

RUDIMENTARY NOTEBOOK

ACCORDING TO ALEXEI BABENKOV'S METHODOLOGY



Rudiments for drummers are special playing techniques used for practicing and directly in playing. They represent certain sequences of different fingering.

According to Alexey Gennadyevich Babenkov, the methodology of the American N.A.R.D. system is not accurate. It lacks a logical order of rudiments, and also contains rudiments which in his opinion are not key in the formation of the playing apparatus.

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To practice each of the following rudiments, all rudiments should first be played at a slow tempo and then at a fast tempo.
And also each rudiment needs to be able to be played in both quiet and loud dynamics; with and without accents.

Single Stroke Ruff



Double Stroke Roll



Flam

Single



Double



Triple



Quadruple



Addendum for Flames

Double



Triple



Quadruple



PARADIDDLE

1 Single Paradiddle



RLRRLRLL RLRRLRLL RLRRLRLL RLRLRLRL

The exercise is written on a single staff in 2/4 time. It consists of four measures, each containing two eighth-note pairs. The first measure has an accent on the first eighth note. The second measure has an accent on the second eighth note. The third measure has an accent on the third eighth note. The fourth measure has an accent on the fourth eighth note. The rhythm is R L R R L R L L.



RLRLRLRL RLRRLRLRL RLRRLRLRL RLRLRLRL

The exercise is written on a single staff in 2/4 time. It consists of four measures, each containing two eighth-note pairs. The first measure has an accent on the first eighth note. The second measure has an accent on the second eighth note. The third measure has an accent on the third eighth note. The fourth measure has an accent on the fourth eighth note. The rhythm is R L R L R L R L.



RLRLRLRL RLRRLRLRL RLRRLRLRL RLRLRLRL

The exercise is written on a single staff in 2/4 time. It consists of four measures, each containing two eighth-note pairs. The first measure has an accent on the first eighth note. The second measure has an accent on the second eighth note. The third measure has an accent on the third eighth note. The fourth measure has an accent on the fourth eighth note. The rhythm is R L L R L R R L.



RRLRLRLRL RRLRLRLRL RRLRLRLRL RRLRLRLRL

The exercise is written on a single staff in 2/4 time. It consists of four measures, each containing two eighth-note pairs. The first measure has an accent on the first eighth note. The second measure has an accent on the second eighth note. The third measure has an accent on the third eighth note. The fourth measure has an accent on the fourth eighth note. The rhythm is R R L R L L R L.

1 Double Paradiddle



RLRLRR LRLRLRL RLRRLRL LRLRLRL

The exercise is written on a single staff in 3/8 time. It consists of four measures, each containing two eighth-note pairs. The first measure has an accent on the first eighth note. The second measure has an accent on the second eighth note. The third measure has an accent on the third eighth note. The fourth measure has an accent on the fourth eighth note. The rhythm is R L R L R R.



RLRLRLRL LRLRLRL RLRRLRL LRLRLRL

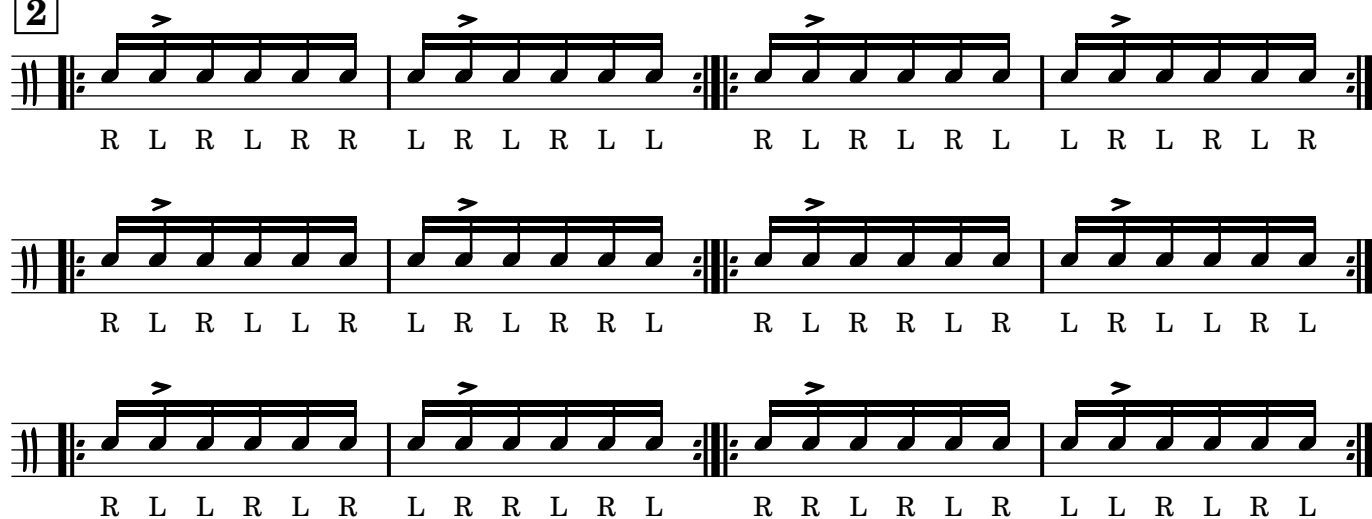
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RLRLRLRL LRLRLRL RRLRLRL LRLRLRL

The exercise is written on a single staff in 3/8 time. It consists of four measures, each containing two eighth-note pairs. The first measure has an accent on the first eighth note. The second measure has an accent on the second eighth note. The third measure has an accent on the third eighth note. The fourth measure has an accent on the fourth eighth note. The rhythm is R L L R L R.

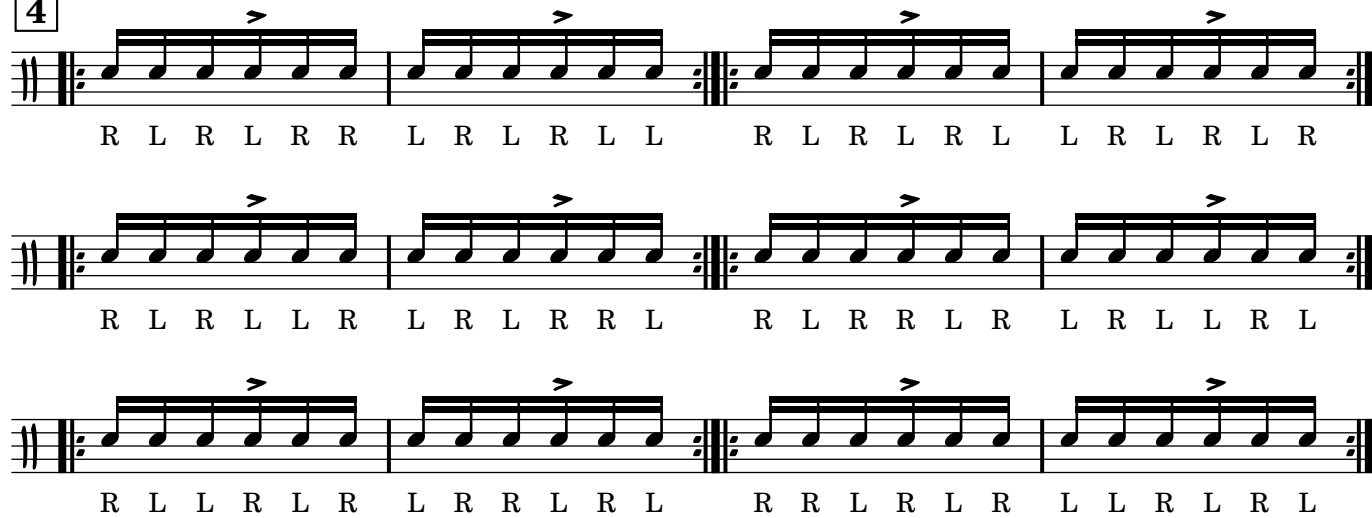
2



3



4



5

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

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

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

6

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

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

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

1

Triple Paradiddle

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

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

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

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

2

Exercise 2 consists of four staves of rhythmic notation. Each staff begins with a double bar line and a repeat sign. The notation features eighth notes with accents (>) and rests, organized into measures. Below each staff is a sequence of 'R' (Right) and 'L' (Left) characters corresponding to the notes.

Staff 1: R L R L R L R R L R L R L R L L R L R L R L R L L R L R L R L R L R

Staff 2: R L R L R L L R L R L R L R R L R L R L R R L R L R L L R L

Staff 3: R L R L L R L R L R L R R L R L R L R L L R L R L R L

Staff 4: R L L R L R L R L R R L R L R L R R L R L R L R L R L R L R L R L R

3

Exercise 3 consists of four staves of rhythmic notation, identical in structure and notation to Exercise 2. Each staff begins with a double bar line and a repeat sign. The notation features eighth notes with accents (>) and rests, organized into measures. Below each staff is a sequence of 'R' (Right) and 'L' (Left) characters corresponding to the notes.

Staff 1: R L R L R L R R L R L R L R L L R L R L R L R L L R L R L R L R L R

Staff 2: R L R L R L L R L R L R L R R L R L R L R R L R L R L L R L

Staff 3: R L R L L R L R L R L R R L R L R L R L L R L R L R L

Staff 4: R L L R L R L R L R R L R L R L R R L R L R L R L R L R L R L R L R

4

Exercise 4 consists of four staves of rhythmic notation. Each staff begins with a double bar line and a repeat sign. The notation uses eighth notes and rests, with an accent (>) placed over the first note of each measure. The patterns are as follows:

- Staff 1: R L R L R L R R | L R L R L R L L | R L R L R L R L | L R L R L R L R
- Staff 2: R L R L R L L R | L R L R L R R L | R L R L R R L R | L R L R L L R L
- Staff 3: R L R L L R L R | L R L R R L R L | R L R R L R L R | L R L L R L R L
- Staff 4: R L L R L R L R | L R R L R L R L | R R L R L R L R | L R R L R L R L

5

Exercise 5 consists of four staves of rhythmic notation, identical to Exercise 4. Each staff begins with a double bar line and a repeat sign. The notation uses eighth notes and rests, with an accent (>) placed over the first note of each measure. The patterns are as follows:

- Staff 1: R L R L R L R R | L R L R L R L L | R L R L R L R L | L R L R L R L R
- Staff 2: R L R L R L L R | L R L R L R R L | R L R L R R L R | L R L R L L R L
- Staff 3: R L R L L R L R | L R L R R L R L | R L R R L R L R | L R L L R L R L
- Staff 4: R L L R L R L R | L R R L R L R L | R R L R L R L R | L R R L R L R L

6



7



8

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

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

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

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

1

Paradiddle-diddle

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

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

2

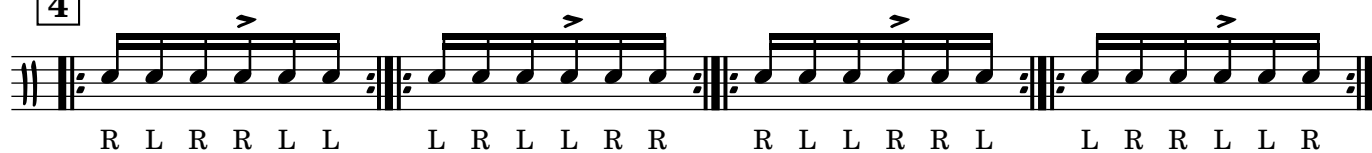
R L R R L L L R L L R R R L L R R L L R R L L R

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

3



4



5



6



RUFF

Three Stroke Ruff



Four Stroke Ruff

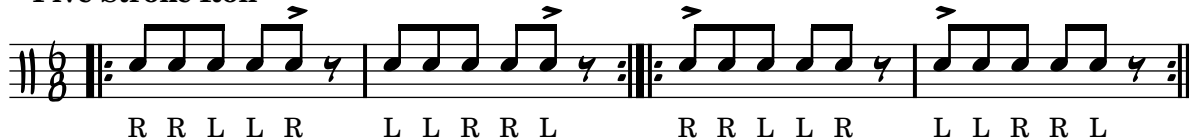


Five Stroke Ruff



ROLL

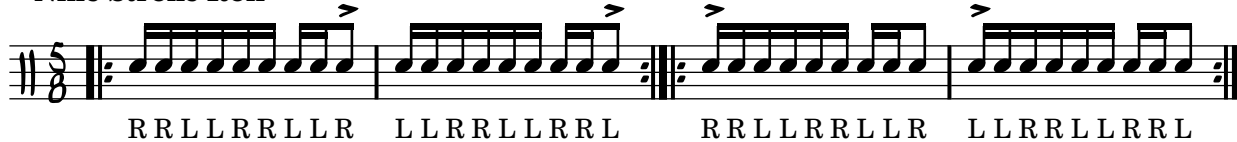
Five Stroke Roll



Seven Stroke Roll



Nine Stroke Roll

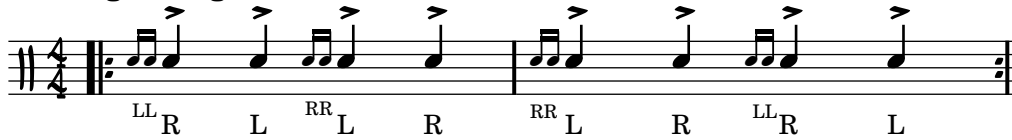


DRUG

Half Drug



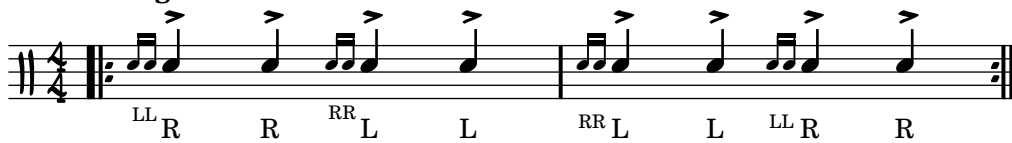
Single Drug



Double Drug

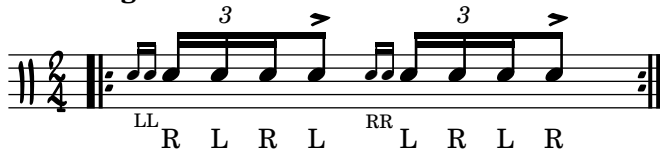


Full Drug

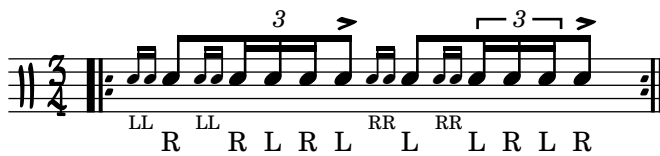


RATAMACUE AND FLAMACUE

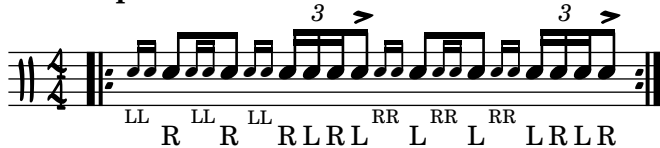
Single Ratamacue



Double Ratamacue



Triple Ratamacue

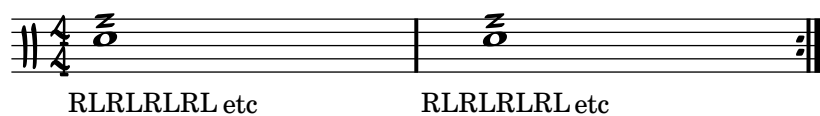


Flamacue

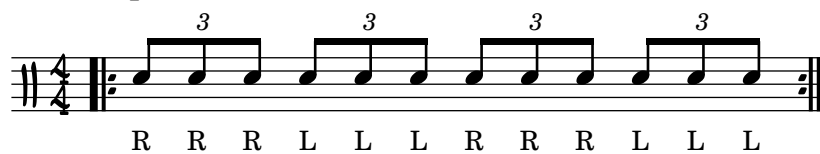


Addendum

Multiple Bounce Ruff



Triple Stroke Roll



Three Stroke Ruff

