

Irish Spring - "Irish"

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Snare $\text{H} \frac{12}{8}$

R R R R... R R L R L L L L... L L R L

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

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

Purpose: The purpose of this exercise is to improve your double stroke quality, as well as your hand to hand transfer consistency. The thing that is great about this exercise is that the 2nd note of each double lands on the down beat. This only further enforces the need to play doubles with a strong 2nd note. This is the first of three variations of this exercise. Try getting together with friends and splitting Irish, Asia, and African all simultaneously. It sounds awesome and is a lot of fun!

Notes: This exercise should be relaxed with very legato stick motions. At higher tempos, consider setting your metronome to click once every two beats to help maintain that laid back feel. Really work on bringing out the 2nd note of each each double stroke.

One of the most common errors in this exercise is morphing the double stroke rhythm just before the hand to hand transfer. This is an excellent exercise in 'finishing the phrase' -- the last double before the alternating eighth notes should be exactly the same as every other double stroke.