

Drum & Bass Paradiddles⁺

The Triple Paradiddle Playground

Composer / Jack Verga ©2026

A

R L (R) L (R) L R R
 or: R L (R) L (R) L L R
 or: R L (R) L R R (L) R

B

L (R) L (R) L R L L (R)
 or: L R L (R) L L (R) (L)
 or: L R L (R) L R R L

A1

R L R L L R L R
 or: R L R R (L) R L R
 or: R L L R L R L R
 or: R R L (R) L (R) L R

B1

L R L R R L R L
 or: L R L L (R) L R (L)
 or: L R R L R L R L
 or: L L (R) L (R) L (R) L

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A2

R R L R R L R R
 or: R L L R L L R R

B2

L L R L L R L L
 or: L R R L R R L L

A3

R R L R R L R R

B3

L L R L L R L L

A4

R L L R R L L R

B4

L R R L L R R L

There are a lot of ways to practice these groups.
 The easiest is to play one from the A Column
 followed by one from the B Column.
 This will create a one measure groove.

The musical notation shows a 4-measure groove in 4/4 time. The first measure is labeled 'A' and contains a right-hand pattern of eighth notes: R, L, R, L, R, L, R, R. The second measure is labeled 'B' and contains a right-hand pattern of eighth notes: L, R, L, R, L, L, R, L. The third measure is labeled 'A' and contains the same right-hand pattern as measure 1. The fourth measure is labeled 'B' and contains the same right-hand pattern as measure 2. Below the staff, the full sequence of right-hand notes is written out: R L R L R L R R L R L R L L R L R L R R L R L R L L R L.

Another way is to use a pattern from Column A as an anchor
 that repeats and does not change and then
 Play a different pattern from Column B each time.

The musical notation shows a 4-measure groove in 4/4 time. The first measure is labeled 'A' and contains a right-hand pattern of eighth notes: R, L, R, L, R, L, R, R. The second measure is labeled 'B' and contains a right-hand pattern of eighth notes: L, R, L, R, L, L, R, L. The third measure is labeled 'A' and contains the same right-hand pattern as measure 1. The fourth measure is labeled 'B2' and contains a right-hand pattern of eighth notes: L, R, L, R, L, L, R, L. Below the staff, the full sequence of right-hand notes is written out: R L R L R L R R L R L R L L R L R L R R L L R L L R L L.

The reverse also works to create more grooves
 Make the anchor a Pattern from Column B and
 Column A the variable

The musical notation shows a 4-measure groove in 4/4 time. The first measure is labeled 'A' and contains a right-hand pattern of eighth notes: R, L, R, L, R, L, R, R. The second measure is labeled 'B' and contains a right-hand pattern of eighth notes: L, R, L, R, L, L, R, L. The third measure is labeled 'A3' and contains a right-hand pattern of eighth notes: L, R, L, R, L, L, R, L. The fourth measure is labeled 'B' and contains the same right-hand pattern as measure 2. Below the staff, the full sequence of right-hand notes is written out: R L R L R L L R L R L R L L R L R R L R L R L L R L.

Notice there is a Bass Drum on count one of all the column A patterns
 and a loud Accent on count one of Column B.
 This creates a half time feel to the patterns when moving between
 Columns but more Bass Drum attacks can be easily added to any Right Hand note.
 Any Right Hand attack can also be replaced by the Bass Drum
 and this will create a more linear pattern.
 One or two more Bass Drum attacks can change a patterns feel quite a lot and
 adding a Bass Drum to every Right Hand will create a very busy Pattern.
 Counting the Basic patterns along with Accent variations creates
 624 possible combinations of A and B
 far more than anyone needs, so find some combinations
 you like and add them to your rhythmic vocabulary