

Double Kick - Five Stroke Groove

Jay Postones

♩ = 110

drum.

Exercise 1 - Quarter-note

1 2 4x

Exercise 2 - Heavier groove, half time

3 4

Exercise 3 - Off-beat Groove

5 6

Exercise 4 - Alternating groove

7 8

Exercise 5 - 16th note displaced groove

9 10