

Eight on a Hand

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R R R R R R R R L L L L L L L L R R R R R R R R L L L L L L L L

R R R R R R R R L L L L L L L L R R R R R R R R L L L L L L L L R

- Purpose:** This exercise focuses on the basic velocity stroke. The 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?
- 2) Sound Quality:** Does every stroke sound the same? How about from left to right hand? Make sure you play every note with the same exact volume. Some common mistakes:
- a) Pounding the last note of each hand when stopping the stick from rebounding.
 - b) At higher tempos, playing the first note higher than the rest of the notes... just because it is easier to play the first note higher doesn't mean you should.
 - c) Pounding the very last note of the exercise.
 - d) Playing the right hand louder than the left... don't be the guy with the weak left!
- 3) Rhythm and Timing:** How perfect is your eighth note rhythm? Some common areas where mistakes occur:
- a) First two notes of the exercise: The first note defines the exercise starting point and the second note defines the tempo. You must internalize the tempo before you start so that these two notes are 'perfect'.
 - b) Hand-to-hand transfers: It is very common for people to warp the rhythm when switching hands. The key here is to think of the exercise as a steady stream of eighth notes while ignoring the fact that you are switching hands.
- 4) Variations to this exercise:**
- a) Play 16, 32, or 64 on a hand.
 - b) Play exercise at different heights; 1", 3", 6", 9", 12", 15", Full.
 - c) Play exercise as all double stops, checking that the stick motion from left to right is the same.
 - d) Play on low-rebound surface to improve muscle strength and endurance
 - e) Play exercise with each individual finger on right hand and the thumb on the left hand to improve hand / finger strength