

Junior Percussion Workshop  
with Mark Adam, Acadia University  
mark.adam@acadiau.ca

Please bring a practice pad to this session

**Grip**

1. Basic Grip
2. Stand with arms by your side
3. Bend arm up at elbow to 90 degrees
4. Let your hands just hang
5. Gently rotate your arm so your hands hang upside down  
Fingers should be nice and gently curled
6. Put the stick in the relaxed curved fingers and DO NOT clinch the stick tightly

Turn hand over, let arm move up and down at wrist  
PLAY, PRACTICE, ROCK!

**Good snare warm-ups**

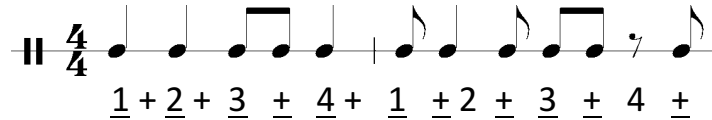
1. **Wrist check-in-** Full, falling strokes:  
Metronome at 112 per stroke to begin. Wrist in constant motion.  
→ 8L 8R 7L 7R 6L 6R 5L 5R 4L 4R 3L 3R 2L 2R 1L  
Go back up  
→ 1R 2L 2R 3L 3R 4L 4R 5L 5R 6L 6R 7L 7R 8L 8R
2. **Roll warm-up-** Buzz strokes fall down:  
→ Quarter note falls. Metronome at 60- L L L L | R R R R for 1 minute  
→ Eighth note falls. Metronome at 60- LRLRLRLR... for 1 minute  
→ Combination, smooth Metronome at 80- Make up your own rolls that  
move back and forth between eighth and quarter note buzzes.

## Music Counting Exercise

Let's count some rhythms aloud like this:

Count the subdivisions (all of them) and let's ACCENT the rhythms with our voice.

Example:



Use this to work on your music AWAY from the instrument to get it in your head. Add clapping WITH the counting to see if you can CLEARLY bring the two together.

If you have ANY questions about percussion, drums and studying music, don't hesitate to contact me:  
mark.adam@acadiau.ca