

## **Tiger Bill's 4-Way Coordination Drills**

### **EXERCISE #1**

**HANDS: RLRL RLRL RLRL RLRL**

**FEET: RLRL RLRL LRLR LRLR**

### **EXERCISE #2**

**HANDS: LRLR LRLR LRLR LRLR**

**FEET: LRLR LRLR RLRL RLRL**

### **EXERCISE #3**

**HANDS: RLRL LRLR RLRL LRLR**

**FEET: LRLR RLRL LRLR RLRL**

### **EXERCISE #4**

**HANDS: LRLR RLRL LRLR RLRL**

**FEET: RLRL LRLR RLRL LRLR**

## **EXERCISE #5**

**HANDS: RRLL RRLL RRLL RRLL**

**FEET: RRLL RRLL LLRR LLRR**

## **EXERCISE #6**

**HANDS: LLRR LLRR LLRR LLRR**

**FEET: LLRR LLRR RRLL RRLL**

## **EXERCISE #7**

**HANDS: RRLL RRLL RRLL RRLL**

**FEET: RRLL LLRR RRLL LLRR**

## **EXERCISE #8**

**HANDS: LLRR LLRR LLRR LLRR**

**FEET: LLRR RRLL LLRR RRLL**

**These exercises are excerpts from Tiger Bill's book "DoubleDrum: A Double Bass Drum Text" original copyright 1978 by Bill Meligari**

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