

## "X-Box" Template

Check Pattern

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### OPTION INSERTS FOR "X"

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_ 4) \_\_\_\_\_ 5) \_\_\_\_\_ 6) \_\_\_\_\_ 7) \_\_\_\_\_

Create new exercise options by substituting "X" for any of the option inserts.

Note: These 7 option inserts are in no particular order and modified sticking patterns are indicated, all others assumed alternate.

The possibilities are unlimited, applying a diddle to all four partials, more modified sticking options, as well as different grouping options, such as insertion of a quarter note, dotted rhythms, triplet (alternate and modified stickings), or a sextuplet (alt. and mod. stickings) etc..

1. Be able to play the "check pattern" with flams, cheese, flam drags, and flam 5's while inserting the following in any combination:
  - a. Flam Taps
  - b. Flam Inverts
  - c. Cheese Inverts
  - d. Swiss Army Triplets
  - e. Nine Stroke Roll
  - f. Pataflafla
  - g. Flam Paradi dles
  - h. Flamacues
  - i. Paradi dle-diddle