

Diddits is a popular exercise used on the west coast to build a concrete rolling technique. It focuses on each individual diddle then applies the diddle to an extended roll. The main idea is to use the bounce of the drum head to your advantage in order to build a relaxed technique. Things to concentrate on:

- Keep the fingers on the stick/mallet.
- All the force will come from the center of the hand (e.g. middle two fingers or rear fingers at slower tempi).
- Use velocity to produce a strong diddle.
- Let the stick freely move against the front of your hand in a "rolling" motion.
- USE CONSTANT EIGHTH NOTE MOTION!

## Diddits

The image displays four staves of musical notation for the 'Diddits' exercise. Each staff is labeled 'S. Dr.' and contains a sequence of eighth notes. The first staff is numbered 291, the second 296, the third 301, and the fourth 407. The notation consists of continuous eighth-note patterns across each staff, with some variations in the final few notes of the fourth staff.