

Quads

- Strike Force - Preflight Briefing Packet

♩ = 70 to 140 bpm

Strikers

A

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

R R R R L L L L R R R R L L L L Continue

R R L L R R L L Continue

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

B Countdown

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

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

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

C 16th notes



R L R L Continue



L R L R

D Doubles

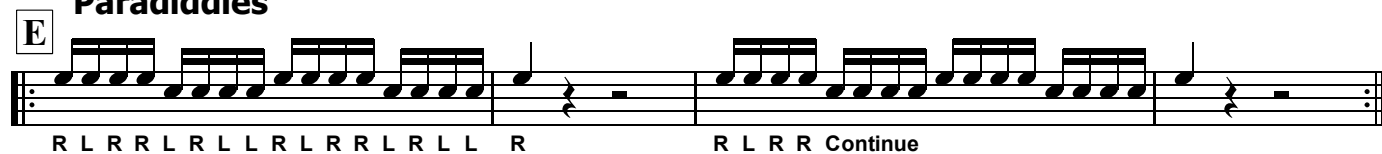


R R L L



L L R R

E Paradiddles

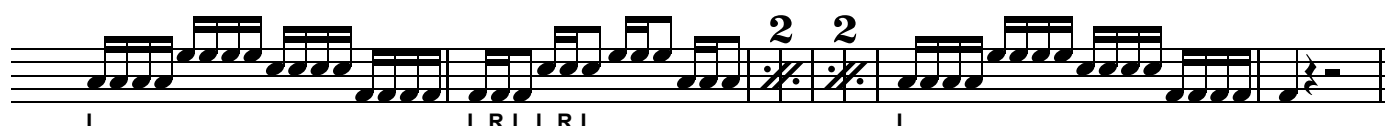
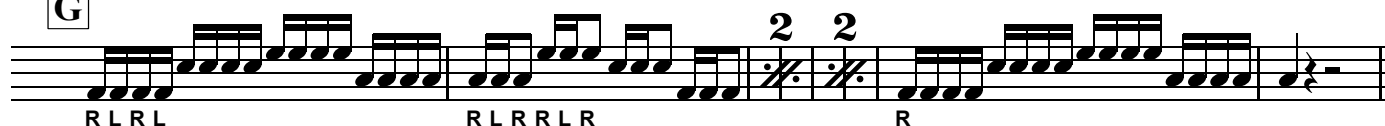
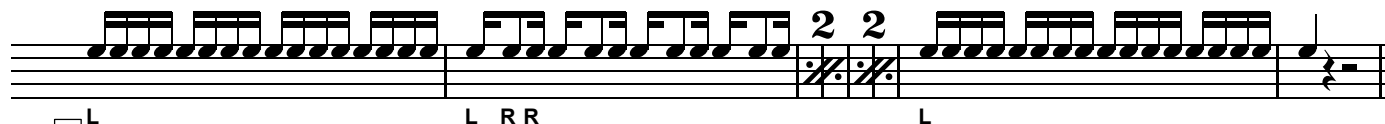
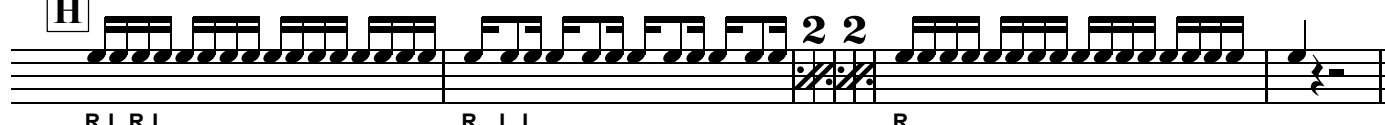
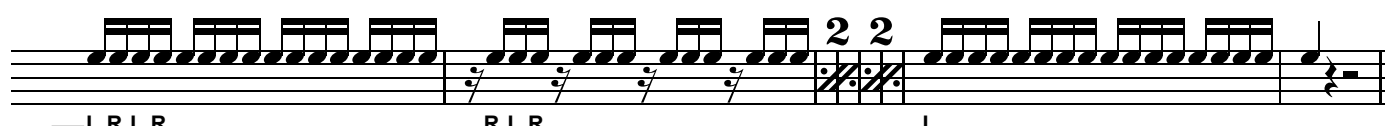
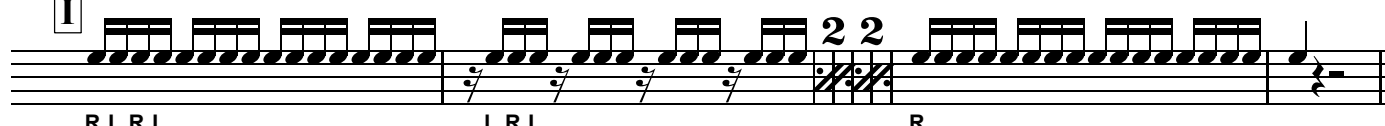


R L R R Continue

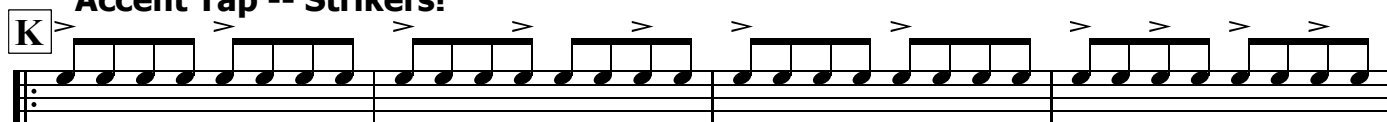


L R L L Continue

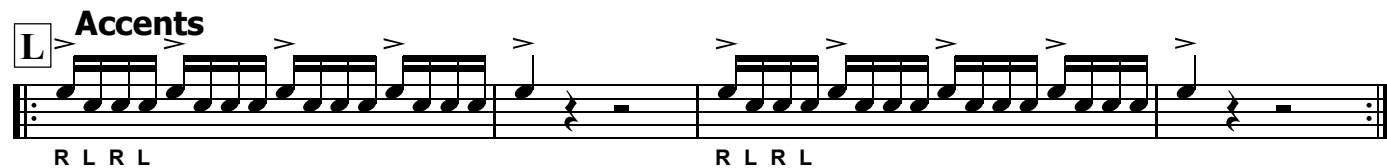
Check patterns

F**G****H****I****J**

Accent Tap -- Strikers!

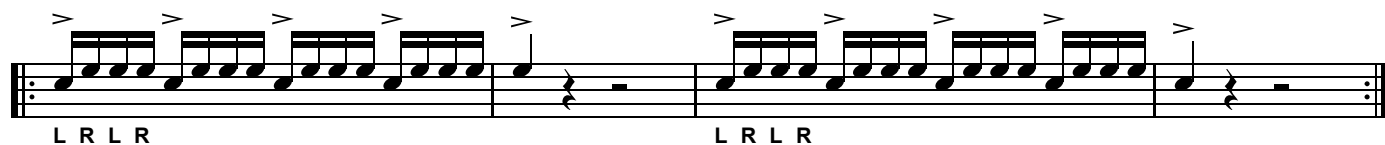


R First time through is all R, 2nd time all L
L



R L R L

R L R L



L R L R

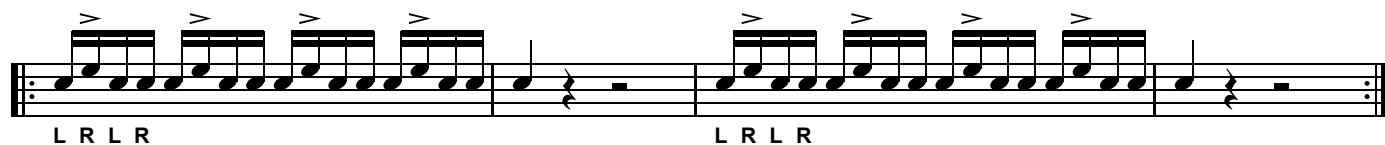
L R L R



R L R L

R

R L R L



L R L R

L R L R



R L R L

R L R L



L R L R

L R L R



R L R L

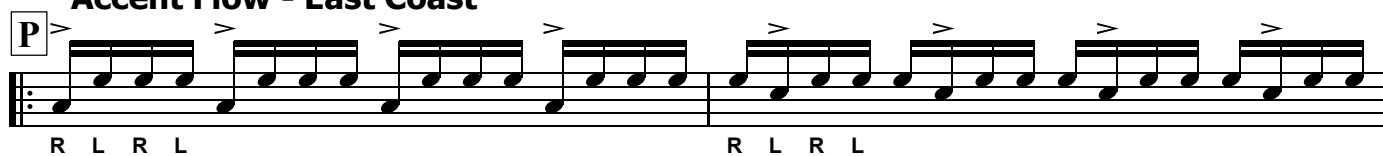
R L R L



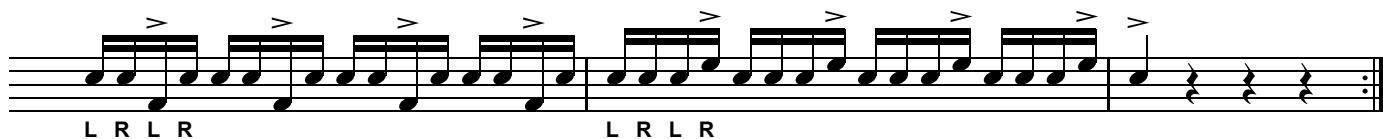
L R L R

L R L R

Accent Flow - East Coast

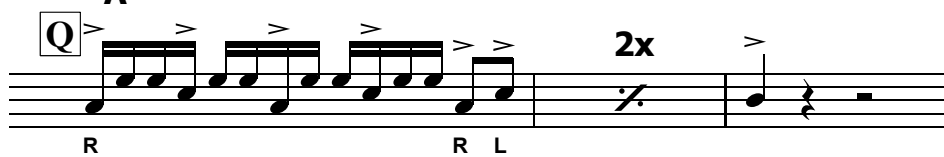


West Coast



Triplets on 16ths - East

A



B



C



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

L Continue

RLL Puddidah

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

R L L Continue

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

RRL Duddipah

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

L L R L L R L L R L L R L L L R Continue L

RLR Shuffle

R L R R L R R L R R L R R R R L R Continue R

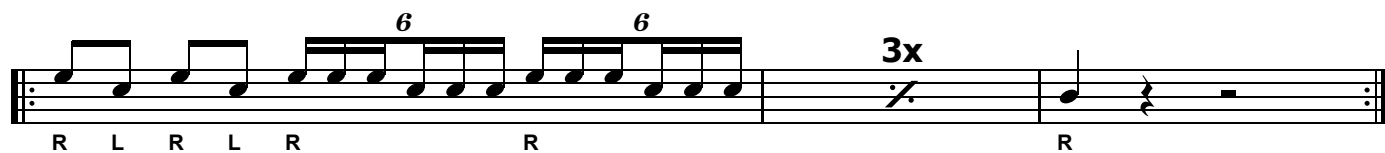
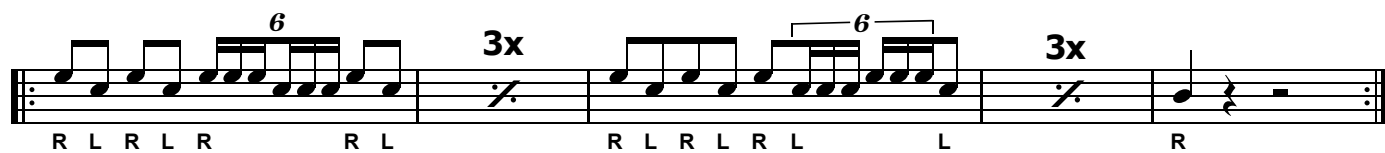
Triplets doubled

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

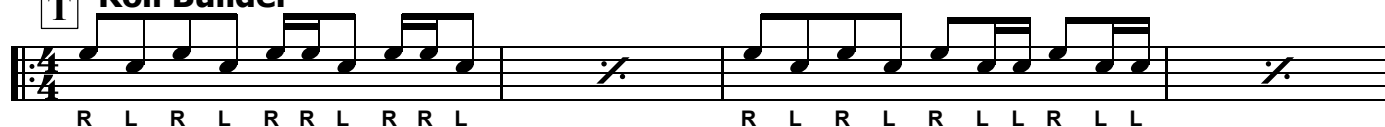
R R Continue R

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

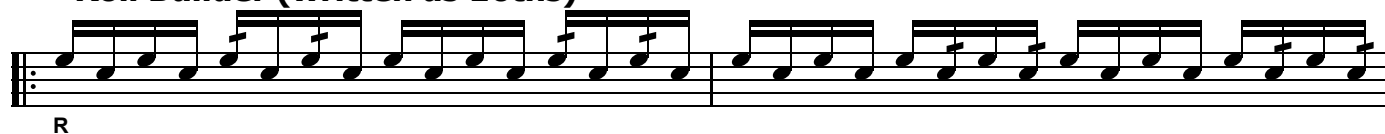
S

Singles


T

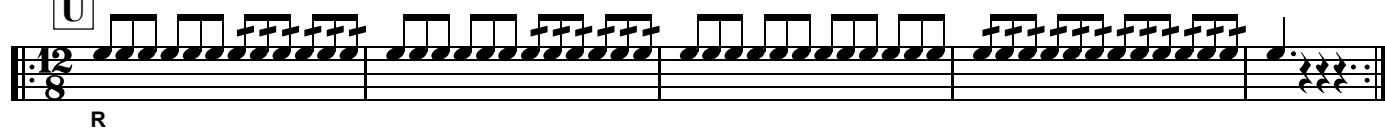
Roll Builder


Roll Builder (written as 16ths)



Triplet Rolls

U



V Flam Prep Full Height

R Downstroke R Upstroke L Upstroke L Downstroke

Repeat from Tap Height

Flams Full Height

L Downstroke R Upstroke R Downstroke L Upstroke

Tap & Flam

R Downstroke R Upstroke L Downstroke L Upstroke Upstroke

Flam 8ths

L Downstroke R Upstroke R Downstroke L Upstroke Upstroke