

How To Build Hand Speed

<https://www.youtube.com/watch?v=aud8G25cXVw>

1: Push Pull Pyramid

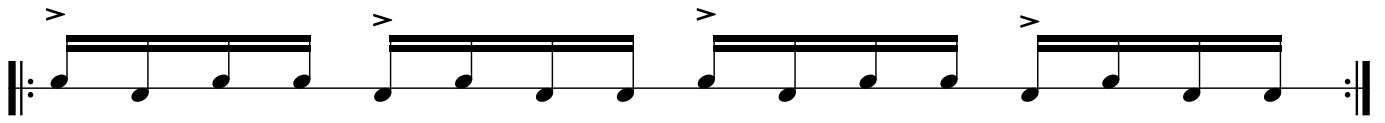


2: Control & Dynamics Pyramid > 3, 6, 12 inches from pad

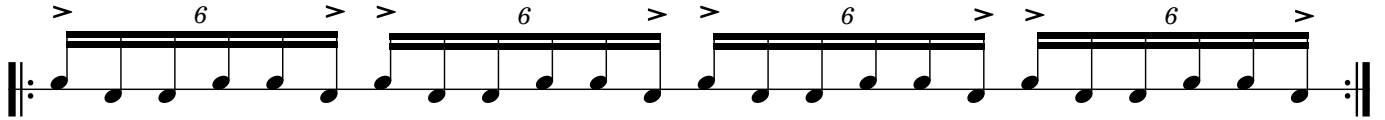


3: Pattern Modernization - Paradiddle Ladder (right hand, then left hand)

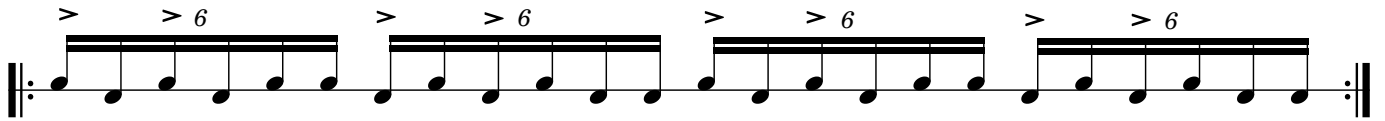
Paradiddle



Six Stroke Roll



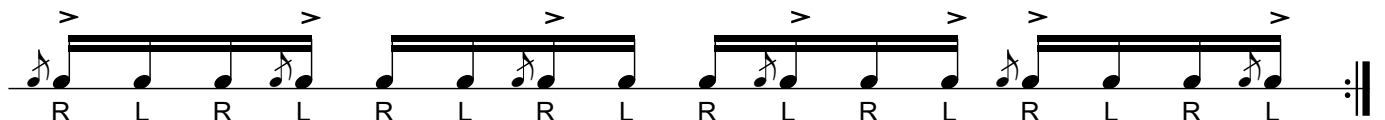
Double Paradiddle



Paradiddle-Diddle



Flams



4: Muscle Development: Tabata (20 sec. fast, 10 sec rest, repeat 8 times)

