

# Incorporating The Kick Into Your Fills

(Repeat each measure 4X)

T 1  
Snr  
T 2  
Kick

(R k) (R k) (R k) (R k)

(R L k) (R L k) (R L k) (R L k)

(R L L k) (R L L k) (R L L k) (R L L k)

(R L RL k) (R L RL k) (R L RL k) (R L RL k)

(RL RL L k)(RL RL L k)(RL RL L k)(RL RL L k)

(RL RL k)(RL RL k)(RL RL k)(RL RL k)

(R L L k) (R L L k) (R L L k) (R L L k)

(R L k) (R L k) (R L k) (R L k)

(R k) (R k) (R k) (R k)

Practice each grouping (2,3,4,5,6) individually and get the hang of each pattern before trying to put the whole exercise together. Use a metronome, and start slow!

Each number grouping is in parenthesis so you can see how they fit into the measure.

## Other variations:

- Change the accent pattern
- Change the sticking (which hands are playing the pattern)
- Switch which hand is leading
- Switch to the left foot instead of right