

Inspired by Jack DeJohnette

The following exercises were inspired by watching a lot of the new videos of Jack's playing that were uploaded to Youtube after his unfortunate passing. These exercises were inspired by the sticking vocabulary he was using in multiple performances. Many drummers use these stickings, but everyone sounds different when they play them in the context of the music they are performing.

There are many ways to place these in the flow of time besides the 16th triplets I have notated, and I show some other possible rhythmic placements on the last page.

Composer / Jack Verga 2025

Exercise 1: 4 measures of 16th triplet patterns. Sticking patterns are shown below the notation.

Sticking patterns:

- Measure 1: { R L R L R L } / { L R L R L R }
- Measure 2: { R R L L R R } / { L L R R L L }
- Measure 3: { R L R L R R } / { L R L R L L }
- Measure 4: { R L R R L L } / { L R L L R R }

Additional sticking pattern for Measure 4: { R L L R R L } / { L R R L L R }

Exercise 2: 4 measures of 16th triplet patterns. Sticking patterns are shown below the notation.

Sticking patterns:

- Measure 1: { R L L R R L } / { L R R L L R }
- Measure 2: { R R L R L R } / { L L R L R L }
- Measure 3: R L L R L L / L R R L R R
- Measure 4: R R L R R L / L L R L L R

Additional sticking pattern for Measure 1: { R L L R L R } / { L R R L R L }

The following 4 exercises are laid out so that the hands have to alternate that way both hands get equal attention and practice, but on the drums you may want to re-arrange the 8 stickings so they do not alternate, and instead favor one hand or the other so that they can be orchestrated on a drumset with multiple drums.

Exercise 3: 8 measures of 16th triplet patterns. Sticking patterns are shown below the notation.

Sticking patterns:

- Measures 1-4: { R L R L R R L R L L R L R L R L R R L L R R } / { L R L R L L R L R L R L R L L R R L }
- Measures 5-8: { R L R R L L R L R L R R L R R L R R L R L R L R } / { L R L L R R L R L R L L R L L R L L R L R L R L }

Exercise 4: 8 measures of 16th triplet patterns. Sticking patterns are shown below the notation.

Sticking patterns:

- Measures 1-4: { R L R L R R L R R L L R L R L R L R L R R L L R } / { L R L R L L R L L R R L R L R L R L L R R L }
- Measures 5-8: { R L L R L L R R L R L R L L R L L R R L R L R L } / { L R R L R R L L R L R L R R L R R L L R L R L R }