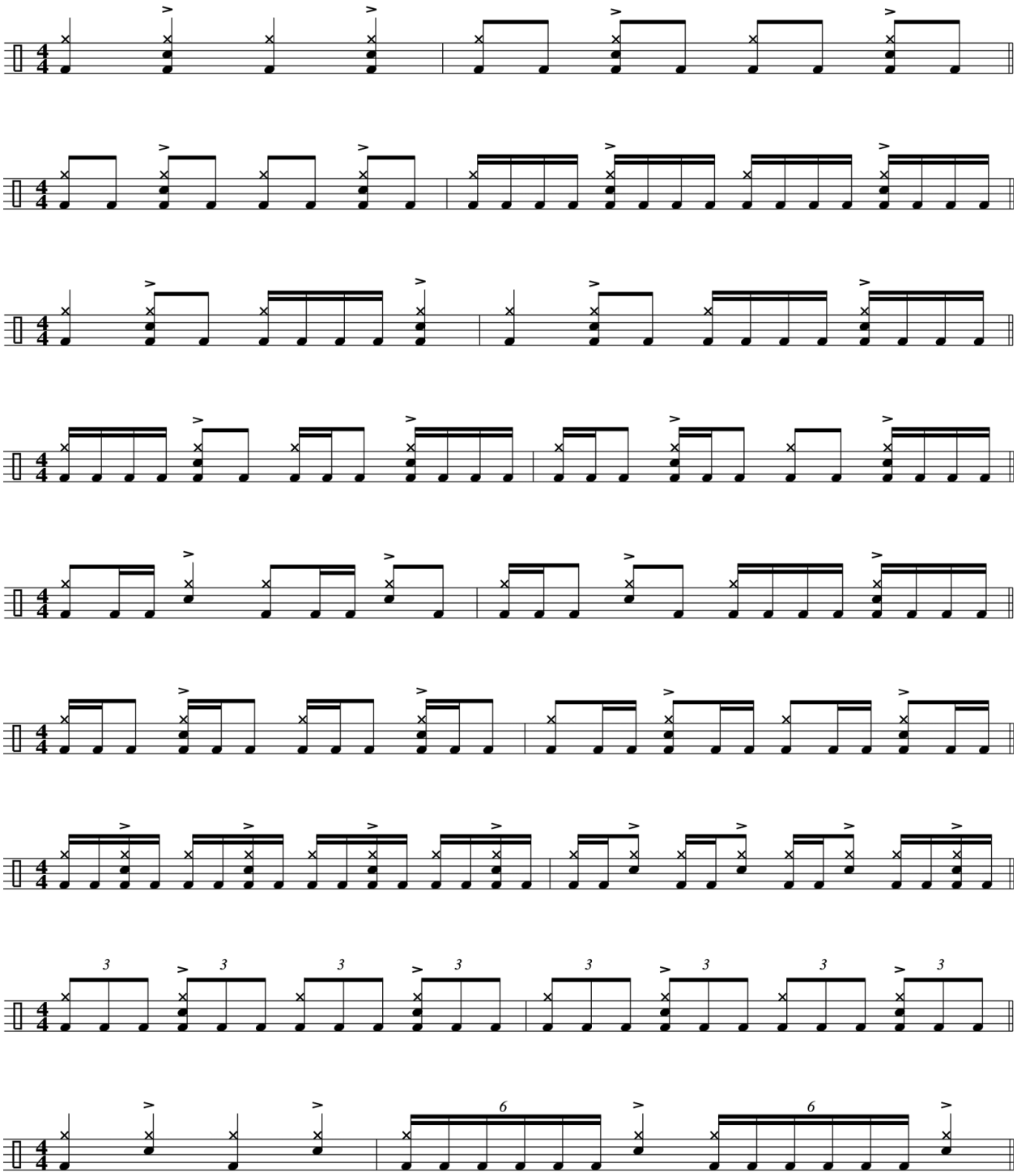Double Bass Beats for Beginners