

The purpose of this exercise is to clean Flam Fives across an ensemble.

The left-hand (LH) and right-hand (RH) component rhythms of flam fives are played, but within a rudimental context (rather than isolated).

The end result is simply a combination of flam-drags and cheeses where one hand is responsible for all the diddles in a given measure.

The image displays seven staves of musical notation for a drum exercise. Each staff begins with a 'check' mark and a 12/8 time signature. The notation is as follows:

- Staff 1:** Labeled 'LH Component'. It shows a sequence of notes with accents, with 'R' and 'L' alternating under the notes.
- Staff 2:** Labeled 'RH Component'. It shows a sequence of notes with accents.
- Staff 3:** Labeled 'LH' and 'Flam Fives'. It shows the LH component followed by a full 'Flam Fives' pattern.
- Staff 4:** Labeled 'RH' and 'Flam Fives'. It shows the RH component followed by a full 'Flam Fives' pattern.
- Staff 5:** Labeled 'Fives' and 'LH'. It shows a 'Fives' pattern followed by the LH component.
- Staff 6:** Labeled 'Fives' and 'RH'. It shows a 'Fives' pattern followed by the RH component.
- Staff 7:** Labeled 'Fives'. It shows a 'Fives' pattern.