

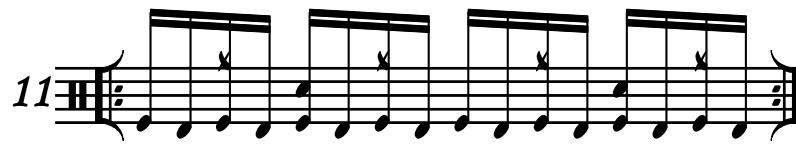
## *Pit Stop Three: The Obvious.*

*The way I approach double bass drumming is a little awkward. Most players get their double bass equipment to play the beats you will find on the next few pages. Many feel that the only reason to add another kick drum is for the purpose of playing a constant flow of notes, something that can not be done with one bass drum. Well, they are obviously right but there are many other (more musical) ways to put both of your kicks to good use. Some of these ways are covered in Chapter Four.*

*In the past metal players were frowned upon because of the beats that will soon follow. The claim was that these beats are uninspiring, primitive, not grooving and leave the bass player with no other choice than to go athletic. I can understand where these people are coming from.*

*I play these beats here and there but I don't consider them a true must. They can be used as great warm up drills and can work in service of a song when played for short intervals. I think of them the same way I think about the single stroke roll on the hands. As impressive as it might be, I would be reluctant to play this roll on the snare, or any other drum for more than a bar or less.*

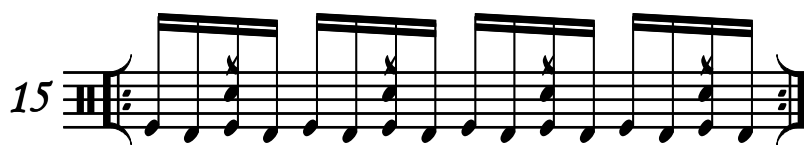
10 numbered musical staves, each containing a rhythmic exercise. Each staff begins with a treble clef, a key signature of one flat (B-flat), and a 4/4 time signature. The exercises are numbered 1 through 10. Each exercise consists of a sequence of notes and rests, with some notes marked with an 'x' above them, indicating specific fingerings or accents. The exercises are arranged in a vertical column, with each staff starting on a new line of music.

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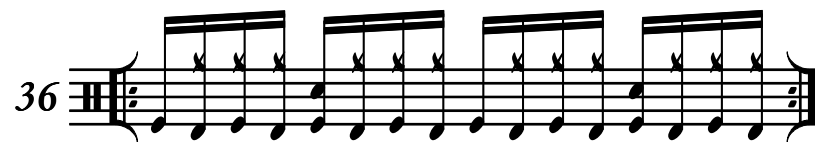
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51 Musical notation for exercise 51: Treble clef, 3/4 time signature, four measures of eighth-note triplets.

52 Musical notation for exercise 52: Treble clef, 3/4 time signature, four measures of eighth-note triplets.

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56 Musical notation for exercise 56: Treble clef, 3/4 time signature, four measures of eighth-note triplets.

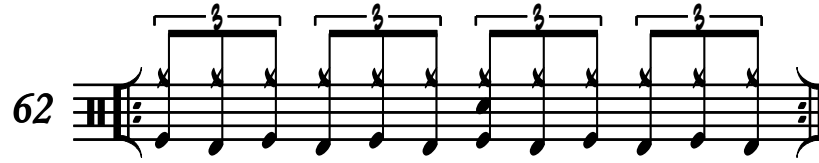
57 Musical notation for exercise 57: Treble clef, 3/4 time signature, four measures of eighth-note triplets.

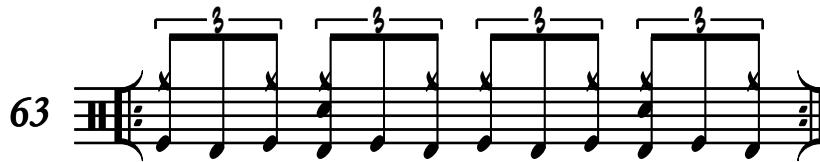
58 Musical notation for exercise 58: Treble clef, 3/4 time signature, four measures of eighth-note triplets.

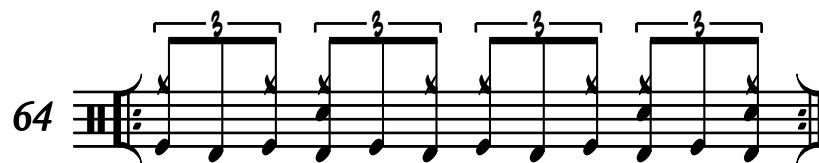
59 Musical notation for exercise 59: Treble clef, 3/4 time signature, four measures of eighth-note triplets.

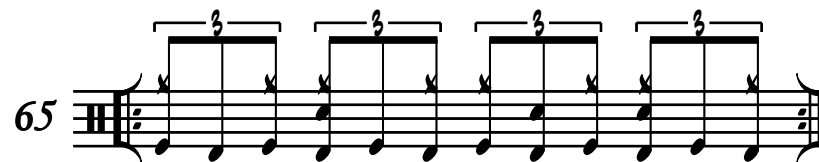
60 Musical notation for exercise 60: Treble clef, 3/4 time signature, four measures of eighth-note triplets.

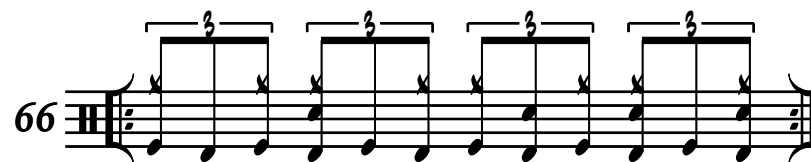
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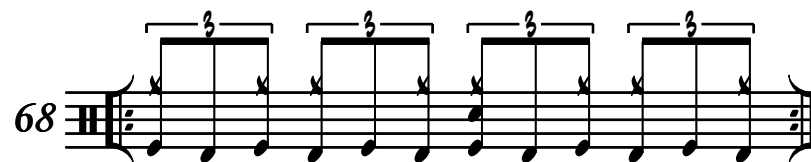
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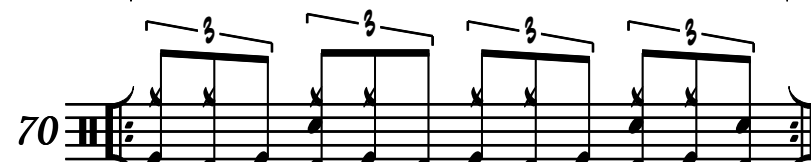
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The image displays four staves of musical notation, numbered 79, 80, 81, and 82. Each staff represents a different rhythmic pattern for a double bass drum. The notation consists of a series of sixteenth notes, often beamed together in groups of four. Above the final four measures of each staff, there is a '6' with a slur, indicating a sixteenth-note triplet. The staves are arranged vertically, with the first staff at the top and the fourth at the bottom.

*Once I finished writing this book, I read it from cover to cover and felt that I wanted to include these obvious double bass drum beats, just so that my work would be more complete.*

*Now you've got something to die for.*