

Paradiddle Freak-Out!

By Jeremy Brown

The paradiddle has endless benefits for drummers playing all styles of music and at all skill levels. Whether a top professional or a complete beginner, the paradiddle opens sticking possibilities that can give us new ideas and greater control of the drum set. I developed the Paradiddle Freak-Out! when I discovered a weakness in my own playing. While playing through Alan Dawson's "Rudimental Ritual," I noticed that my paradiddles can get a little out of control at the top of my tempo range, sounding sloppy. I decided my paradiddles needed some improvement.

The Paradiddle Freak-Out! is valuable on many levels. To the drummer who is new to practicing rudiments, the Paradiddle Freak-Out! provides the repetition that will make the basic paradiddle feel like second nature. To the experienced drummer whose paradiddles are in need of just a little improvement, this exercise will improve phrasing, control, and speed immensely. To the

drummer who feels the need to practice rudiments but has become bored with the paradiddle, the Freak-Out! and its variations will impose new challenges that will lead to mastery.

With or without accents, the basic sticking of the Freak-Out! will allow you to focus on the basic sound, balance between hands, and rhythmic evenness.

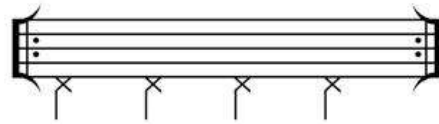
Spend plenty of time at a slow tempo for comfort, then gradually step it up to your maximum tempo. Here is the basic pattern:

Once you feel comfortable with the basic sticking, the triplet variation will present a real mental challenge. The three-over-four feel of this version is a good tool for metric modulation in addition to hand technique. Be sure to keep the quarter-note pulse in mind.

Develop coordination by playing all three levels of the Freak-Out! with an ostinato in the feet.



or



Once you're comfortable with the Freak-Out! as an exercise, you're ready to get creative with instrumentation, freaking out in a soloistic fashion. Here's one of my ideas to get you started:

