

Three Stages of the Double Stroke Roll

Stage 1

- All full strokes/wrists only

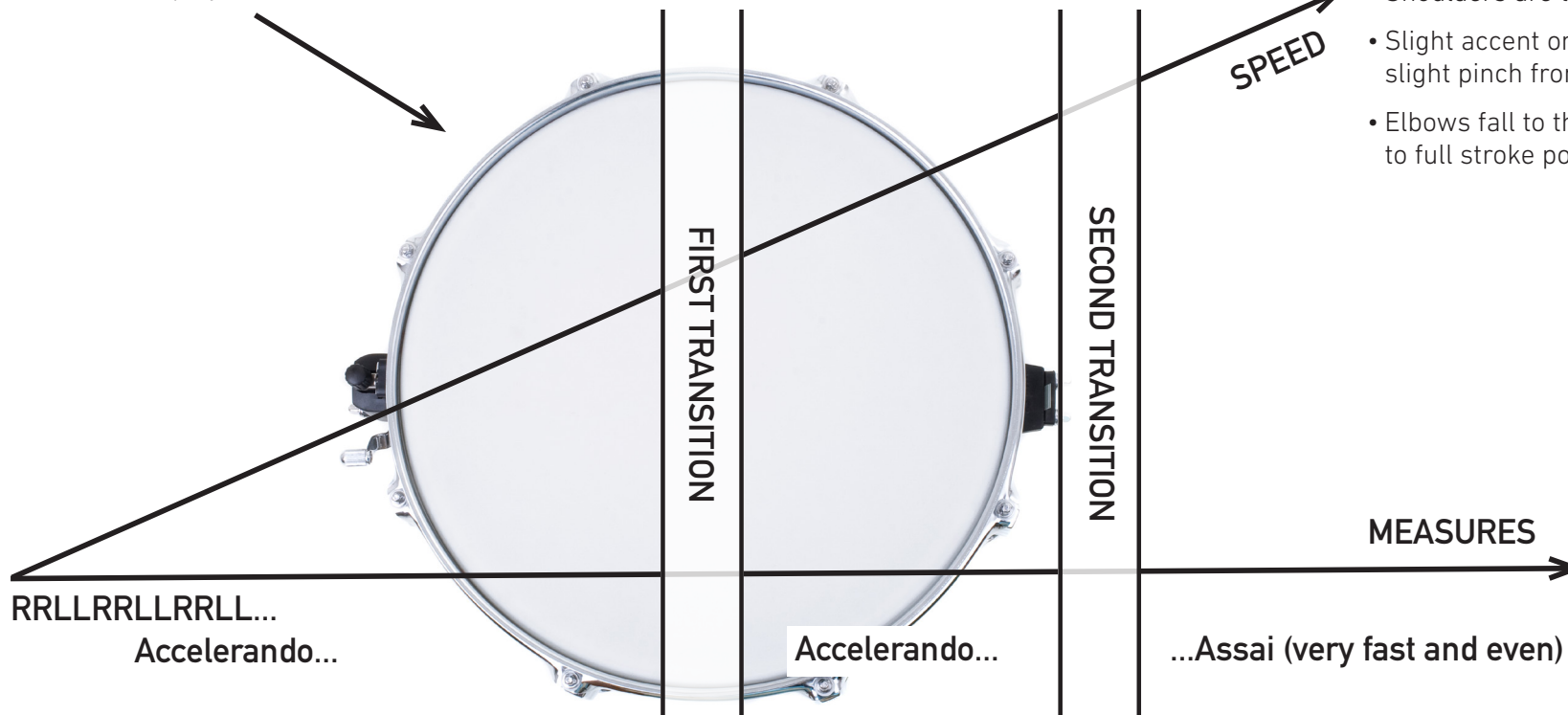
(Most rolls played in this time frame)

Stage 2

- Second diddle rebounds transitioning to 1/2 stroke
slight accent on second stroke
- * Wrists follow accented rebound to full stroke position

Stage 3

- Wrists transition to arm
- No wrist turns/no bending elbows
- Shoulders are the fulcrum
- Slight accent on second stroke with slight pinch from the thumb
- Elbows fall to the side returning sticks to full stroke position



1. Begin with slow taps

2. Gradually increase speed

3. All even strokes through transitions