

# French Grip Course - Practice Schedule

**Practice:** Work on each exercise for 5-10 minutes each at least 5 days of each week.

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## Week 1: Section I

### **Videos:**

- Stick Grip
  - Explanation of Fundamentals
  - Building Block: Exercise A
  - Building Block :Exercise B
  - Building Block: Exercise C
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## Week 2:

### **Videos:**

- Review A, B, C
  - Hand Exercise 1
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## Week 3:

### **Videos:**

- Exercise 2A
  - Doubles A (with the metronome at 35 bpm)
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## Week 4:

### **Videos:**

- Exercise 2B
- Doubles B (with the metronome at 62 bpm)

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## Week 5:

### Videos:

- Review Exercise 2B + Doubles B
- 5 Stroke Roll

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## Week 6:

### Videos:

- Review Hand Exercise 1
- Double Stroke Roll in 6/8 Time
- Conclusion of Fundamentals

**Assignment:** Video tape yourself playing 1 or more of these exercises and try to notice any imperfections.

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## Week 7: Section II

**Download:** Paradiddles P.1 PDF

### Videos:

- Paradiddles Exercise A
- Paradiddles Exercise B

### Assignment:

- Practice going from A to B and back. 4 bars each with the metronome at 70 bpm.
- Video tape yourself.

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## Week 8:

### Videos:

- Paradiddles Exercise C
- Paradiddles Exercise D

### Assignment:

- Practice going from C to B and back. 4 - metronome at 70 bpm.
- Practice going from D to C and back. 4 - metronome at 70 bpm.

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## Week 9:

### Videos:

- Paradiddles Exercise E
- Section II - Ultimate Challenge

### Assignment:

- Practise going from E to D and back. 4 bars - metronome at 70 bpm.
- Practise Going From E all the way back to A. 4 bars - metronome at 70 bpm.
- Video tape yourself doing it.

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## Week 10: Section III

**Download:** Paradiddles P. 2

### Videos:

- Paradiddles Exercise F

### Assignment:

- Practise F to E to D. 4 bars - metronome at 70 bpm.
  - \* This is a cool exercise of shifting subdivisions on the same rudiment.

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## Week 11:

### Videos:

- Paradiddles Exercise G
- Paradiddle Exercise H

### Assignment:

- Practise H to G to F. 4 bars - metronome at 70 bpm.

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## Week 12:

### Videos:

- Paradiddles Exercise I
- Introducing the Paradiddle-diddle

### Assignment:

- Practise I to H and back. 4 bars - metronome at 70 bpm.

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## Week 13:

### Videos:

- Paradiddles Exercise J
- Introducing the Paradiddle-diddle-diddle

### Assignment:

- Practise J to I and back. 4 bars - metronome at 70 bpm.

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## Week 14:

### Videos:

- Paradiddles Exercise K
- Pickups Step 1
- Section III Ultimate Challenge

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## Week 15: Section IV

### Videos:

- Section IV introduction
- Pickups Step 2

**Assignment:** Continue practising the Section III - Ultimate Challenge and review any letters that are still giving you difficulty.

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## Week 16:

### Videos:

- Full Pickups
- Trampoline bounce - eighth notes.

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## Week 17:

### Videos:

- Pickups to Trampoline Bounce
- Review week 16 exercises

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## Week 18:

### Videos:

- Pickups to Triplets Bounce
- Review Pickups to Trampoline Bounce

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## Week 19:

### Videos:

- Pickups to 16th Notes Bounce
- Review Pickups to Triplets Bounce

**Assignment:** Practise going from Pickups to triplets to Trampoline Bounce eighth notes.

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## Week 20:

### Videos:

- Pickups to sextuplets
- Review Pickups to 16th Notes Bounce

**Assignment:** Practise going from Pickups to 16th notes to Triplets.

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## Week 21: Conclusion of Section IV

### Videos:

- Subdivisions

Congratulations on getting to the end of this course! Feel free to tryout the jazz section at your own pace.