

# The Single Stroke Roll

J. Gaylard

Target Speed = 80-100 bpm

All exercises should be played piano (*p*), mezzo forte (*mf*), and forte (*f*)  
(softly) (fairly loudly) (loudly)

R L R L R L R L

- Play each exercise without the feet to begin with.
- Exercises should be played as a loop.
- Try to play each exercise 16 times in a row without making a mistake.

1

R L R L R L R L

2

R L R L R L R L

3

R L R L R L R L

4

R L R L R L R L

5

R L R L R L R L

6

R L R L R L R L

7

R L R L R L R L

8

R L R L R L R L