

The Thirteen Essential Rudiments of the National Association of Rudimental Drummers

No. 1
The Long Roll

L L R R L L R R *etc.*

No. 2
The Five Stroke Roll

L L R R L R R L L R L L R R L R R L L R *etc.*

No. 3
The Seven Stroke Roll

L L R R L L R R L L R R L L R R L L R *etc.*

No. 4
The Flam

L R R L L R R L L R R L *etc.*

No. 5
The Flam Accent

L R L R R L R L L R L R R L R L *etc.*

No. 6
The Flam Paradiddle

L R L R R R L R L L L R L R R R L R L L *etc.*

No. 7
The Flamacue

L R L R L R L R L R L L R *etc.*

No. 8
The Ruff

L L R R L L R R L *etc.*

No. 9
The Single Drag

L L R L R R L R L L R *etc.*

No. 10
The Double Drag

L L R L L R L R R L R R L L R L L R L *etc.*

No. 11
The Double Paradiddle

L R L R L L R L R L R R L R L R L L *etc.*

No. 12
The Single Ratamacue

L L R L R L R R L R L R L L R R L R L R *etc.*

No. 13
The Triple Ratamacue

L L R L R L R R L R L R L L R R L R L R *etc.*

* All Rudiments are to be played Open and Close