

## LEVEL THREE

# ZILDJIAN WORKOUT WITH **GREG POWER**



### EX1: PUDUHDUHS

Play as written at 152

At 160, repeat each hand 5x with a different grip each time:

1. Index on Top
2. Index and Middle Only
3. Middle and Ring Finger Only
4. Ring and Pinky, No Thumb
5. Normal

Drum sheet music for EX1: PUDUHDUHS. The music consists of six staves of 16th-note patterns. Each staff starts with a 'R' or 'L' indicating the starting hand. The patterns involve various combinations of eighth-note pairs and sixteenth-note groups, often marked with '>' and '3' to indicate specific fingerings. The patterns are designed to be repeated 5 times with different hand grips.

### EX2: PANTERA

Variations:

1. Hands Only (Wrist Isolation)
2. All Forte
3. All Piano
4. Accent Tap

Drum sheet music for EX2: PANTERA. The music consists of three staves of 16th-note patterns. The first staff shows a repeating pattern of R-L-R-L. The second staff shows a more complex pattern involving R-L-R-L-R-L-R-L. The third staff shows a pattern involving R-L-R-L-R-L-R-L-R. Each staff includes a 'R' or 'L' at the beginning and ends with a '>' symbol.

### EX3: 7/8 Paradiddles

VARIATIONS:

1. All Forte (no accents)
  2. All Piano (no accents)
  3. With Accents
- MM = 150, 176,192

R|r L|r R|r I   R|r L|r R|r I   R|r I|R|r L|r   R|r I|R|r I|r   L|r I|R|r L|r I|r   L|r I|R|r L|r I|r   L|r I|r L|r I|R   L|r I|r L|r I|r I

R|r r L|r I|R|r I|r   R|r r L|r I|R|r I|r   R|r r I|R|r I|r L|r   R|r r I|R|r I|r L|r   L|r I|r r L|r I|r   L|r I|r r L|r I|r   L|r I|r r L|r I|r   L|r I|r r L|r I|r I   R

### EX4: 8th to Trip Rolls

RL RL r l r l r l   RL RL r l r l r l   RL RL RL RL r l r l r l r l r l   r l r l r l RL RL r l r l r l r l r l   r l r l r l RL RL r l r l r l r l r l   RL RL RL RL r l r l r l r l r l r l   r l r l r l RL RL r l r l r l r l r l r l   RL RL RL RL r l -

RL RL r l r l r l   RL RL r l r l r l   RL RL RL RL r l r l r l r l r l   r l r l r l RL RL r l r l r l r l r l   r l r l r l RL RL r l r l r l r l r l   RL RL RL RL r l r l r l r l r l r l   r l r l r l RL RL r l r l r l r l r l r l   RL RL RL RL r l -