



**Workout #4**

**Play-Along Tracks:** 19

**Type:** Grooves

**Genre:** Punk

**Description:** These four punk beats include the hi-hat playing quarter notes, the snare drum on beats 2 and 4, and the bass drum in various eighth-note positions.

**Tip:** For a more aggressive hi-hat sound, strike the shoulder of the stick against the edge of the hi-hats, causing the top and bottom hi-hat cymbals to resonate with each other. To create a partially open hi-hat sound, relieve pressure off the footboard of the hi-hat stand.

$\text{♩} = 70-175$



**Workout #5**

**Play-Along Tracks:** 2, 4, and 9

**Type:** Solos and Fills

**Genre:** Rock

**Description:** In this often-used fill, the right stick is placed on the floor tom and the left stick is placed on the snare drum. The fill is played as a crescendo (from soft to loud).

**Tip:** Make sure to play the fill as flat flams. In other words, do your best to place the floor tom note as close as humanly possible to the snare drum note. To accomplish a dramatic crescendo, start with a low stick height and end with the sticks high off the drumheads.

$\text{♩} = 50-120$



**Workout #6**

**Play-Along Tracks:** 2, 4, and 8

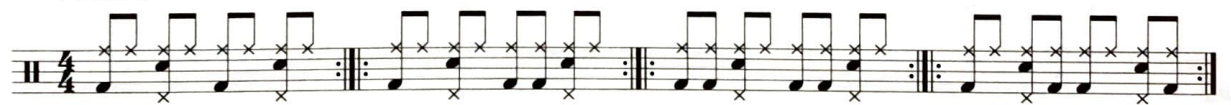
**Type:** Grooves

**Genre:** Rock

**Description:** The ride cymbal plays consecutive eighth notes, while snare drum backbeats and hi-hat chicks are located on beats 2 and 4. The placement of the bass drum notes differentiates one beat from the next.

**Tip:** The ride cymbal is normally played with the tip of the stick making contact about two inches from the edge. The hi-hat chicks can be accomplished using a heel-up or heel-down technique. The heel-up technique uses the thigh muscle to create a sharp attack, while the heel-down technique uses small muscles in the foot and ankle (and a rocking motion) to create a more complex sound.

$\text{♩} = 50-120$



**Workout #7**

**Play-Along Tracks:** 2, 16, and 23

**Type:** Drumnastics

**Genre:** Multiple

**Description:** This flow of eighth-note triplets involves an R and an L on the snare drum followed by a bass drum note. John Bonham (from Led Zeppelin) and Elvin Jones (jazz great) made this lick famous.

**Tip:** Start slowly, making sure that each note is clearly heard and evenly executed. Because the bass drum is a bigger drum than the snare, you don't have to lay into it too hard with your right foot. This will make it easier to play this flow of notes at a faster tempo.

$\text{♩} = 40-240$

