

# Fill Lesson Four

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Like the last one, this lesson contains sixteenth note-based fills. However, unlike the last lesson, here you will find broken up patterns. They include eighth notes, eighth note rests, sixteen notes, and sixteenth note rests. You will likely find these fills significantly more challenging than the previous lessons, so be sure you go through them slowly with a click track at first.

Key things to remember include:

- 1) Practice the beats with a click track to train yourself to play in perfect time.
- 2) Count out loud - one, two, three four - and repeat each beat until you can play it perfectly 3x in a row.
- 2) Start out slow and slowly progress faster. Do not rush to a faster speed right away. Take your time.
- 4) Stay loose and relaxed while you play. Don't forget to breathe in and out while you practice
- 5) Have fun and play some of these beats along with your favorite rock tunes.

1)

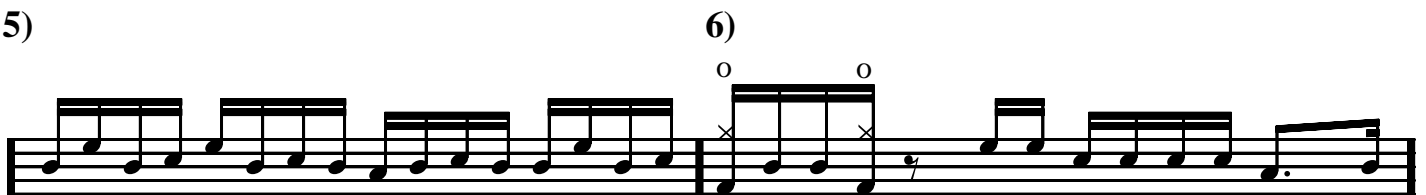


2)



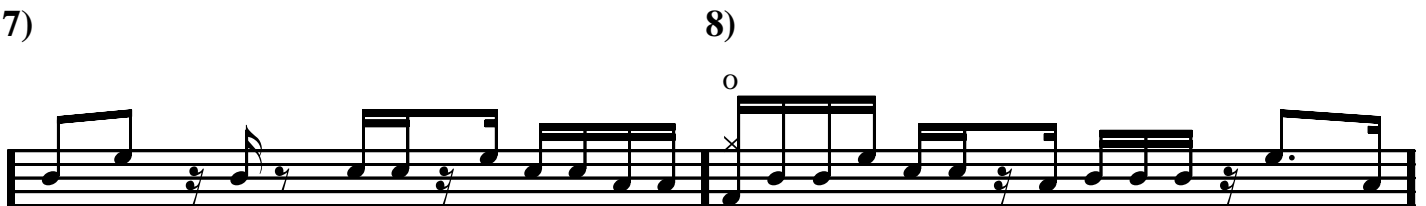
3)

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10)