

Paradiddles

Cheat Sheet

Practice at a **constant** tempo using a metronome and without increasing speed

Always start at a fixed slow tempo until all notes are smooth

Avron Polakow

♩ = 60 <> 180

The 4 Basic single paradiddle forms

Note: the **diddle** moves to the **LEFT** for each form)

R = lead righthand

L = lead lefthand

♩ = 180

I

R L R R L R L L
L R L L R L R R

II

R L L R L R R L
L R R L R L L R

III

R R L R L L R L
L L R L R R L R

IV accent on rebound!

R L R L L R L R
L R L R R L R L

Cycling the accent using Form I

2nd beat accent

R L R R L R L L R L R R L R L L R L R R L R L L R L R R L R L L

3rd beat accent - paratriplets

R L R R L R L L R L R R L R L L R L R R L R L L R L R R L R L L

4th beat accent - common paradiddle

R L R R L R L L R L R R L R L L R L R R L R L L R L R R L R L L

5th beat accent

R L R R L R L L R L R R L R L L R L R R L R L L R L R R L R L L

Cycles through all 4 paradiddle forms: RLRR+1»RLLR+1»RRLR+1»LRLR+1 ↵ L R L L + 1 » L R R L + 1 » L L R L + 1 » L R L R + 1

Same as the previous above but in time signature of 5/8

I_R **II_R** **III_R** **IV_L**

R L R R L R L L R L L R L L R R L R L L L R L R R
L R L L R L R R L R L L R L R R L R R L R L L

I_L **II_L** **III_L** **IV_R**

6th beat accent

R L R R L R L L R L R R L R L L R L R R L R L L

Paradiddles - contd.

Cheat Sheet

Beyond the single paradiddle

Double Paraddiddle - Accent every 6th Beat

R L R L R R L R L R L R L R R L R L R L L

Paradiddlediddle - Accent every 6th Beat (no leadhand alternation)

R L R R L L R L R R L L R L R L R R R R R L R L R R

Double Paraddiddle (6x) + Paradiddlediddle (2x) (in 6/8)

R L R L R R L R L R L L R L R L R R L R L R L L R L R R L L R L R R L L

Parapadiddle (5-a-diddle) - Accent every 5th Beat

R L R L L R L R L L R L R L L R L R L L L R L R L L L L R L R R L R R L R R

Padiddlediddle - Accent every 5th Beat (same as reverse 5-stroke)

R L L R R L R R L L R L L R R L R R L R R L R R L L

The 4 Basic single paradiddle forms with bass drum diddle

I: R L B B L R B B
 II: R B B R L B B L
 III: B B R L B B R L
 IV: B L R B B R L B

R L R B L R L B
 R L B R L R B L
 R B R R L B L L
 B L R R B R L L

Flam Paradiddles

R L R R L R L L
 R R L R L L R L