

Which Hand Arrives First?

For every flam, one hand is the primary (louder, on the beat) and the other is the grace (quieter, just before). These exercises test both.

1 · FILL IN THE GRACE HAND

The grace hand is always the **opposite** of the primary hand. Write the grace hand for each card.

Card 1. Primary hand: R

Grace hand: _____

Card 2. Primary hand: L

Grace hand: _____

Card 3. Primary hand: R

Grace hand: _____

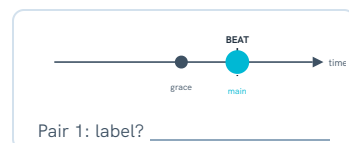
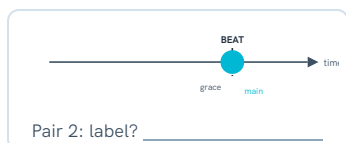
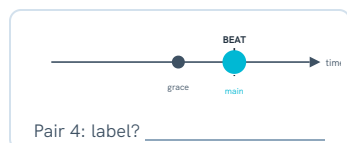
Card 4. Primary hand: L

Grace hand: _____

2 · BEFORE, SIMULTANEOUS, OR AFTER?

In a correct flam, the grace note lands **before** the beat — never at the same time or after. Label each schematic BEFORE, SIMULTANEOUS, or AFTER.

Small dot = grace note · Large dot = main note · Dashed line = beat



3 · MARK THE PRIMARY BEATS

Circle the main note on each primary beat. The grace notes fall just before; the circled note is the one that lands **on** the beat.

Line 1



Line 2



Try it Play one flam slowly, listening for the two separate contacts. Then play it right on the beat: that is the wrong way (unison). Back off the grace until you hear two distinct sounds.



Listen: tissimo.co/worksheets/snare-flam-hand-and-beat-check
60 BPM · Round 2 reveal tracks and Round 3 check-line playbacks.

Round 1: Card 1: grace = L · Card 2: grace = R · Card 3: grace = L · Card 4: grace = R
Round 2: Pair 1: BEFORE · Pair 2: SIMULTANEOUS · Pair 3: AFTER · Pair 4: BEFORE
Round 3: Line 1 primary beats: counts 1, 3 (bar 1) and 1, 3 (bar 2). Line 2: same. Circle the note on each primary beat.