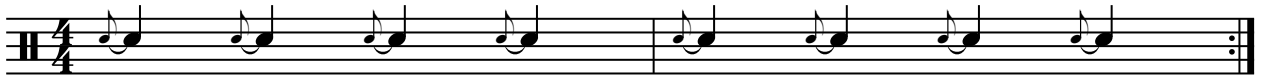


Flam Exercises

The Beat Lab

Sally Wiggins

Ex. 1. Drum Set



l R r L l R r L l R r L

Ex. 2.



l R R l R R l R R l R R l R R l R R

Ex. 3.



r L L r L L r L L r L L r L L r L L

Ex. 4.



l R R r L L l R R r L L l R R r L L

Ex. 5.



l R R R l R R R l R R R l R R R l R R R l R R R

Ex. 6.



r L L L r L L L r L L L r L L L r L L L r L L L

Ex. 7.



l R R R r L L L l R R R r L L L l R R R r L L L

Ex. 8.



l R R R R r L L L L l R R R R r L L L L l R R R R r L L L L

Ex. 9. 

1 R L R L 1 R L R L 1 R L R L 1 R L R L 1 R L R L 1 R L R L 1 R L R L 1 R L R L

Ex. 10. 

r L R L R r L R L R r L R L R r L R L R r L R L R r L R L R r L R L R r L R L R

Ex. 11. 

1 R L R R r L R L L 1 R L R R r L R L L 1 R L R R r L R L L 1 R L R R r L R L L

Ex. 12. 

Ex. 13. 

Helpful Tips:

Think of a flam in 3 steps. 1 - Get into position (one stick higher than the other),
2 - Get a little bit of air (for momentum, make sure that one stick stays higher than the other),
3 - Strike!

Make sure that every flam has a 'bla' sound to it. The sticks should not hit the drum at the same time but they should not sound like two separate beats 'b - la' for example is not correct. Do not move through the exercises until all of your flams in exercise one are sounding consistently correct.

Try Exercises 12 and 13 around the drum set. This can also make a cool sounding fill.