

# Single Paradiddle 4-2-1 Grid Exercise

Start with right hand

Play the 4's section once (16 beats)

Play the 2's section twice (16 beats)

Play the 1's section twice (16 beats)

Repeat with left hand

Four's

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

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

Two's

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

One's

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