

Frame Drum Workout

Ken Shorley (2020)

kenshorley.com

Pattern 1 (Groove in 4):

SLOW speed

D - T K D - P -

MEDIUM speed

D T K D P

FAST speed

D-TK D P

Pattern 2 (Groove in 3):

SLOW speed

P D S

MEDIUM speed

P D S P D S

TRIPLET speed

PDS PDS PDS

Pattern 3 (Groove in 5):

SLOW speed

S - T K T K P - D -

MEDIUM speed

S T K T K P D

FAST speed

S-TK TKP- D S TKTK P D

Pattern 4 (Groove in 7):

SLOW speed

S t k t D - D - S t k t D -

MEDIUM speed

S t k t D D S t k t D

FAST speed

Stkt D D Stkt D-St ktD- D-St ktD-

Note from Ken: I've made this PDF available for free download from my website. If you wish, you can donate to support my YouTube channel so I can continue to produce instructional materials. Visit the Downloads page on kenshorley.com to donate. Thanks!