* WARM UP EXERCISES OR »MUSCLE BURNERS«

1. The first exercise is good for developing those muscles in your hands that help you with up strokes and down strokes. Put your hands in the position as shown on the left picture. Now try to clap for one minute straight in sixteenth-notes at 80 beats per minute (BPM). Make sure to always open up your palms as much as possible and to maintain a solid clap. It is also important to hold your elbows completely together all the time. After a few seconds you should feel a burn in your muscles. Try to stretch your comfort zone and really push to the end. Challenge yourself by slowly raising the tempo.

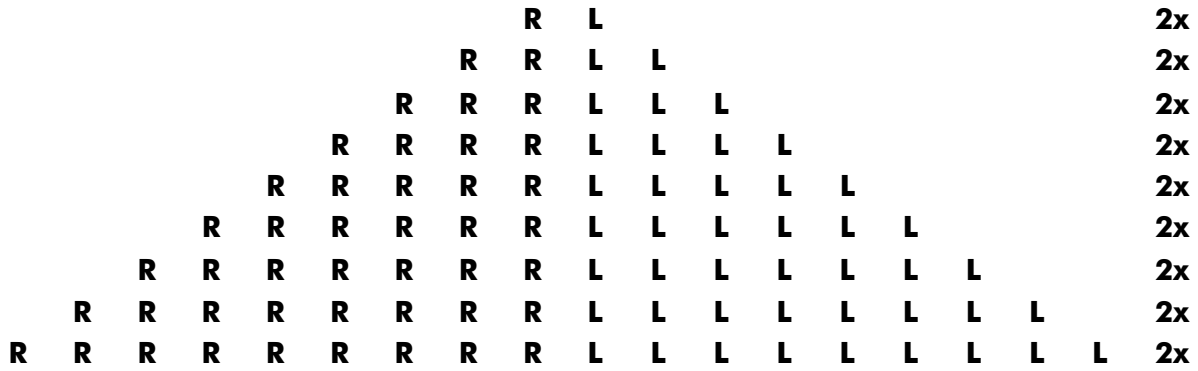
2. The second exercise is for developing muscles in your feet, specifically the tibialis anterior muscle in the front side. Put your legs in a neutral position as shown in the left picture and try to tap for 1 minute straight in eighth-notes at 80 BPM. Make sure to always bring your toes up as much as possible and lift them up as quickly as possible. Try to maintain a solid tap all the time and be careful to avoid flamming. Both feet have to strike the floor at the same time. Again, try to stretch your comfort zone and push it to the end. Challenge yourself by raising the tempo up.

1. PYRAMID SCHEMESS

Pyramid schemess are among the best exercises you can do to develop both sides equally. They are easy to comprehend and very useful for precision of execution.

Example 1

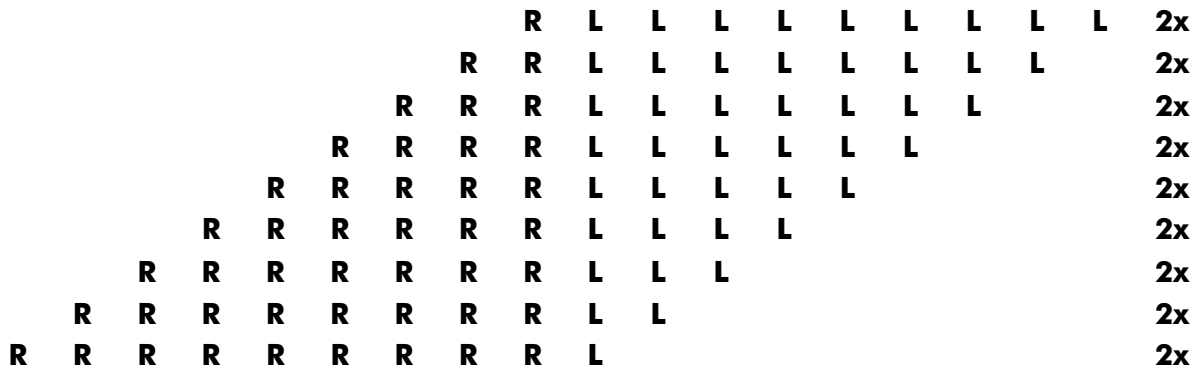
The first pyramid is the easiest one. It starts with two alternating strokes between right hand and left hand (right-left – further on R, L). For example R-L, R-L, followed by R-R, L-L, R-R, L-L and so on to the end R-R-R-R-R-R-R-R, L-L-L-L-L-L-L-L, R-R-R-R-R-R-R-R, L-L-L-L-L-L-L-L. Then reverse the circle and go from nine strokes per hand to one stroke per hand at the end. Practise this system using not only your hands, but also your feet at the same time. When counting eight notes, you will notice that some strokes are on the beat and some off the beat (syncopated).



Example 2

In the next set of exercises, try to connect the left side of the parallelogram with the right side, as shown in the picture. It is a bit more challenging than the previous pyramid, so it is even more important to count.

a)



b)

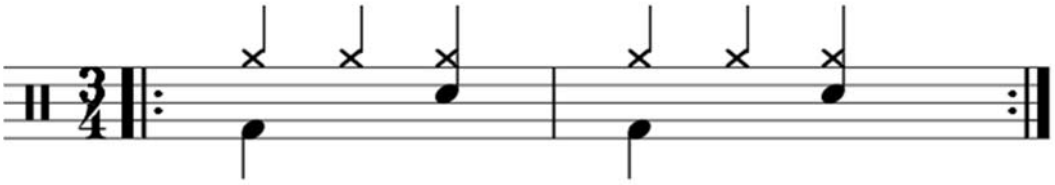
R	**R**	**R**	**R**	**R**	**R**	**R**	**R**	**R**	**L**								**2x**
	R	**R**	**R**	**R**	**R**	**R**	**R**	**R**	**L**	**L**							**2x**
		R	**R**	**R**	**R**	**R**	**R**	**R**	**L**	**L**	**L**						**2x**
			R	**R**	**R**	**R**	**R**	**R**	**L**	**L**	**L**	**L**					**2x**
				R	**R**	**R**	**R**	**R**	**L**	**L**	**L**	**L**	**L**				**2x**
					R	**R**	**R**	**R**	**L**	**L**	**L**	**L**	**L**	**L**			**2x**
						R	**R**	**R**	**L**	**L**	**L**	**L**	**L**	**L**	**L**		**2x**
							R	**R**	**L**	**L**	**L**	**L**	**L**	**L**	**L**	**L**	**2x**
								R	**L**	**L**	**L**	**L**	**L**	**L**	**L**	**L**	**2x**

II. EXERCISES FOR DRUMS

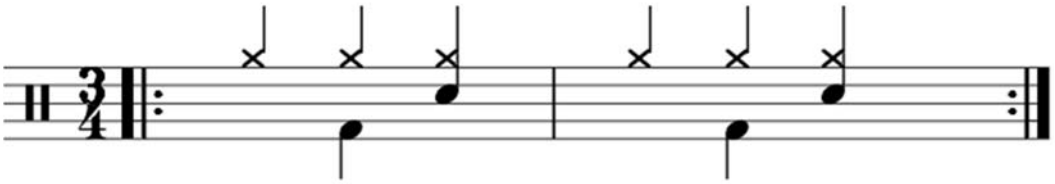
In this set of exercises you will be playing different hand ostinatos in two simple time signatures (example 1), and the following patterns on bass drum (example 2). These exercises will help you with basic rhythm, counting and coordination. Ensure that stronger hand and foot are practiced first, and then concentrate on weaker side. The hi-hat can be used instead of the second bass drum or pedal.

a) **¾ time signature**

1.



2.



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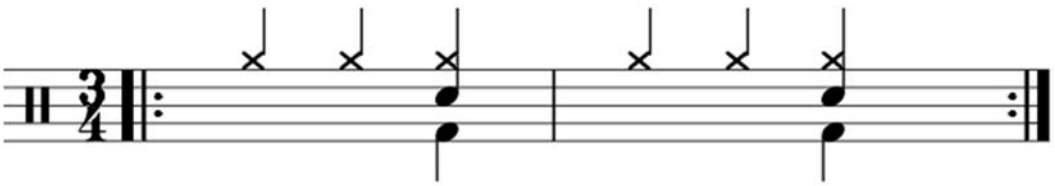
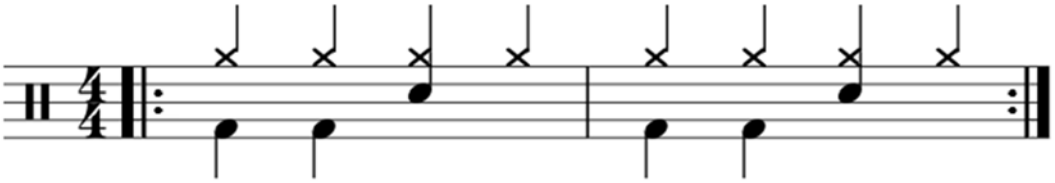
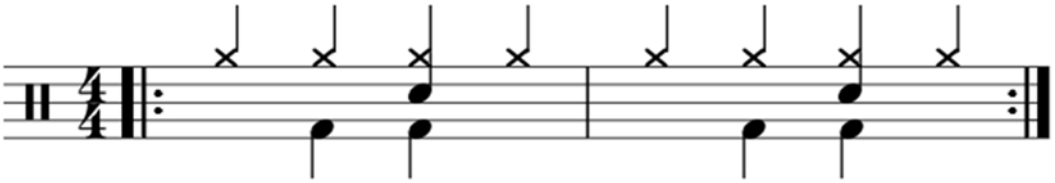


b) **4/4 time signature**

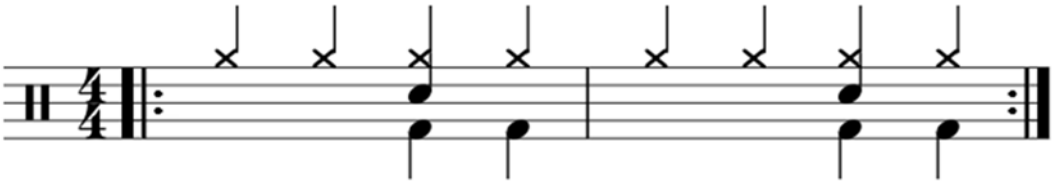
1.



2.



3.



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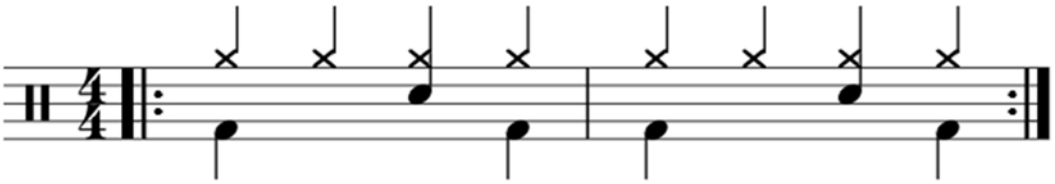
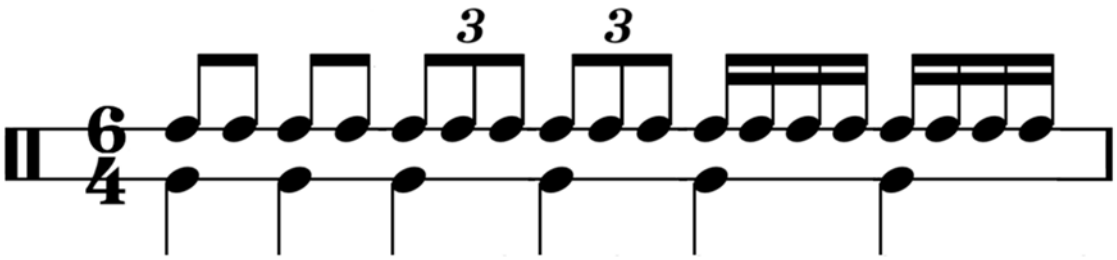


III. BASIC EXERCISES WITH EIGHTH-NOTES, EIGHTH-NOTE TRIPLETS AND SIXTEENTH-NOTES

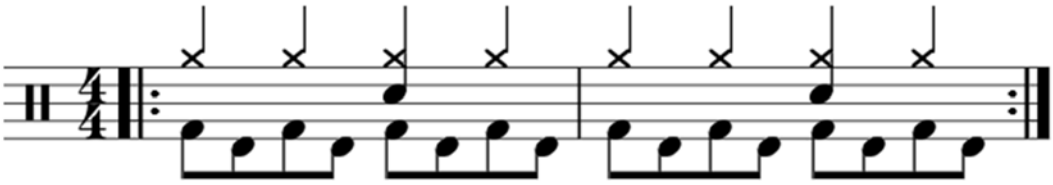
In this set of exercises you will be playing different note rate patterns on top of foot or hand ostinatos. It is crucial for a drummer to play the transitions between each part correctly and fluently. Play quarter-notes with your stronger foot and on top of that, play alternating single strokes (or any other sticking from pyramid schemess) with your hands in different note values as shown in example 1. The exercise can be also executed with feet playing the note rate patterns as in example 2, while the hands are playing a steady beat on top.

Example 1

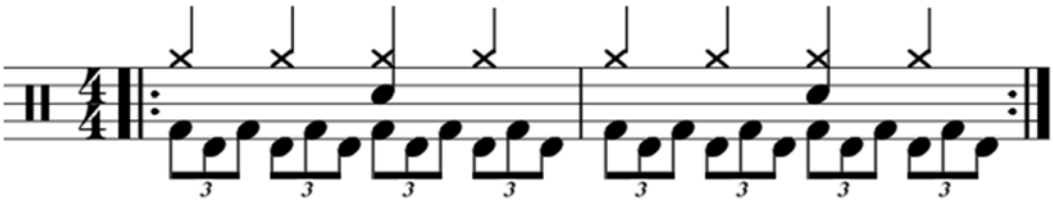


Example 2

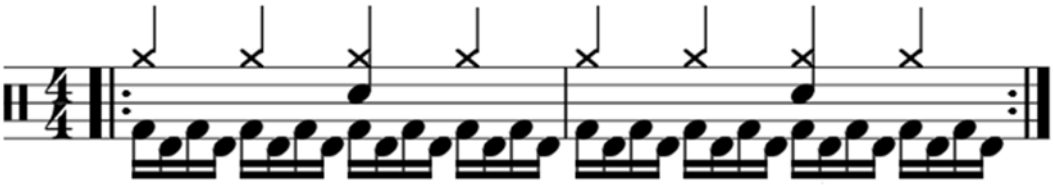
a)



b)

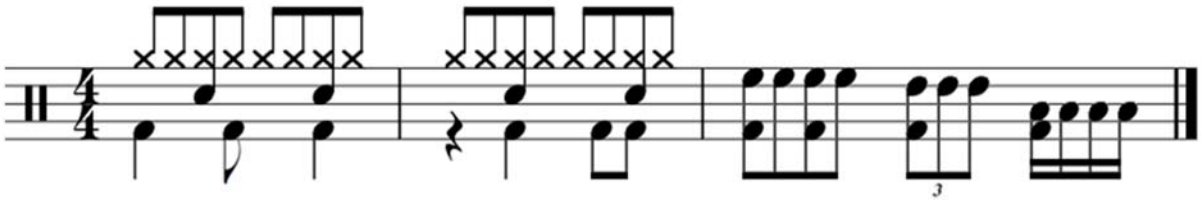
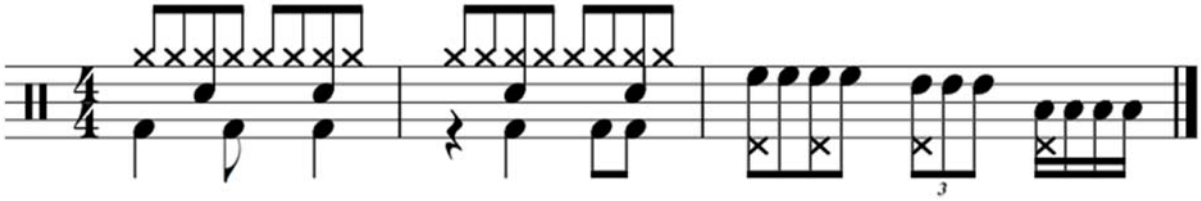


c)



IV. PRACTICAL USE OF PREVIOUS EXERCISES

The following exercises combine playing rhythm and fills, which is crucial for composing music. Play a basic rhythm with eighth-notes on hi-hat or ride cymble, as shown in the next example. The bass drum is used for playing different patterns and to mantain a quarter-note pulse between fills.
Be creative with your own fills.



or