

Add-a-Flam Five

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Snare

12/8 R I r L r l... 16/8 R R I r L L r l... 20/8 R R R I r L L L r l... 24/8 R R R R I r L L L L r l...

24/8 R R R R I r L L L L r l... 28/8 R R R R R I r L L L L L r l... 24/8 R R R R I r L L L L r l...

24/8 R R R R I r L L L L r l... 20/8 R R R I r L L L r l... 16/8 R R I r L L r l... 12/8 R I r L r l... R

Purpose: The purpose of this exercise is to improve your grace note consistency on multiple same-hand flam five rudiments.

Notes: This exercise should be played with 2 heights - an accent height (full vertical stroke at slow speeds, decreasing in height as the tempo increases) and a 3" tap height. When playing multiple flams in a row, try to play the main notes and grace notes as relaxed as possible. If you break each hand into its own components, you are just playing eight-on-a-hand strokes at different heights. Don't let the fact that you are playing flams change the basic mechanics of how you are producing the strokes.

A major, MAJOR tendency in this exercise will be to rush the low diddle and the unaccented / unflamed note, especially at the slower tempos. Be very conscious of placing these notes exactly on the eighth note pulse.

It is easy to get 'poundy' on the accented diddle - make sure to keep this diddle nice and open, using the same consistency of sound that you use on the regular accented notes.

Pay attention to your grace note placement. Are you actually playing flams, or are you playing 'two-height double stops'? It is an easy mistake to shift the grace note directly on top of the main note.

Practice this with your metronome set to eighth notes, if it has that capability. This way you don't need to worry about the changing time signatures.