

Flam Development Exercises

Level 1 - Double Stops

Right hand
f

Left hand
f

5 *p*

Right hand changing - 1st time
Left hand changing - 2nd time

Level 2 - Double Stop Manipulation

9 *p* *mp* *mf* *f* *mf* *mp* *p*

Level 3 - Double Stop Manipulation

16 *p* *mp* *mf*

21 *f* *mf*

25 *mp*

2 Height Control - Alternating Flams

28 *p*

Down Stroke Up Stroke

Accents are the primary stroke of the Flam
Up stroke taps are the grace notes

Down Stroke

Up Stroke

Fake the Primary Stroke (Fake Flams/Fakies)

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