

The 40 Essential Drum Rudiments

The Percussive Arts Society standard 40, grouped into the four families, with stickings.

R = right hand, L = left hand. Lowercase letters (l/r) are flam grace notes; doubled lowercase (ll/rr) are drag grace notes. Practice each slowly with a metronome, then raise the tempo only when it is clean.

I. Roll Rudiments

Rudiment	Sticking
Single Stroke Roll	R L R L R L R L
Single Stroke Four	R L R L
Single Stroke Seven	R L R L R L R
Multiple Bounce Roll	multiple bounces per hand
Triple Stroke Roll	R R R L L L
Double Stroke Open Roll	R R L L
Five Stroke Roll	R R L L R
Six Stroke Roll	R L L R R L
Seven Stroke Roll	R R L L R R L
Nine Stroke Roll	R R L L R R L L R
Ten Stroke Roll	R R L L R R L L R L
Eleven Stroke Roll	R R L L R R L L R R L
Thirteen Stroke Roll	R R L L R R L L R R L L R
Fifteen Stroke Roll	R R L L R R L L R R L L R R L
Seventeen Stroke Roll	R R L L R R L L R R L L R R L L R

II. Diddle Rudiments

Rudiment	Sticking
Single Paradiddle	R L R R L R L L
Double Paradiddle	R L R L R R L R L R L L
Triple Paradiddle	R L R L R L R R L R L R L R L L
Single Paradiddle-diddle	R L R R L L

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III. Flam Rudiments

Rudiment	Sticking
Flam	lR rL (grace note + main)
Flam Accent	lR L R rL R L
Flam Tap	lR R rL L
Flamacue	lR L R L rL R L R
Flam Paradiddle	lR L R R rL R L L
Single Flammed Mill	lR R L R rL L R L
Flam Paradiddle-diddle	lR L R R L L rL R L L R R
Pataflafla	lR L R lL rL R L rR
Swiss Army Triplet	lR R L rL L R
Inverted Flam Tap	lR rL R L
Flam Drag	lR rL L R

IV. Drag Rudiments

Rudiment	Sticking
Drag (Ruff)	l lR rrL
Single Drag Tap	l lR L rrL R
Double Drag Tap	l lR l lR L rrL rrL R
Lesson 25	l lR L L rrL R R
Single Dragadiddle	R rrR L R L l lL R L
Drag Paradiddle #1	R l lR L R R L rrL R L L
Drag Paradiddle #2	R R l lR L R R L L rrL R L L
Single Ratamacue	l lR L R L rrL R L R
Double Ratamacue	l lR l lR L R L rrL rrL R L R
Triple Ratamacue	l lR l lR l lR L R L rrL rrL rrL R L R

Practice all 40 hands-on, with timing feedback, free at groovesteps.com/drums/rudiments/