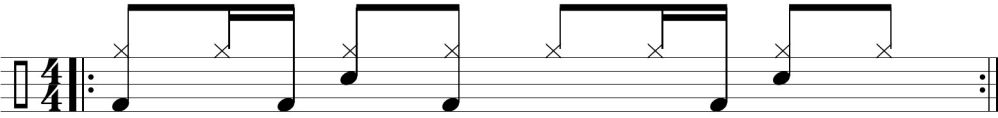
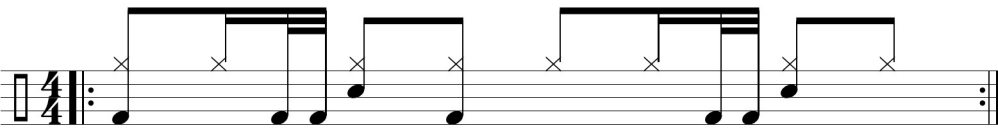


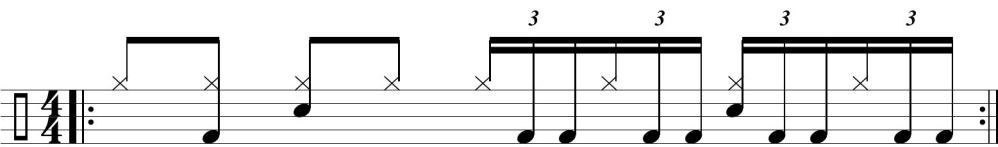
3 Grooves to improve your Bass Drum Doubles

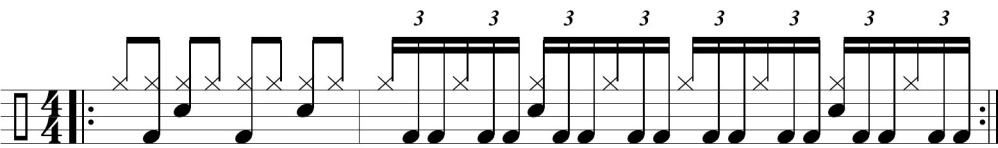
Groove 1

1.  Musical notation for Groove 1, Part 1. It is written on a single staff in 4/4 time. The notation consists of four measures, each containing a pair of eighth notes beamed together. Above each pair of notes is a bracket with an 'x' mark, indicating a double bass drum stroke. The notes are quarter notes.

2.  Musical notation for Groove 1, Part 2. It is written on a single staff in 4/4 time. The notation consists of four measures, each containing a pair of eighth notes beamed together. Above each pair of notes is a bracket with an 'x' mark, indicating a double bass drum stroke. The notes are quarter notes.

Groove 2

1.  Musical notation for Groove 2, Part 1. It is written on a single staff in 4/4 time. The notation consists of four measures. The first two measures each contain a pair of eighth notes beamed together with an 'x' mark above them. The last two measures each contain a triplet of eighth notes with an 'x' mark above them. The notes are quarter notes.

2.  Musical notation for Groove 2, Part 2. It is written on a single staff in 4/4 time. The notation consists of four measures. The first measure contains a pair of eighth notes beamed together with an 'x' mark above them. The second measure contains a pair of eighth notes beamed together with an 'x' mark above them. The third and fourth measures each contain a triplet of eighth notes with an 'x' mark above them. The notes are quarter notes.

Groove 3

