




Daily Warm-Ups I

J Cantu


1. 
R R R R R R R R ETC. L L L L L L L L ETC.

2. 
R L R L R L R L ETC.

3. 
R L R L R R L L ETC. R L R L R R L L ETC.

4. 
R L R L R L R R L R L L ETC.

5. 
R L R L R L R L R L R L R L ETC. R R L L R R L L ETC.

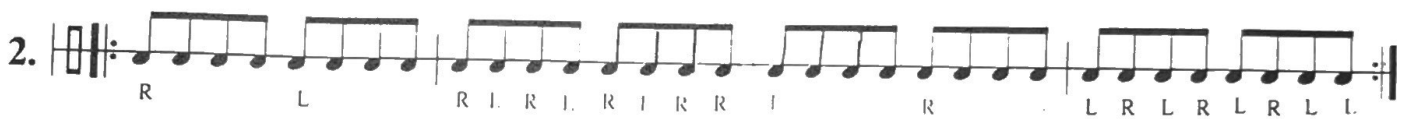
6. 
R L R L R L R R L R L L ETC. R L R L R L R R L R L L ETC.

Daily Warm-ups II

J Cantu

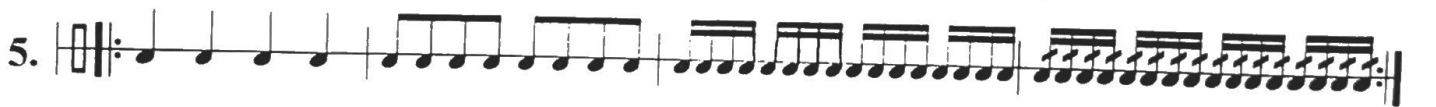
Snare

1. 

2. 

3. 

4. 

5. 

* These warm-ups must be practiced with strict wrist motion and detail to evenness. No accents should be played.

ROLL DEVELOPMENT

4

9
R
L
(repeat 4 times)

17
R
L

R
L

R
L

5 5 5
R L R L R L R L R L R R L

5 5 5
R L R L R L R L R R L L R R L

13
R L R L R L R L R L L L

COMBINATION PATTERN

R L L R L R R L

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