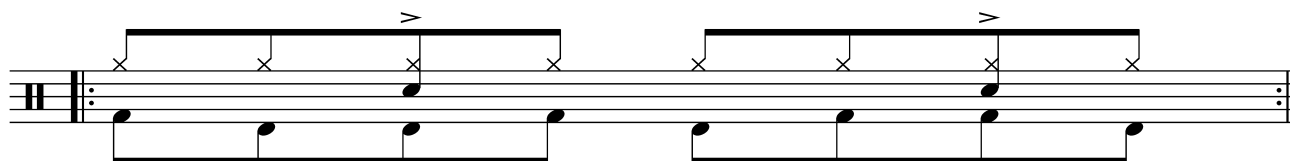
Variation 4:



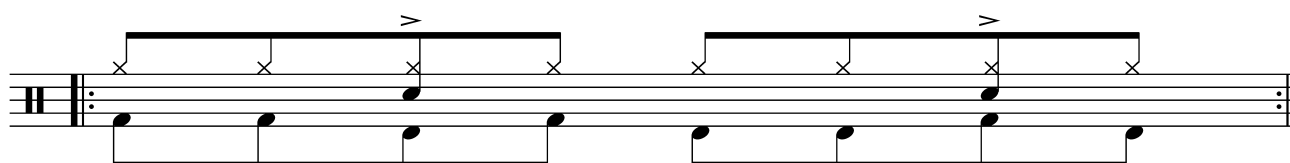
Variation 5:



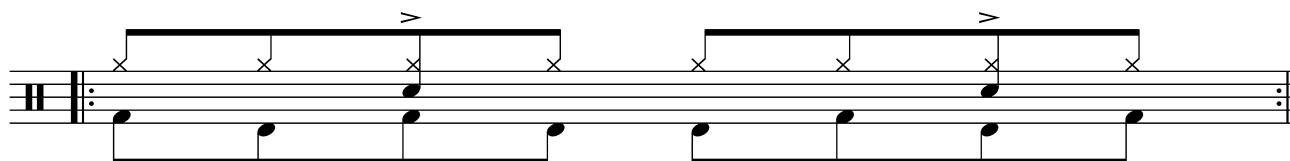
Variation 6:



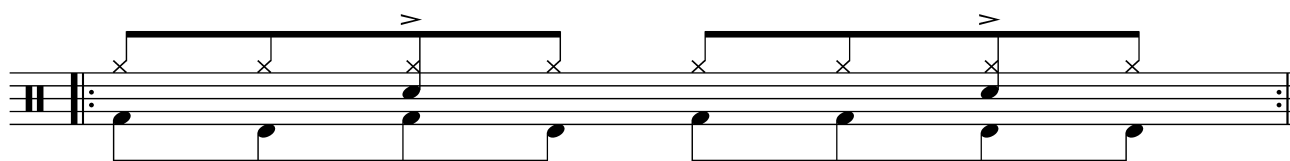
Variation 7:



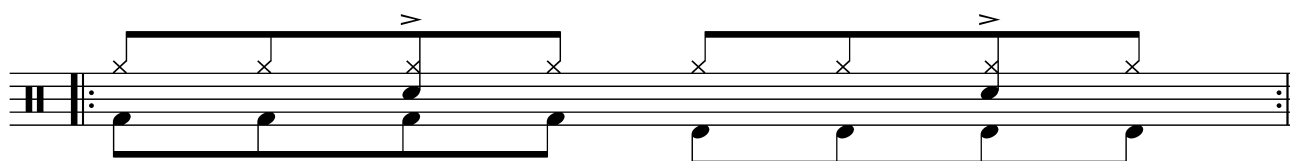
Variation 8:



Variation 9:

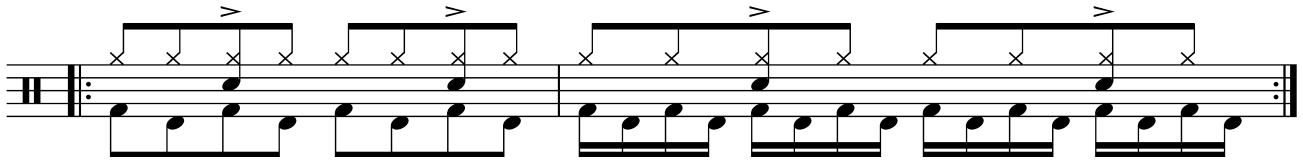


Variation 10:

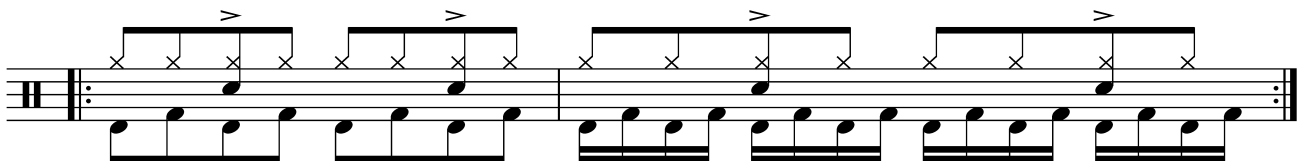


## 2-BAR DOUBLE BASS GROOVE VARIATIONS

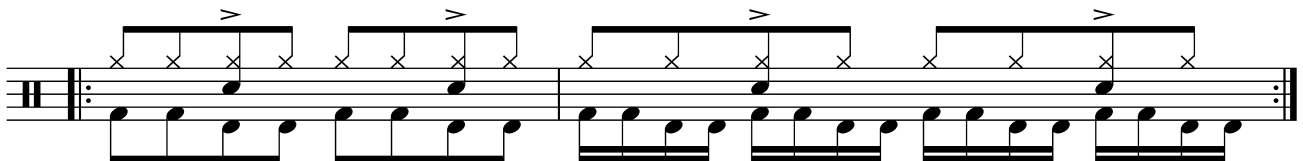
Variation 11:



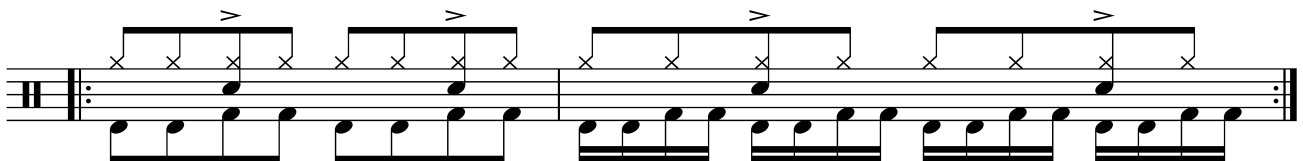
Variation 12:



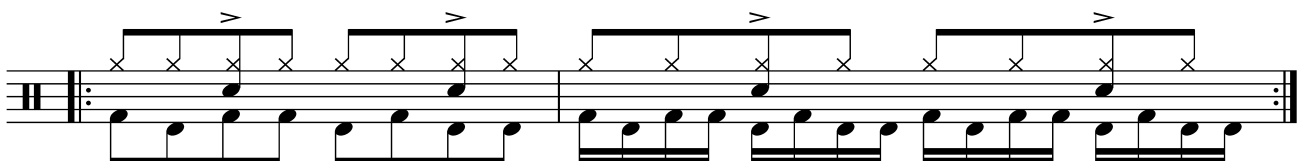
Variation 13:



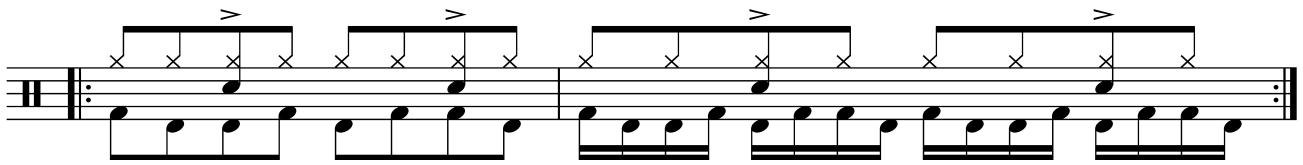
Variation 14:



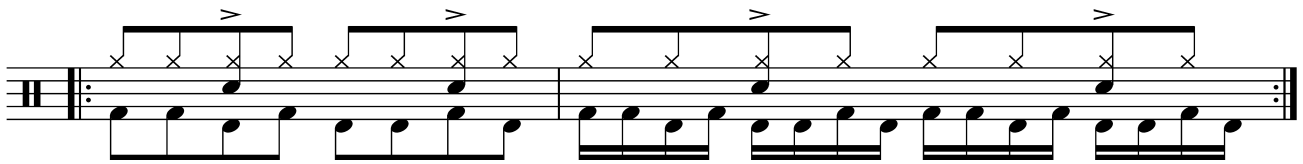
Variation 15:



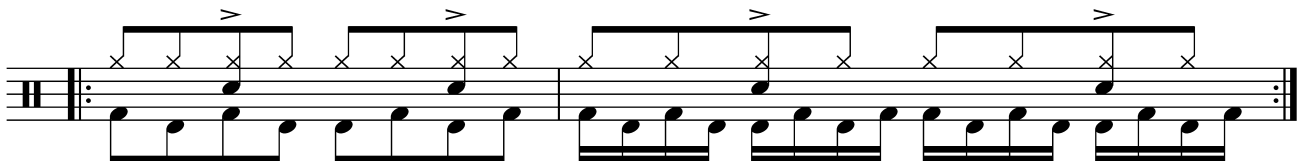
## Variation 16:



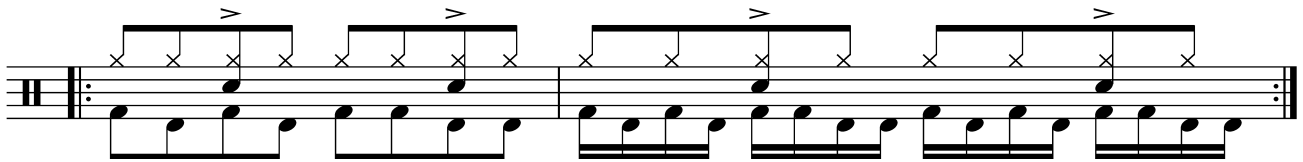
## Variation 17:



## Variation 18:



## Variation 19:



## Variation 20:

