

ZILDJIAN WORKOUT WITH  
**PAUL NALESNIK**



Natural Sticking/Natural Sticking

4

5

(OFF THE LEFT) Natural Sticking/Natural Sticking

10

14

One Handers/Natural Sticking

19

23

(OFF THE LEFT) One Handers/Natural Sticking

28

32

Natural Sticking/Double Sticking

37

R L R L R L R L R R L L R R L L R R L L R L R L R L R L R R L L R R L L R R L L

41

R L R L R R L L R R L R L R L L R R L L R L R R L L R L L R R L R L L R R L L R R L L R

(OFF THE LEFT) Natural Sticking/Double Sticking

46

L R L R L R L R L L R R L L R R L L R R L L R L R L R L R L L L R R L L R R L L R R

50

L R L R L L R R L L R L R L R R L L R R L L R L L R R L R R L L R R L L R R L L R

One Handers/Double Sticking

55

R R R R R R R R R R L L R R L L R R L L R R R R R R R R R R L L R R L L R R L L

59

R R R R R R L L R R L L L L L L R R L L R R R R L L L L L R R R R R L L L L R R

(OFF THE LEFT) One Handers/Double Sticking

64

L L L L L L L L L L R R L L R R L L R R L L L L L L L L L L R R L L R R L L R R

68

L L L L L L R R L L R R R R R R L L R R L L L L R R R R R R L L L L R R R R R L R



