



Paradiddles, Flams and why they Matter

Pocono Dulcimer Festival April 26 & 27, 2024

Paradiddles flams and why they matter – Cliff Cole (Int-Adv)

Paradiddles and flams are two of the basic rudiments that every student of percussion learns. Since the dulcimer is a percussion instrument, we'll explore these and other rudiments, and see how they can be integrated into your playing to add flavor and spice.

Rudiments We Will Explore

- Single Stroke Roll
- Double Stroke Roll
- Paradiddles – *Totally Fun!*
- Flams (*and "dulcimer flams"*)
- PAS: Rudiments

Other Related Topics:

- Basic Syncopation
- Some Other Time Signatures
 - Most exercises are shown in 4/4 time



A Few Reason Why Rudiments Matter

- The HD is a percussion instrument (end of story)
- Knowing the rudiments helps you with sticking patterns on the tunes you learn
- Knowing rudiments helps leads the player down the road of left and right hand independence; the “holy grail” of percussion
- Rudiments are fun to learn!
 - Words like “paradiddle” and “flam” are cool...





Rolls

- Carefully observe the sticking patterns
- Count out loud
- Go Slowly

Single Stroke Roll



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

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

Double Stroke Roll



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

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

Paradiddles



- Keep the timing even; the notes are still eighth notes
- Don't speed up the "doubled" notes
- On a drums we say: "down-up-tap-tap, down-up-tap-tap"
 - The "doubled notes" have less emphasis, but are in proper time
- On the HD play notes on two sides of the bridge; Left and Right

Paradiddle



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

Double Paradiddle: Time Signature 6/8



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

Flams



- A flam is a “grace note” that proceeds a “main” note
- The grace note has less volume and “accents” the main note
- Often on the HD a grace note is a separate note from the main note
- Sometime percussing a string in-between bridges to make two notes is called a “flam” (will be demonstrated)
 - In the author’s opinion this is a misuse of the term; perhaps its a flim-flam ☺

Flams from the PAS Rudiments List

20. FLAM *



L R R L

21. FLAM ACCENT *



L R L R L R

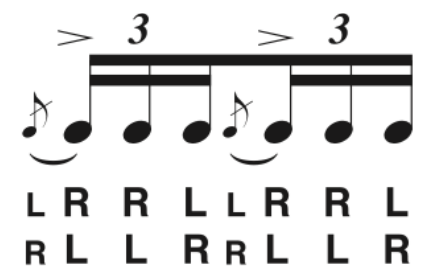
22. FLAM TAP *



L R R R L L R R

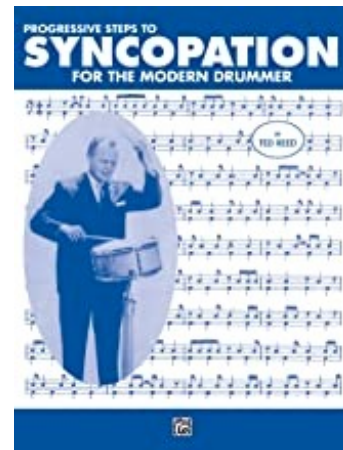
More Advanced

28. Swiss Army Triplet



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

Basic Syncopation



- According to Wikipedia, Syncopation is "a disturbance or interruption of the regular flow of rhythm"
- Put another way, syncopation helps make the timing in music much more interesting...
- "Progressive Steps to Syncopation for the Modern Drummer" by Ted Reed is a classic book used to teach drum students rhythm
 - This book is highly recommended

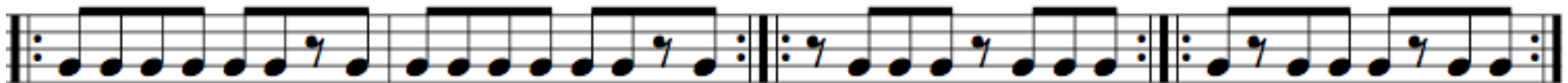
Some Basic Syncopation Exercises

- Count: one and two and three and four and ...
- Alternate sticking Left Right Left Right hands

Skipping beat "4"

Skipping beats "1" and "3"

Skipping "and" beats



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

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

1 + 2 + 3 + 4 +

1 + 2 + 3 + 4 +

More Advanced Syncopation

"and to and"

Watch out for sixteenth notes



1 + 2 3 + 4 1 + + 3 4 1 + 2 + 3 E+a 4 1 + 2E+a 3E+a 4



3/4 Time



1 2 3 1 + 2 + 3 1 2 + 3 2 + 3 1 3 +

Triplets

In 4/4 time



Musical notation for triplets in 4/4 time. The notation shows a single staff with a treble clef and a key signature of one flat. The melody consists of a sequence of eighth notes grouped into seven triplets. Above each triplet, a bracket with the number '3' indicates the grouping. The first triplet starts on the first beat, and the last triplet ends on the fourth beat of the measure.

6/8 Time

6/8 Time (Jig Time)

Alternate ways to count: Two sets of three; or count in twos



Musical notation for 6/8 time. The notation shows a single staff with a treble clef and a key signature of one flat. The melody consists of a sequence of eighth notes. The first measure contains six eighth notes, followed by a repeat sign. The second measure contains three eighth notes, followed by a repeat sign. The third measure contains three eighth notes, followed by a repeat sign. The fourth measure contains three eighth notes, followed by a repeat sign. The fifth measure contains one eighth note, followed by a repeat sign. The sixth measure contains two eighth notes, followed by a repeat sign. Below the staff, the following counting sequence is provided: 1 2 3 4 5 6 1 3 5 1 2 3 1 2 3 1 3 1 2 3 1 2



Percussive Arts Society Rudiments

<https://www.pas.org/resources/rudiments>

A sample of the first few

I. ROLL RUDIMENTS

A. SINGLE STROKE ROLL RUDIMENTS

1. SINGLE STROKE ROLL *

R L R L R L R L

2. SINGLE STROKE FOUR

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

3. SINGLE STROKE SEVEN

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

B. MULTIPLE BOUNCE ROLL RUDIMENTS

4. MULTIPLE BOUNCE ROLL

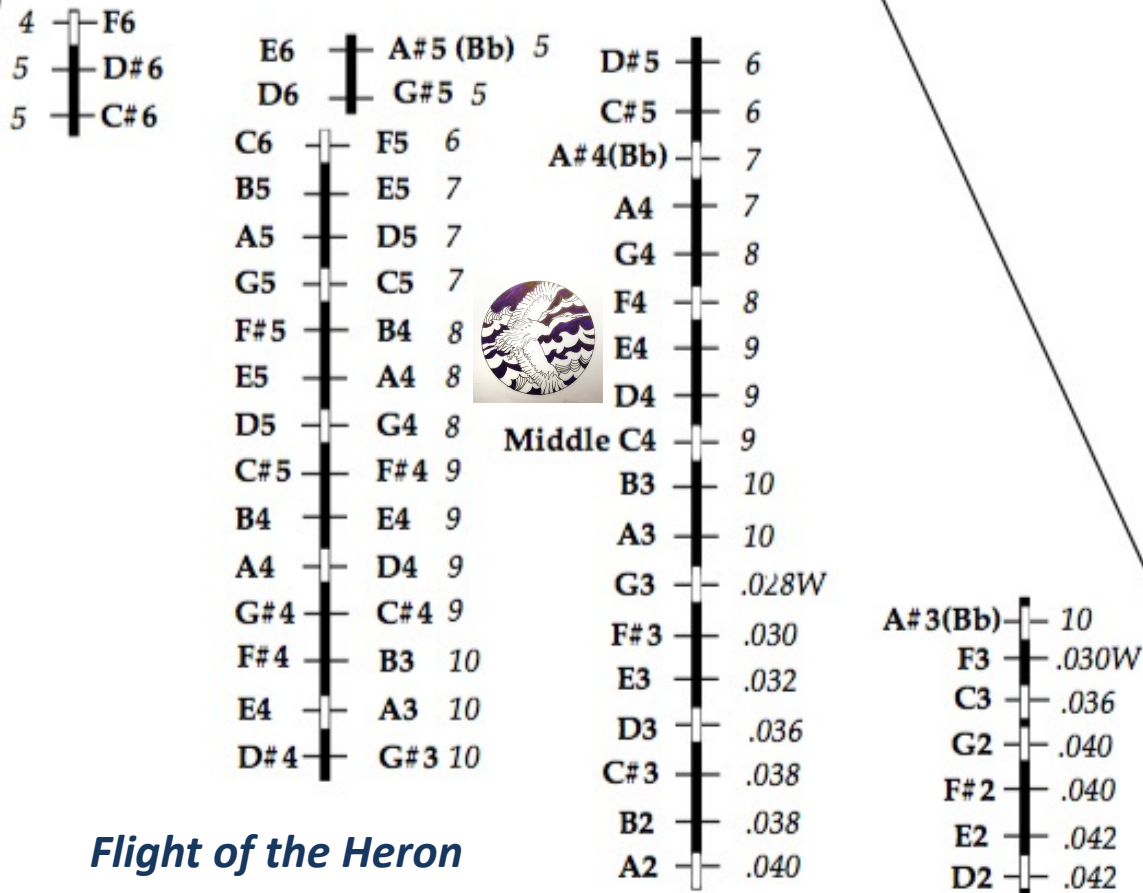
5. TRIPLE STROKE ROLL

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

Tuning Chart and String Gauges

James Jones - Custom Performance

3/16/18/7 Four Octave Electric Hammer Dulcimer



Treble 2

Treble 1

Bass 1

Bass 2

This material and other workshops Cliff has presented are on
“Cliff’s Dulcimer Page”

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Also, Please Visit: **Tachyonmetry.com**



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