

PURPOSE: This exercise focuses on the basic velocity stroke and simple movement around the drums. This exercise seems simple but there are many things to think about.

1) STICK MOTION:

- Do your sticks move exactly the same way for every stroke?
- Be sure that the sticks always move in a vertical path, no matter what drum is being played.
- Wrist/hand angle should be maintained throughout; DO NOT rotate the hand/wrist to strike the outer drums.

2) SOUND QUALITY:

- Does every stroke sound the same? How about from left to right hand? Make sure you play every note with the exact same approach. Some common mistakes:
- Pounding the last note of the long single stroke rolls in the last two measures
- At higher tempos, playing the first part of the exercise higher than you can play the rolls at the end.
- Playing with one hand louder/softer than the other
- Playing outside of the playing zones; start slowly to focus on staying in the correct playing zone areas.

3) RHYTHM AND TIMING:

- How perfect is your rhythmic interpretation of the 32nd notes? How about the underlying 16th note pattern? This is a great exercise to play with a friend take turns playing straight 16th notes while the other plays the exercise to check your rhythm and timing.
- **Be sure to practice the exercise on one drum first, then play the split pattern, changing nothing but the drum you're hitting.**

4) VARIATIONS

- Play exercise at all different heights: 1", 3", 6", 9", 12", 15"
- Take out all of the 32nd notes and play the 16th note 'skeleton.' It may take some time to get the correct sticking down, but once you have the skeleton solid your rhythm and timing should be much better.