

Five Stroke Roll - Exercise 1

The exercise is written in 2/4 time and consists of seven rows of four measures each. Each measure contains a five-stroke roll. The fingerings and stroke directions (up/down) are indicated below the notes.

Row	Measure 1	Measure 2	Measure 3	Measure 4
1	1 2 2 3 4 ↑ ↑ ↓ ↓ ↑	3 2 2 1 1 ↓ ↓ ↑ ↑ ↓	2 3 3 4 5 ↑ ↑ ↓ ↓ ↑	4 3 3 2 2 ↓ ↓ ↑ ↑ ↓
2	3 4 4 5 6 ↑ ↑ ↓ ↓ ↑	5 4 4 3 3 ↓ ↓ ↑ ↑ ↓	4 5 5 6 7 ↑ ↑ ↓ ↓ ↑	7 6 6 5 5 ↓ ↓ ↑ ↑ ↓
3	5 6 6 7 8 ↑ ↑ ↓ ↓ ↑	8 7 6 5 5 ↓ ↓ ↑ ↑ ↓	6 7 8 9 10 ↑ ↑ ↓ ↓ ↑	9 8 8 7 7 ↓ ↓ ↑ ↑ ↓
4	7 8 9 10 10 ↑ ↑ ↓ ↓ ↑	10 9 8 7 7 ↓ ↓ ↑ ↑ ↓	10 9 9 8 7 ↑ ↑ ↓ ↓ ↑	7 8 8 9 9 ↓ ↓ ↑ ↑ ↓
5	9 8 8 7 6 ↑ ↑ ↓ ↓ ↑	6 7 7 8 8 ↓ ↓ ↑ ↑ ↓	8 7 6 5 5 ↑ ↑ ↓ ↓ ↑	5 6 6 7 7 ↓ ↓ ↑ ↑ ↓
6	7 6 5 4 4 ↑ ↑ ↓ ↓ ↑	4 5 5 6 6 ↓ ↓ ↑ ↑ ↓	6 5 4 3 3 ↑ ↑ ↓ ↓ ↑	3 4 4 5 5 ↓ ↓ ↑ ↑ ↓
7	5 4 3 2 2 ↑ ↑ ↓ ↓ ↑	2 3 3 4 4 ↓ ↓ ↑ ↑ ↓	4 3 2 1 1 ↑ ↑ ↓ ↓ ↑	