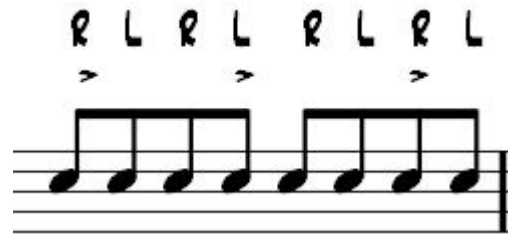


The great thing about the RFL triplet is we can easily use it to expand on basic hand to hand sticking exercises. Take the example below:



By placing the bass drum between each right and left hand stroke and phrasing it as triplet groupings we get:



Moving this concept to the drum kit leads to more possibilities. Here is a basic fill involving snare, toms, bass drum and crash.

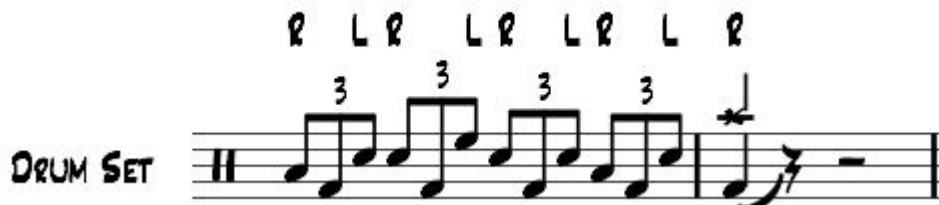


## Track #

### 2-D



Again, take each two note grouping (R L) and place a bass drum stroke in between. By doing this we can turn any 8<sup>th</sup> note pattern into an 8<sup>th</sup> note triplet pattern - or any 16<sup>th</sup> note pattern into a 16<sup>th</sup> note triplet pattern.



In fact, you can take many fills involving basic hand to hand sticking and add the bass drum in this way to give them a triplet feel. This is a great way of giving new life to old patterns or fills you have always played.

Here are some more examples of this triplet upgrading:

Sample taken from Filling Time by Kev O'Shea – Visit [www.KevOShea.com](http://www.KevOShea.com) for more information