Before the Beat: Your First Flam

A flam has two contacts: a quiet grace note from the opposite hand lands just before the louder main note on the beat.

1 · HOW A FLAM IS TIMED

A flam has **two contacts**. The quieter grace note lands just before the louder main note, which falls exactly on the beat. The grace is never simultaneous — it always precedes.

2 · LEFT-PRIMARY AND RIGHT-PRIMARY FLAMS

The **primary hand** plays the main note; the **grace hand** is always the opposite.

Left-primary flam (grace = R, main = L)

Right-primary flam (grace = L, main = R)

3 · FOUR-BAR EXERCISE LINE

4/4 · quarter = 60 BPM. Each flam falls on beat 1 and beat 3 (half-note pulse). Hand labels below the main note only. Grace hands are always the opposite of the printed letter.

Try it Say the grace hand aloud (always the opposite of the main) before each flam. Play at a slow tempo until the grace lands just before the beat, not on it.

Listen: tissimo.co/worksheets/snare-flam-two-hand-map
60 BPM · 4-beat woodblock count-in, then four bars of flams.
Track 1: main beats only. Track 2: full flams with grace notes.

Mini-key — Grace hand for a left primary: R · Grace is always the opposite hand.

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