

Single Paradiddles with VMD

VMD stands for 'Voice, Movement and Drumming'. On page 1 the bottom line is feet walking RLRLRL etc. Try these exercises standing playing your pad on a table. Walk on the spot, practice the patterns and count out loud. This is the basis of VMD practise. You are using your natural body rhythm, your brain and motor skills.

Terl Bryant 1-2-1 sessions
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♩ = 60-80bpm and build

Pad
Drum Set
Walk

DOUBLE THE PACE

Now try doubles on feet

ADDING COUNTING - (try counting odd numbers 3,5,7 etc.)

Counting

SPLIT THE VOICINGS - keep counting

Now switch lead hand

SPLIT VOICINGS WITH DOUBLES ON FEET - keep counting

NOW ON THE KIT (repeat exercises swapping lead hand)

High-hat and snare with hands (note the hi-hat opening and closing with the foot pattern)

11

kick and hat

High and low toms

13

Snare and low tom

15

16

Now snare and high-hat

17

18

kick all 4ths

Snare and kick (right hand / right foot)

Snare and hi-hat (right hand / left foot)

19

20

Snare and hi-hat (left hand / left foot)

Snare and kick (left hand / right foot)

21

Kick and snare (left hand / right foot) with hi-hat (right hand) playing 8th notes. Also try swapping so left hand plays hi-hat and right hand joins the paradiddle

23

ADD COUNTING ALOUD- (try counting odd numbers 3,5,7 etc.)

Kick and snare, with hi-hat playing 16th notes

25

GET CREATIVE - what can you come up with?

Snare and double high-hat notes

27

kick all 4ths

Snare and kick (right hand / right foot) each beat is doubled 'Yowzaa!'

29

right foot