

Hand Speed Exercises

1 R L R L R L R L R L R L R R L R L R L R L R L R L R L R L L

2 R L R L R L R L R R L L R R L L R L R L R L R L R R L L R R L L

3 R R R R L L L L R R R R R R R R L L L L R R R R L L L L L L L L

4 R L R R L R R L R R L R R R L R R L R R L R R L R R L

5 R R L L R R L L R R L L R R L L R R L L R R L L R R L L R R L L

6 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 L R L R R L

7 R L R R L L R L R R L L R L R R L R L L R R L R L L R R L R L L

8 R L R L L R L R R L R L R R L R L R L R L R L R L R L R L R L R

9 R R L L R R L L R R L L R R L L R R L L R R L L R R L L

The image displays nine hand speed exercises, numbered 1 through 9, arranged vertically. Each exercise is presented on a single staff with a 4/4 time signature. Above each staff is a sequence of 'R' (Right) and 'L' (Left) letters indicating the drumming pattern. The notes on the staff are beamed eighth notes, with some exercises including accents (>) under specific notes. Exercises 1 through 7 are in a standard 4/4 time, while exercises 8 and 9 are in a 4/4 time with a half-note feel, indicated by the presence of eighth notes with stems pointing down. The exercises vary in complexity, with some featuring longer runs of the same hand (e.g., Exercise 3 has a run of 8 'R's) and others featuring more complex rhythmic patterns (e.g., Exercise 8 has a pattern of R L R L L R L R R L R L R R L R L R L R L R L R L R L R L R L R).