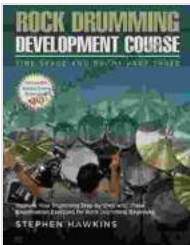


Improve Your Drumming Step By Step: Coordination Exercises For Rock

Are you a drummer who aspires to attain masterful coordination? This comprehensive guide is your ultimate resource for developing exceptional coordination skills, specifically tailored for rock drumming. Through a series of meticulously crafted exercises, we will embark on a journey to enhance your rhythmic precision and independence, empowering you to conquer complex rhythms with unmatched ease.



Rock Drumming Development: Improve Your Drumming Step-by-Step with These Coordination Exercises for Rock Drumming Beginners (Time Space and Drums Book 3) by Stephen Hawkins

★★★★☆ 4.1 out of 5

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Step 1: Single-Stroke Roll Coordination

Commence your coordination journey with the fundamental single-stroke roll. This exercise focuses on developing the coordination between your hands, fostering independence and control. Begin slowly, alternating between your dominant and non-dominant hand on the snare drum. Gradually increase the tempo as your coordination improves.

Groups of 1

Groups of 4

Groups of 5

Groups of 6

Groups of 7 (3+4)

Groups of 8

Groups of 9 (4+5)

The image displays seven musical staves, each representing a different group size for a double-stroke roll exercise. Each staff consists of a rhythmic notation with accents and a corresponding letter-based fingering sequence below it. The group sizes are 1, 4, 5, 6, 7 (3+4), 8, and 9 (4+5). The exercises are designed to be played in 8/8 time, with each group of notes starting on a new beat. The letter-based notation uses 'R' for right hand and 'L' for left hand, with numbers indicating fingerings. The exercises are designed to be played in 8/8 time, with each group of notes starting on a new beat. The letter-based notation uses 'R' for right hand and 'L' for left hand, with numbers indicating fingerings.

Step 2: Double-Stroke Roll Coordination

Advance to the double-stroke roll to further enhance your coordination. This exercise challenges your hands to execute two consecutive strokes on each hand, promoting rhythmic precision and fluidity. Practice alternating between your hands, ensuring both hands play the double strokes accurately and evenly.



Step 3: Paradiddle Coordination

Introduce the paradiddle into your practice routine to develop rhythmic complexity and dexterity. The paradiddle involves alternating between single strokes and double strokes, creating a distinctive and intricate pattern. Start slowly and focus on maintaining a steady tempo while transitioning between the different strokes.

Paradiddle Exercises Moving Accents To Toms and Cymbals

Sticking Throughout The Sheet: R L R R L R L L ... or for left handers: L R L L R L R R

Grade 2-4

60-120bpm

Ex. 1 Regular Paradiddles with Accents



Ex. 2 Moving Accents To Toms



Ex. 3 Use Different Crashes If You Have More Than 1



Ex. 4 Combine The Exercises



Step 4: Flam Coordination

Incorporate the flam into your coordination exercises to enhance rhythmic articulation and precision. A flam involves striking the snare drum twice in rapid succession, producing a distinctive "flam" sound. Practice executing flams with both hands, ensuring clarity and consistency in your timing.



Step 5: Triplets Coordination

Take on the challenge of triplet coordination to develop rhythmic sophistication and fluency. Triplets involve dividing each beat into three equal parts, creating a syncopated and complex rhythmic pattern. Begin by practicing triplets on the snare drum, gradually incorporating them into your drum set playing.

All Polyrhythms

Arranged Chronologically by LCM (Lowest-Highest)

Noah Pritchard (aka Rummy)

$\text{♩} = 60$
2:3

S: mp

B: ff

2:3

$\text{♩} = 120$

3:4

S: mp

B: ff

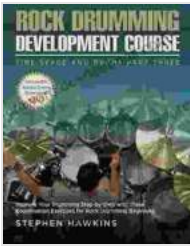
$\text{♩} = 60$
2:7

S: mp

B: ff

Embarking on this comprehensive coordination exercise regimen will undoubtedly elevate your drumming skills to unprecedented heights. By dedicating yourself to regular practice and diligently executing these exercises, you will develop exceptional coordination, rhythmic precision, and independence. Conquer complex rhythms with ease, enhance your drumming fluidity, and unleash your full potential behind the drum set.

Remember, the journey to mastering coordination is an ongoing pursuit, so stay dedicated, keep practicing, and let the rhythm guide you.



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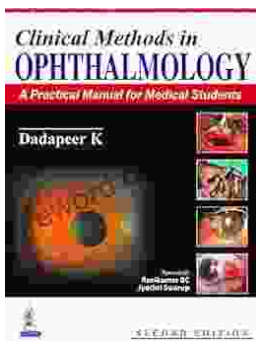
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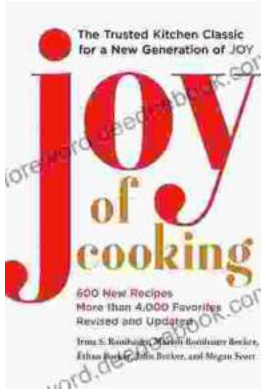
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