

# Stick Control Exercises

## Control Strokes

**F** - Full Stroke

**T** - Tap Stroke

**D** - Down Stroke

**U** - Up Stroke

### 1) Free Strokes

R      L      R      L

F      F      F      F

### 2) French Triples

R   R   R      R   R   R      |      L   L   L      L   L   L

>                      >                      >                      >

D   T   U   D   T   U      D   T   U      D   T   U

### 3) F D T U's

R      L      R      L      |      R      L      R      L

F      D      T      U      F      D      T      U