

Woodsfield Elementary Band
BEGINNER PERCUSSION NOTES

Practice going over these steps for a while as a beginner. Memorize how it feels. While it is good to go over these things, do not put too much thought toward them while you are playing music. It can get in the way! If you are having difficulty while playing, refer to this list to figure out where the problem may be. Have fun getting to know your new instrument!

5-STEPS TO HOLDING DRUMSTICKS:

- FIRST: Find the Fulcrum/ "Sweet Spot"
 - Balance the stick on your first finger.
 - Move back and inch or so from this balance spot.
 - You have now found the "Sweet Spot"/Fulcrum. This is the best possible place for your grip to be.
- 1. At the "Sweet Spot," put your Thumb across from your first finger.
 - This is an inch or so behind the balance point.
 - There will be roughly 1/2 - 2/3 of the stick above your hand.
- 2. GENTLY wrap your other 3 fingers around the stick.
- 3. Drop your arms down by your side and **RELAX!**
- 4. Raising the sticks
 - Bend your arms at the elbows (only)
 - Bring the sticks to a point.
- 5. Wrists
 - Rotate your wrists so that the first knuckle of your first finger is on top.
 - This knuckle should be pointing perpendicular to the ceiling.
 - Your hand/wrist will feel slightly "diagonal." This may take a while to get used to but IT IS CORRECT!

BEGINNING WARM-UPS (on the Snare Drum/ Tap Pad!):

1. Stretch!
2. 5-Step Grip
3. Practice the Straight-up-and-down movement of your wrist.
 - a. It may take a little time to get used to the correct feel of your wrists moving up and down while being positioned slightly diagonal.
4. 8-on-a-hand - 8 strokes on the Right Hand / 8 strokes on the Left Hand
 - a. Use FULL STROKES (stick starts high, bounces on the drum like a trampoline and then ends up right where it started)
 - b. Follow this process:
 - i. Start this exercise at quarter note=72 bpm
 - ii. work up to the fastest tempo that is comfortable
 - iii. go slightly faster than this tempo and play for a little while
 - iv. slow down gradually until you are playing at quarter note= 60 bpm
 - c. On alternate days - Practice this exercise with TAPS
 - i. Taps are only about 2 inched above the drum head!
 - ii. Taps should be played as "up-strokes" - Will discuss in class!
5. R-L-R-L (Similar to 8-on-a-hand)
6. Page 7A, Multiple Bounce Box
7. **WHEN DONE PRACTICING FOR THE DAY:** USE R-L-R-L as a **COOL DOWN**