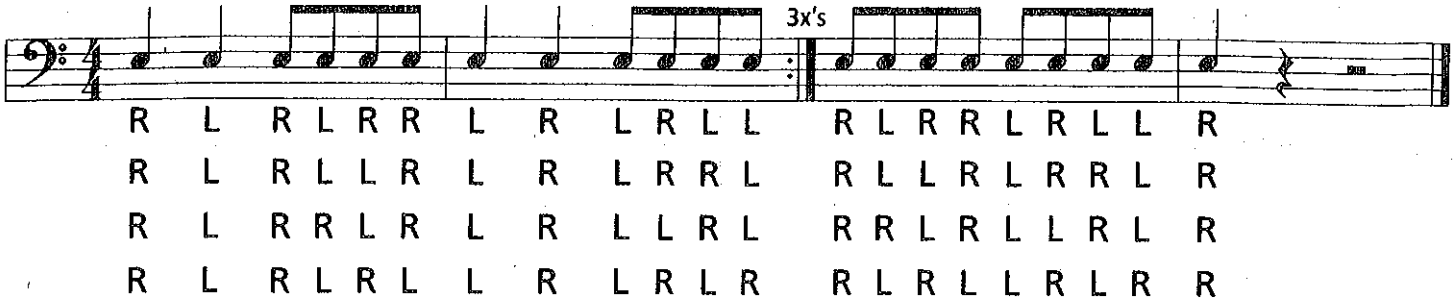
TECHNIQUE WORKOUT: EXERCISES

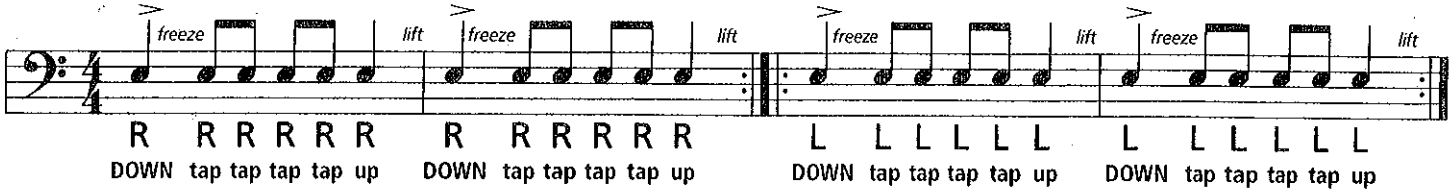
Exercise #6: "Stick Control 2"

This is a more difficult exercise to develop control over rebound strokes using various sticking patterns. Stay relaxed and listen for a consistent sound from hand to hand. Watch that the quarter notes are given their precise rhythmic value (don't rush them)! Play measure 1 & 2 three times, then meas. four & five.



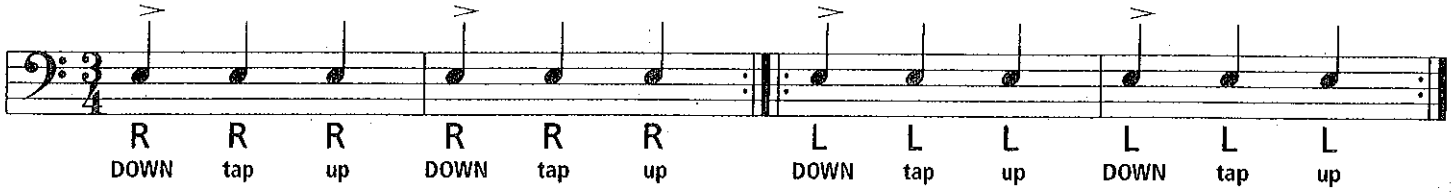
Exercise #7: "Mr. Freeze"

Use this exercise to work on downstrokes (described on page 9), taps (described on page 14) and upstrokes (described on page 11). Squeeze the stick slight on each downstroke to control the rebound and "freeze" the stick 2 inches above the drum, then *immediately* relax the hand for the taps and upstroke. Play the taps as soft, relaxed wrist strokes (2–3 inches), then lift on the upstroke to prepare for the next downstroke.



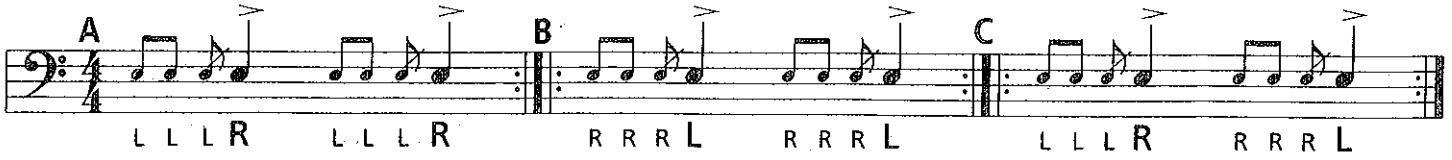
Exercise #8: "Bucks in Three"

Using the same basic technique as Exercise #7. Strive to play the exercise at two heights: 12 inches (a "full" stroke) for the accent and 2–3 inches for the tap and upstroke. Remember: let the weight of the forearm and wrist take care of the volume of the accent! Don't use any more tension than is necessary!



Exercise #9: "Extended Doubles"

ONLY practice this exercise with your hands on your legs or with the sticks on a pillow! Stay relaxed, but do not allow the stick to bounce.

Exercise #10: "Flam Prep"

Use this exercise to isolate the soft, relaxed grace notes of the flam as described in Lesson 7. Remember: two heights – 12 inches for the PRIMARY stroke, 2 inches for the grace notes. Exercise C should be played with an upstroke motion on the final grace note to prepare for the flam on the opposite hand.