

Flam Warm-Up Exercise

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Christian Johnson

* Keep 16ths Constant

Flams

Flam Taps

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

Flam Accent

Flam Paradiddle

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

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

Double Paradiddle

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

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

Triple Paradiddle

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