

1. Single Stroke Roll
2. Single Stroke Four
3. Single Stroke Seven
4. Multiple Bounce Roll
5. Triple Stroke Roll
6. Double Stroke Open Roll
7. Five Stroke Roll
8. Six Stroke Roll
9. Seven Stroke Roll
10. Nine Stroke Roll
11. Ten Stroke Roll
12. Eleven Stroke Roll
13. Thirteen Stroke Roll
14. Fifteen Stroke Roll
15. Seventeen Stroke Roll
16. Single Paradiddle
17. Double Paradiddle
18. Triple Paradiddle
19. Single Paradiddle-Diddle

20. Flam
21. Flam Accent
22. Flam Tap
23. Flamacue
24. Flam Paradiddle
25. Single Flamed Mill
26. Flam Paradiddle-Diddle
27. Pataflafla
28. Swiss Army Triplet
29. Inverted Flam Tap
30. Flam Drag
31. Drag
32. Single Drag Tap
33. Double Drag Tap
34. Lesson 25
35. Single Dragadiddle
36. Drag Paradiddle #1
37. Drag Paradiddle #2
38. Single Ratamacue
39. Double Ratamacue
40. Triple Ratamacue