

# SINGLE & DOUBLE KICK REPLACEMENTS

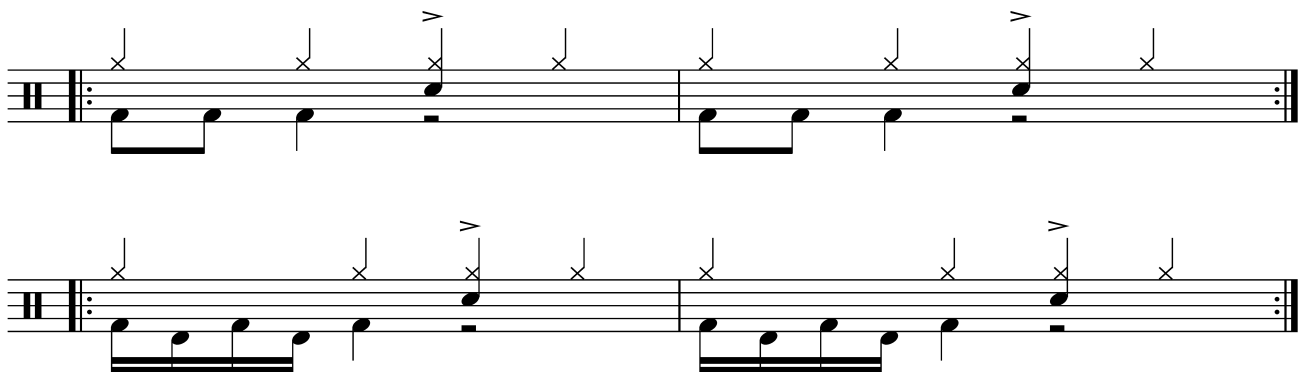
LEVEL: INTERMEDIATE

This is one of my favorite exercises about mastering single and double foot control. It's fairly easy on the Single Kick version but it's a tough one when you are using both kicks.

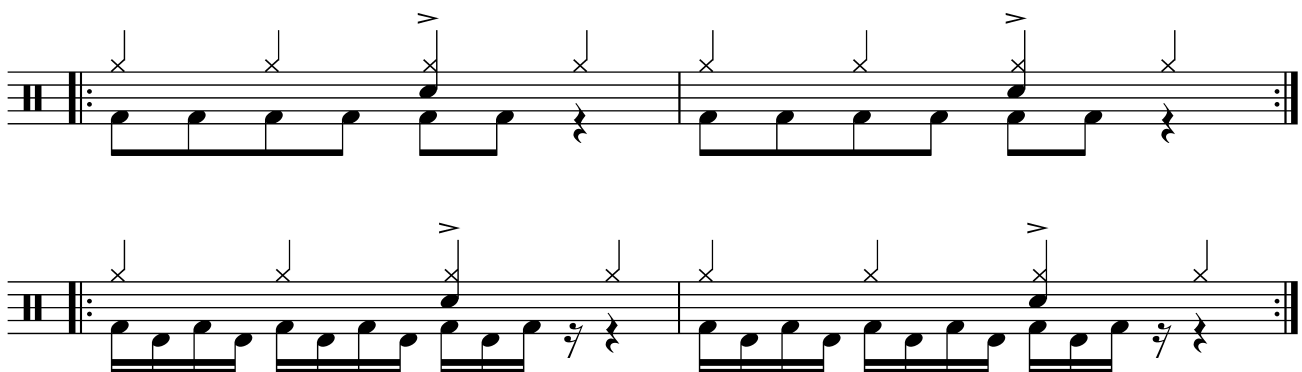
In this exercise you have to pay a lot of attention when you actually "stop" each pattern, to avoid beater rebound, especially when using tight springs on your pedals. This is an important detail that will improve your control dramatically.

Let's get an idea about how this concept works. The following two examples will give you an idea on the Full Control concept (stopping the foot). Note that you have to practice all these exercises on faster tempos; you can start slow to get the idea of the motion and the muscles we use but then try to go as fast as you can actually control your foot.

## Example 1



## Example 2



# SINGLE KICK

Drum notation for a single kick exercise, consisting of 8 measures across 8 staves. The notation is as follows:

- Staff 1:** Measure 1: Kick drum (K) on the first line, followed by a quarter rest. Measure 2: Kick drum on the first line, followed by a quarter rest.
- Staff 2:** Measure 1: Kick drum on the first line, followed by a quarter rest. Measure 2: Kick drum on the first line, followed by a quarter rest.
- Staff 3:** Measure 1: Kick drum on the first line, followed by a quarter rest. Measure 2: Kick drum on the first line, followed by a quarter rest.
- Staff 4:** Measure 1: Kick drum on the first line, followed by a quarter rest. Measure 2: Kick drum on the first line, followed by a quarter rest.
- Staff 5:** Measure 1: Kick drum on the first line, followed by a quarter rest. Measure 2: Kick drum on the first line, followed by a quarter rest.
- Staff 6:** Measure 1: Kick drum on the first line, followed by a quarter rest. Measure 2: Kick drum on the first line, followed by a quarter rest.
- Staff 7:** Measure 1: Kick drum on the first line, followed by a quarter rest. Measure 2: Kick drum on the first line, followed by a quarter rest.
- Staff 8:** Measure 1: Kick drum on the first line, followed by a quarter rest. Measure 2: Kick drum on the first line, followed by a quarter rest.

## DOUBLE KICK

The image displays a drum notation exercise titled "DOUBLE KICK". It consists of nine staves, each representing a measure of music. The notation is written on a single-line staff with a key signature of one sharp (F#) and a time signature of 4/4. The exercise is divided into two measures per staff, with a double bar line in the middle. The first measure of each staff contains four eighth notes, and the second measure contains four eighth notes. The notes are beamed together in pairs. The exercise is written on a single-line staff with a key signature of one sharp (F#) and a time signature of 4/4. The first measure of each staff starts with a double bar line and a repeat sign. The last staff ends with a double bar line and a repeat sign.