Here is a great coordination exercise using an alternated triplet subdivision, ‘flipped’ around and around, applying all limb combinations! Sound files can be found at www.drummersdigest.com.

We’ll start with triplets played between both hands. Our right hand is on the ride cymbal; left hand is on the snare drum.

Add right foot/bass drum on every beat.

Take out the bass drum and play left foot/hi-hat on every beat.

Easy, right? Now let’s ‘flip’ our triplet around, playing it with our feet- alternating bass drum and hi-hat.

Add right hand/ride cymbal.

Take out the ride and play left hand/snare drum.
Fantastic! Here goes another ‘flip.’ Play the triplet between your right limbs (ride cymbal and bass drum).

With left hand/snare drum on every beat.

Then with left foot/hi-hat on every beat.

I bet you know what’s coming next. That’s correct, time to ‘flip’ the triplets over to our left limbs (snare drum and hi-hat).

With right hand/ride cymbal added.

And right foot/bass drum.

It’s cross-coordination time! The ‘fliplets’ are now played between right hand/ride cymbal and left foot/hi-hat.
Add right foot/bass drum.

Take out the bass and add left hand/snare drum.

Last flip (for now): triplets between the left hand/snare drum and right foot/bass drum.

With right hand/ride cymbal.

And finally, with left foot/hi-hat.

Whew! Relax, take a deep breath and keep practicing. Next time we attack ‘Floubles!’

Mark Powers has studied and performed throughout the United States, China, Thailand and West Africa. Mark is a freelance percussionist and educator, and co-holder of the Guinness World Record for longest drum roll by a group.

www.drummersdigest.com
www.powerspercussion.com