

Senior Percussion Workshop

with Mark Adam

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Please bring a practice pad to this session

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.

Countin' games for gettin' your listenin' thinkin' goin' on!!!!

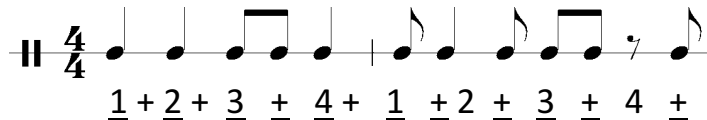
- Fill the pulse: Set metronome to 50 and count the following EVENLY within each pulse, 8x's each
"1-2" (8x's), "1-2-3" (8x's), "1-2-3-4" (8x's), "1-2-3-4-5" (8x's) etc up to 8 per pulse
- now the same, count out loud and play alternating single strokes with counts,
- now the same, count out loud but play double strokes with counts,
ex. 1-2-3-4-5-1-2-3-4-5
L- L-R-R-L- L- R-R-L-L
- now do the same, counting out loud and playing buzz strokes with counts.

More music counting work

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.

Do it with complex rhythms as well using a metronome to hear different subdivisions clearly.

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