

BODHRÁN TIMING EXERCISES

Instructions

Each of the following 29 worksheets is designed to help you perfect a particular style in playing the bodhrán.

If you don't have a metronome, go online to MetronomeOnline.com and practice in front of your computer.

To use the worksheet, start with the box right below "Exercise 1" and to the right of "120," which represents 120 beats-per-minute (BPM).

In this example to the right, the metronome is set to 120. The end of your tipper will hit the drum going down on the first beat, up on the second beat, down on the third beat, and up on the fourth beat. When you've finished all four flashes without error, you've completed a measure (assuming it's with a 4/4 time signature). If it's a 6/8 time signature, you'll finish 6 beats before completing a measure.

Single Stroke Roll

1 + 2 + 3 + 4 +
 ▽ △ ▽ △
 d u d u

	Exercise 1
120	1 ↓

On the right side of the worksheet are the numbers 1 through 20. You can visually use this as a guide for how many you've finished, since it can be difficult to count 1, 2, 3, 4, 1, 2, 3, 4 representing beats *as well as* counting 1 through 20, representing measures!

So in the above example, you count 1, 2, 3, 4 (the first measure), move your eye down to #2, finish the second measure, move on to #3, and so on. If you make an error, even on #19, start over with #1. When you finish measure #20 *without error*, check off the box.

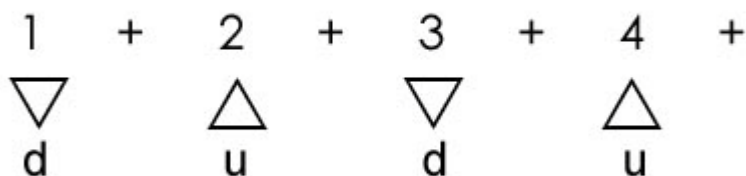
	Exercise 1
120	✓ 1 ↓
126	2 ↓

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20

Now you can move on to 126 BPM, and all the way down the list until you've finished 208 BPM. If it's 4/4 time, and you had no error, this would take you 7 minutes (*40 seconds of 120 BPM, 38 seconds of 126 BPM, down to 23 seconds per 208 BPM*). If you are doing 6/8 time (6 beats per measure), a full exercise would take you at least 10 minutes. Plan to complete an entire measure in one practice session.

For more lessons about bodhrán technique, go to www.Bodojo.com and read articles in the Bodhrán Academy.

Single Stroke Roll

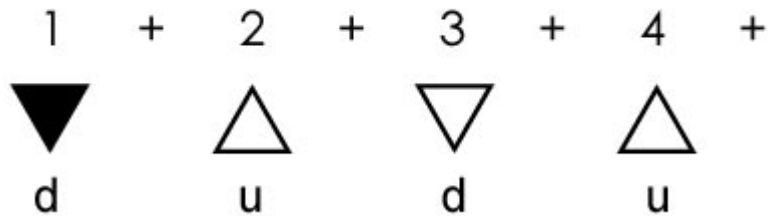


Check off each box after 20 measures in a row without error

	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Measure Count
120	1 ↓	1 ↓	1 ↓	1 ↓	Use these ↑ to count down the 20 measures. If successful, check off the box. ↓
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**Use MetronomeOnline.com. Start slowly (with 120 bpm).
Go down the exercise column one speed at a time (1, 2, ..., 13).
When you finish Exercise 1, come back next practice for #2, etc.**

Standard Reel

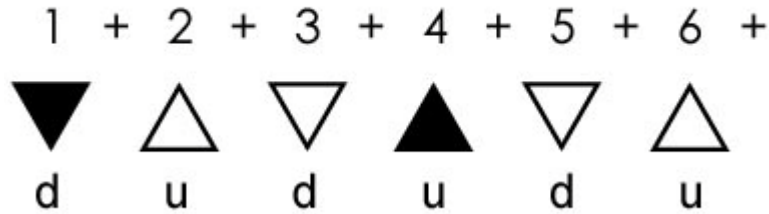


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Standard Jig

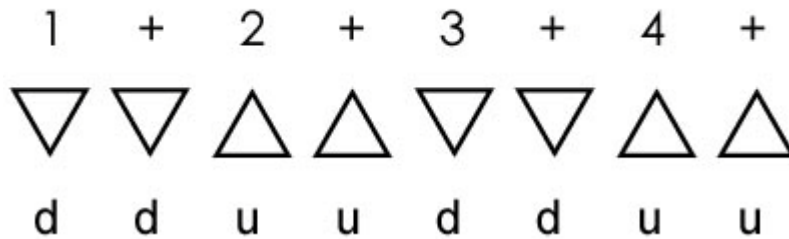


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Mummy Daddy (2 stroke no accent)

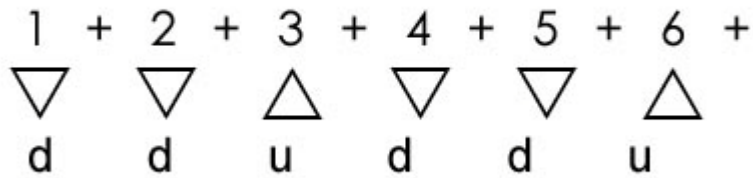


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Jig 2

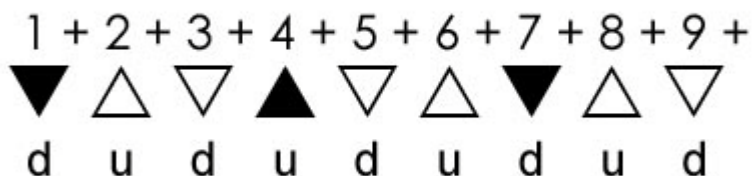


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Slip Jig Part 1



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Slip Jig Part 2

1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 + 9 +

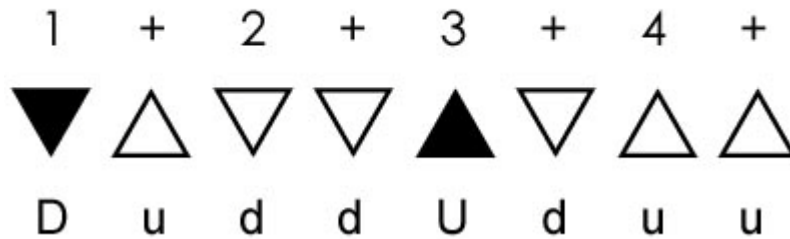
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Paradiddle

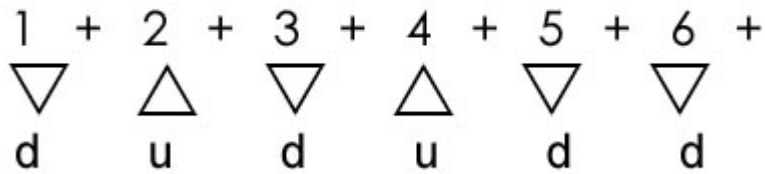


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Double Paradiddle (1)

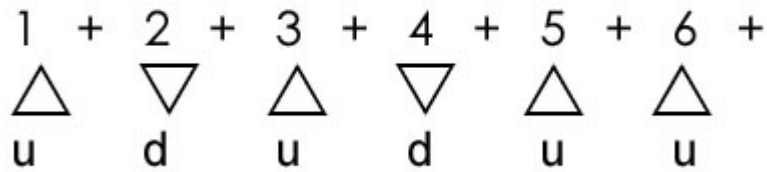


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Double Paradiddle (2)

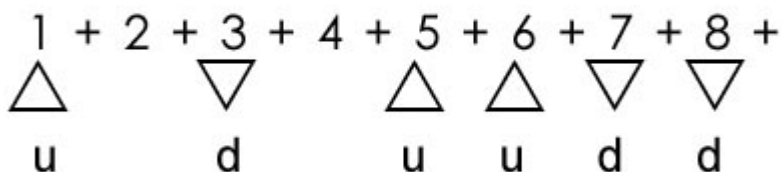


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Original Paradiddle-diddle (minus flam)

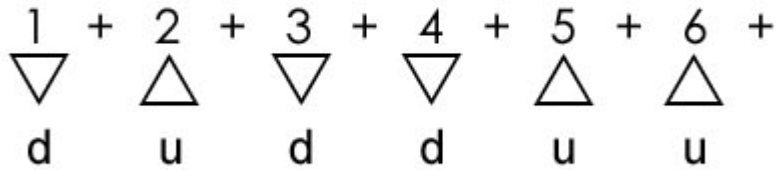


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	↓	↓	↓	↓	
176	9	9	9	9	
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Paradiddle-diddle

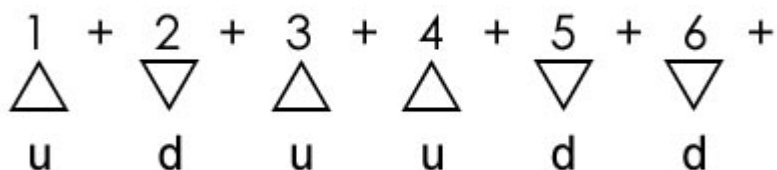


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Paradiddle-diddle 2

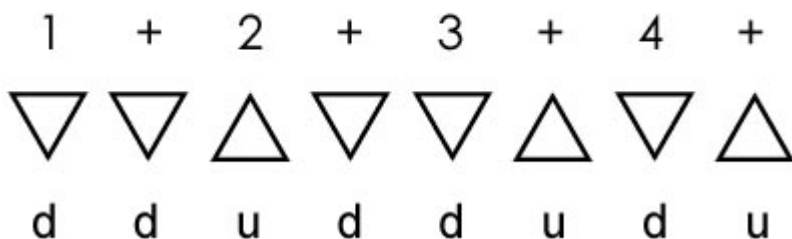


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Triplet exercise 1

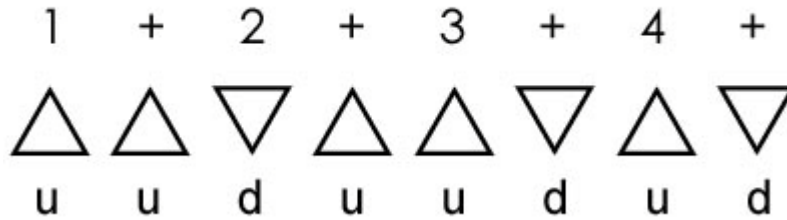


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Triplet exercise 2

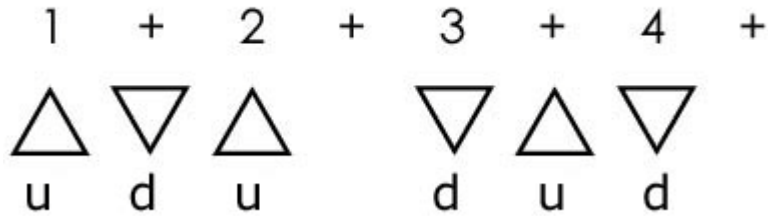


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Three stroke ruff

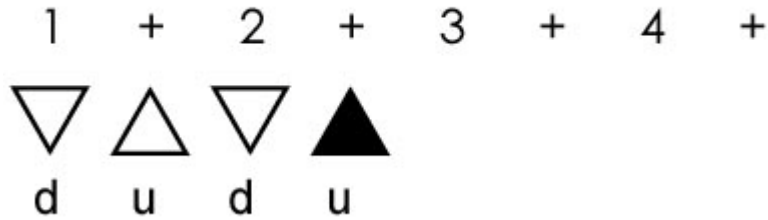


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184	10 ↓	10 ↓	10 ↓	10 ↓	
192	11 ↓	11 ↓	11 ↓	11 ↓	
200	12 ↓	12 ↓	12 ↓	12 ↓	
208	13 ↓	13 ↓	13 ↓	13 ↓	

**Use MetronomeOnline.com. Start slowly (with 120 bpm).
Go down the exercise column one speed at a time (1, 2, ..., 13).
When you finish Exercise 1, come back next practice for #2, etc.**

Four stroke ruff 1

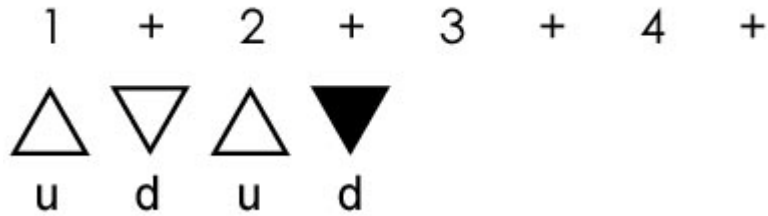


Check off each box after 20 measures in a row without error

	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Measure Count
120	1 ↓	1 ↓	1 ↓	1 ↓	Use these ↑ to count down the 20 measures. If successful, check off the box. ↓
126	2 ↓	2 ↓	2 ↓	2 ↓	
132	3 ↓	3 ↓	3 ↓	3 ↓	
138	4 ↓	4 ↓	4 ↓	4 ↓	
144	5 ↓	5 ↓	5 ↓	5 ↓	
152	6 ↓	6 ↓	6 ↓	6 ↓	
160	7 ↓	7 ↓	7 ↓	7 ↓	
168	8 ↓	8 ↓	8 ↓	8 ↓	
176	9 ↓	9 ↓	9 ↓	9 ↓	
184	10 ↓	10 ↓	10 ↓	10 ↓	
192	11 ↓	11 ↓	11 ↓	11 ↓	
200	12 ↓	12 ↓	12 ↓	12 ↓	
208	13 ↓	13 ↓	13 ↓	13 ↓	

**Use MetronomeOnline.com. Start slowly (with 120 bpm).
Go down the exercise column one speed at a time (1, 2, ..., 13).
When you finish Exercise 1, come back next practice for #2, etc.**

Four stroke ruff 2

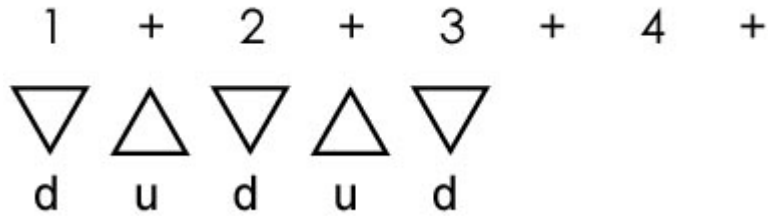


Check off each box after 20 measures in a row without error

	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Measure Count
120	1 ↓	1 ↓	1 ↓	1 ↓	Use these ↑ to count down the 20 measures. If successful, check off the box. ↓
126	2 ↓	2 ↓	2 ↓	2 ↓	
132	3 ↓	3 ↓	3 ↓	3 ↓	
138	4 ↓	4 ↓	4 ↓	4 ↓	
144	5 ↓	5 ↓	5 ↓	5 ↓	
152	6 ↓	6 ↓	6 ↓	6 ↓	
160	7 ↓	7 ↓	7 ↓	7 ↓	
168	8 ↓	8 ↓	8 ↓	8 ↓	
176	9 ↓	9 ↓	9 ↓	9 ↓	
184	10 ↓	10 ↓	10 ↓	10 ↓	
192	11 ↓	11 ↓	11 ↓	11 ↓	
200	12 ↓	12 ↓	12 ↓	12 ↓	
208	13 ↓	13 ↓	13 ↓	13 ↓	

**Use MetronomeOnline.com. Start slowly (with 120 bpm).
Go down the exercise column one speed at a time (1, 2, ..., 13).
When you finish Exercise 1, come back next practice for #2, etc.**

Five stroke ruff 1

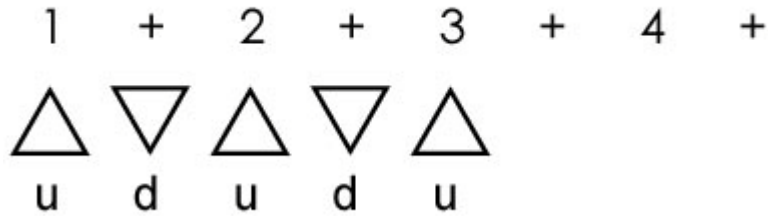


Check off each box after 20 measures in a row without error

	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Measure Count
120	1 ↓	1 ↓	1 ↓	1 ↓	Use these ↑ to count down the 20 measures. If successful, check off the box. ↓
126	2 ↓	2 ↓	2 ↓	2 ↓	
132	3 ↓	3 ↓	3 ↓	3 ↓	
138	4 ↓	4 ↓	4 ↓	4 ↓	
144	5 ↓	5 ↓	5 ↓	5 ↓	
152	6 ↓	6 ↓	6 ↓	6 ↓	
160	7 ↓	7 ↓	7 ↓	7 ↓	
168	8 ↓	8 ↓	8 ↓	8 ↓	
176	9 ↓	9 ↓	9 ↓	9 ↓	
184	10 ↓	10 ↓	10 ↓	10 ↓	
192	11 ↓	11 ↓	11 ↓	11 ↓	
200	12 ↓	12 ↓	12 ↓	12 ↓	
208	13 ↓	13 ↓	13 ↓	13 ↓	

**Use MetronomeOnline.com. Start slowly (with 120 bpm).
Go down the exercise column one speed at a time (1, 2, ..., 13).
When you finish Exercise 1, come back next practice for #2, etc.**

Five stroke ruff 2



Check off each box after 20 measures in a row without error

	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Measure Count
120	1 ↓	1 ↓	1 ↓	1 ↓	Use these ↑ to count down the 20 measures. If successful, check off the box. ↓
126	2 ↓	2 ↓	2 ↓	2 ↓	
132	3 ↓	3 ↓	3 ↓	3 ↓	
138	4 ↓	4 ↓	4 ↓	4 ↓	
144	5 ↓	5 ↓	5 ↓	5 ↓	
152	6 ↓	6 ↓	6 ↓	6 ↓	
160	7 ↓	7 ↓	7 ↓	7 ↓	
168	8 ↓	8 ↓	8 ↓	8 ↓	
176	9 ↓	9 ↓	9 ↓	9 ↓	
184	10 ↓	10 ↓	10 ↓	10 ↓	
192	11 ↓	11 ↓	11 ↓	11 ↓	
200	12 ↓	12 ↓	12 ↓	12 ↓	
208	13 ↓	13 ↓	13 ↓	13 ↓	

**Use MetronomeOnline.com. Start slowly (with 120 bpm).
Go down the exercise column one speed at a time (1, 2, ..., 13).
When you finish Exercise 1, come back next practice for #2, etc.**

Reel double stroke exercise 1

1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 +
 ▽ △ ▽ △ ▽ ▽ △ △
 d u d u d d u u

Check off each box after 20 measures in a row without error

	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Measure Count
120	1 ↓	1 ↓	1 ↓	1 ↓	Use these ↑ to count down the 20 measures. If successful, check off the box. ↓
126	2 ↓	2 ↓	2 ↓	2 ↓	
132	3 ↓	3 ↓	3 ↓	3 ↓	
138	4 ↓	4 ↓	4 ↓	4 ↓	
144	5 ↓	5 ↓	5 ↓	5 ↓	
152	6 ↓	6 ↓	6 ↓	6 ↓	
160	7 ↓	7 ↓	7 ↓	7 ↓	
168	8 ↓	8 ↓	8 ↓	8 ↓	
176	9 ↓	9 ↓	9 ↓	9 ↓	
184	10 ↓	10 ↓	10 ↓	10 ↓	
192	11 ↓	11 ↓	11 ↓	11 ↓	
200	12 ↓	12 ↓	12 ↓	12 ↓	
208	13 ↓	13 ↓	13 ↓	13 ↓	

**Use MetronomeOnline.com. Start slowly (with 120 bpm).
 Go down the exercise column one speed at a time (1, 2, ..., 13).
 When you finish Exercise 1, come back next practice for #2, etc.**

Reel double stroke exercise 2

1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 +
 △ ▽ △ ▽ △ △ ▽ ▽
 u d u d u u d d

Check off each box after 20 measures in a row without error

	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Measure Count
120	1 ↓	1 ↓	1 ↓	1 ↓	Use these ↑ to count down the 20 measures. If successful, check off the box. ↓
126	2 ↓	2 ↓	2 ↓	2 ↓	
132	3 ↓	3 ↓	3 ↓	3 ↓	
138	4 ↓	4 ↓	4 ↓	4 ↓	
144	5 ↓	5 ↓	5 ↓	5 ↓	
152	6 ↓	6 ↓	6 ↓	6 ↓	
160	7 ↓	7 ↓	7 ↓	7 ↓	
168	8 ↓	8 ↓	8 ↓	8 ↓	
176	9 ↓	9 ↓	9 ↓	9 ↓	
184	10 ↓	10 ↓	10 ↓	10 ↓	
192	11 ↓	11 ↓	11 ↓	11 ↓	
200	12 ↓	12 ↓	12 ↓	12 ↓	
208	13 ↓	13 ↓	13 ↓	13 ↓	

**Use MetronomeOnline.com. Start slowly (with 120 bpm).
 Go down the exercise column one speed at a time (1, 2, ..., 13).
 When you finish Exercise 1, come back next practice for #2, etc.**

Reel double stroke exercise 3

1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 +
 ▽ ▽ △ △ ▽ △ ▽ △
 d d u u d u d u

Check off each box after 20 measures in a row without error

	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Measure Count
120	1 ↓	1 ↓	1 ↓	1 ↓	Use these ↑ to count down the 20 measures. If successful, check off the box. ↓
126	2 ↓	2 ↓	2 ↓	2 ↓	
132	3 ↓	3 ↓	3 ↓	3 ↓	
138	4 ↓	4 ↓	4 ↓	4 ↓	
144	5 ↓	5 ↓	5 ↓	5 ↓	
152	6 ↓	6 ↓	6 ↓	6 ↓	
160	7 ↓	7 ↓	7 ↓	7 ↓	
168	8 ↓	8 ↓	8 ↓	8 ↓	
176	9 ↓	9 ↓	9 ↓	9 ↓	
184	10 ↓	10 ↓	10 ↓	10 ↓	
192	11 ↓	11 ↓	11 ↓	11 ↓	
200	12 ↓	12 ↓	12 ↓	12 ↓	
208	13 ↓	13 ↓	13 ↓	13 ↓	

**Use MetronomeOnline.com. Start slowly (with 120 bpm).
 Go down the exercise column one speed at a time (1, 2, ..., 13).
 When you finish Exercise 1, come back next practice for #2, etc.**

Reel double stroke exercise 4

1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 +
 △ △ ▽ ▽ △ ▽ △ ▽
 u u d d u d u d

Check off each box after 20 measures in a row without error

	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Measure Count
120	1 ↓	1 ↓	1 ↓	1 ↓	Use these ↑ to count down the 20 measures. If successful, check off the box. ↓
126	2 ↓	2 ↓	2 ↓	2 ↓	
132	3 ↓	3 ↓	3 ↓	3 ↓	
138	4 ↓	4 ↓	4 ↓	4 ↓	
144	5 ↓	5 ↓	5 ↓	5 ↓	
152	6 ↓	6 ↓	6 ↓	6 ↓	
160	7 ↓	7 ↓	7 ↓	7 ↓	
168	8 ↓	8 ↓	8 ↓	8 ↓	
176	9 ↓	9 ↓	9 ↓	9 ↓	
184	10 ↓	10 ↓	10 ↓	10 ↓	
192	11 ↓	11 ↓	11 ↓	11 ↓	
200	12 ↓	12 ↓	12 ↓	12 ↓	
208	13 ↓	13 ↓	13 ↓	13 ↓	

**Use MetronomeOnline.com. Start slowly (with 120 bpm).
 Go down the exercise column one speed at a time (1, 2, ..., 13).
 When you finish Exercise 1, come back next practice for #2, etc.**

Reel treble stroke exercise 1

1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 +
 ▽ ▽ ▽ △ ▽ ▽ ▽ △
 d d d u d d d u

Check off each box after 20 measures in a row without error

	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Measure Count
120	1 ↓	1 ↓	1 ↓	1 ↓	Use these ↑ to count down the 20 measures. If successful, check off the box. ↓
126	2 ↓	2 ↓	2 ↓	2 ↓	
132	3 ↓	3 ↓	3 ↓	3 ↓	
138	4 ↓	4 ↓	4 ↓	4 ↓	
144	5 ↓	5 ↓	5 ↓	5 ↓	
152	6 ↓	6 ↓	6 ↓	6 ↓	
160	7 ↓	7 ↓	7 ↓	7 ↓	
168	8 ↓	8 ↓	8 ↓	8 ↓	
176	9 ↓	9 ↓	9 ↓	9 ↓	
184	10 ↓	10 ↓	10 ↓	10 ↓	
192	11 ↓	11 ↓	11 ↓	11 ↓	
200	12 ↓	12 ↓	12 ↓	12 ↓	
208	13 ↓	13 ↓	13 ↓	13 ↓	

**Use MetronomeOnline.com. Start slowly (with 120 bpm).
 Go down the exercise column one speed at a time (1, 2, ..., 13).
 When you finish Exercise 1, come back next practice for #2, etc.**

Reel treble stroke exercise 2

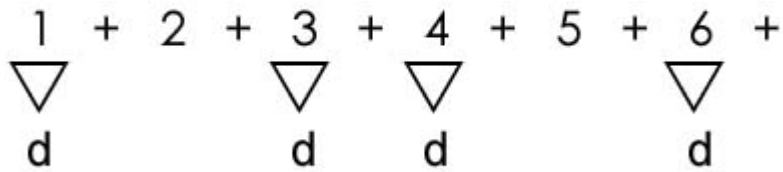
1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 +
 △ △ △ ▽ △ △ △ ▽
 u u u d u u u d

Check off each box after 20 measures in a row without error

	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Measure Count
120	1 ↓	1 ↓	1 ↓	1 ↓	Use these ↑ to count down the 20 measures. If successful, check off the box. ↓
126	2 ↓	2 ↓	2 ↓	2 ↓	
132	3 ↓	3 ↓	3 ↓	3 ↓	
138	4 ↓	4 ↓	4 ↓	4 ↓	
144	5 ↓	5 ↓	5 ↓	5 ↓	
152	6 ↓	6 ↓	6 ↓	6 ↓	
160	7 ↓	7 ↓	7 ↓	7 ↓	
168	8 ↓	8 ↓	8 ↓	8 ↓	
176	9 ↓	9 ↓	9 ↓	9 ↓	
184	10 ↓	10 ↓	10 ↓	10 ↓	
192	11 ↓	11 ↓	11 ↓	11 ↓	
200	12 ↓	12 ↓	12 ↓	12 ↓	
208	13 ↓	13 ↓	13 ↓	13 ↓	

**Use MetronomeOnline.com. Start slowly (with 120 bpm).
 Go down the exercise column one speed at a time (1, 2, ..., 13).
 When you finish Exercise 1, come back next practice for #2, etc.**

Double stroke jig

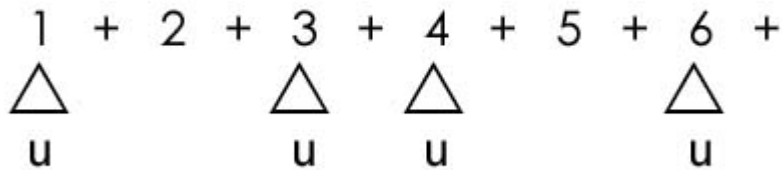


Check off each box after 20 measures in a row without error

	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Measure Count
120	1 ↓	1 ↓	1 ↓	1 ↓	Use these ↑ to count down the 20 measures. If successful, check off the box. ↓
126	2 ↓	2 ↓	2 ↓	2 ↓	
132	3 ↓	3 ↓	3 ↓	3 ↓	
138	4 ↓	4 ↓	4 ↓	4 ↓	
144	5 ↓	5 ↓	5 ↓	5 ↓	
152	6 ↓	6 ↓	6 ↓	6 ↓	
160	7 ↓	7 ↓	7 ↓	7 ↓	
168	8 ↓	8 ↓	8 ↓	8 ↓	
176	9 ↓	9 ↓	9 ↓	9 ↓	
184	10 ↓	10 ↓	10 ↓	10 ↓	
192	11 ↓	11 ↓	11 ↓	11 ↓	
200	12 ↓	12 ↓	12 ↓	12 ↓	
208	13 ↓	13 ↓	13 ↓	13 ↓	

**Use MetronomeOnline.com. Start slowly (with 120 bpm).
Go down the exercise column one speed at a time (1, 2, ..., 13).
When you finish Exercise 1, come back next practice for #2, etc.**

Double stroke jig (2)

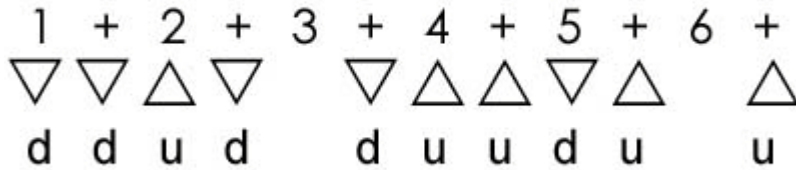


Check off each box after 20 measures in a row without error

	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Measure Count
120	1 ↓	1 ↓	1 ↓	1 ↓	Use these ↑ to count down the 20 measures. If successful, check off the box. ↓
126	2 ↓	2 ↓	2 ↓	2 ↓	
132	3 ↓	3 ↓	3 ↓	3 ↓	
138	4 ↓	4 ↓	4 ↓	4 ↓	
144	5 ↓	5 ↓	5 ↓	5 ↓	
152	6 ↓	6 ↓	6 ↓	6 ↓	
160	7 ↓	7 ↓	7 ↓	7 ↓	
168	8 ↓	8 ↓	8 ↓	8 ↓	
176	9 ↓	9 ↓	9 ↓	9 ↓	
184	10 ↓	10 ↓	10 ↓	10 ↓	
192	11 ↓	11 ↓	11 ↓	11 ↓	
200	12 ↓	12 ↓	12 ↓	12 ↓	
208	13 ↓	13 ↓	13 ↓	13 ↓	

**Use MetronomeOnline.com. Start slowly (with 120 bpm).
Go down the exercise column one speed at a time (1, 2, ..., 13).
When you finish Exercise 1, come back next practice for #2, etc.**

jig exercise 1



Check off each box after 20 measures in a row without error

	Exercise 1	Exercise 2	Exercise 3	Exercise 4	Measure Count
120	1 ↓	1 ↓	1 ↓	1 ↓	Use these ↑ to count down the 20 measures. If successful, check off the box. ↓
126	2 ↓	2 ↓	2 ↓	2 ↓	
132	3 ↓	3 ↓	3 ↓	3 ↓	
138	4 ↓	4 ↓	4 ↓	4 ↓	
144	5 ↓	5 ↓	5 ↓	5 ↓	
152	6 ↓	6 ↓	6 ↓	6 ↓	
160	7 ↓	7 ↓	7 ↓	7 ↓	
168	8 ↓	8 ↓	8 ↓	8 ↓	
176	9 ↓	9 ↓	9 ↓	9 ↓	
184	10 ↓	10 ↓	10 ↓	10 ↓	
192	11 ↓	11 ↓	11 ↓	11 ↓	
200	12 ↓	12 ↓	12 ↓	12 ↓	
208	13 ↓	13 ↓	13 ↓	13 ↓	

**Use MetronomeOnline.com. Start slowly (with 120 bpm).
Go down the exercise column one speed at a time (1, 2, ..., 13).
When you finish Exercise 1, come back next practice for #2, etc.**