DRUM AEROBICS

EEK!





Workout #1

Play-Along Tracks: 5, 14

Type: Coordination

Genre: March

Description: The feet play quarter notes between the bass drum and the hi-hat, while the hands play alternating

single strokes as quarters, eighths, and sixteenths.

Tip: Make sure that notes are played at precisely the same time between the hands and feet. It is easy to flam the notes without realizing it. Execute each alternating single as a controlled stroke (catch with your fingers after bouncing off the head) or a free stroke (the fingers allow the stick to bounce back up).



Workout #2

Play-Along Tracks: 2, 4, and 8

Type: Grooves

Genre: Rock

Description: These four common rock patterns use hi-hat eighth notes and snare drum hits on beats 2 and 4 (called

a "backbeat"). The placement of the bass drum notes causes each beat to sound different.

Tip: Repeat each beat multiple times and move on to the next beat without hesitation, or combine beats together to form two- and four-bar phrases. To achieve a "closed" hi-hat sound, apply pressure to the footboard by lifting the heel and using the calf muscle. For extra challenge, try the beat open-handed (left stick on the hi-hat and right stick on the snare).



Workout #3

Play-Along Tracks: 2, 4, and 9

Type: Solos and Fills

Genre: Rock

Description: The following fills travel from the left side to the right side of the drumset (on a right-handed kit), creating a high to low effect in a typical drum set-up. The fills use quarters, eighths, sixteenth notes, and a combination of the three.

Tip: Angle the sticks toward the center of each of the drumheads, and make sure each stroke is produced evenly. This assures a consistent sound all the way down the drums. Begin by using the assigned sticking (whether you use your right or left stick), but feel free to experiment with other sticking combinations. If you are having trouble with speeding up or slowing down, count out loud or bounce the heel of your left foot as you play.





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.



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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.



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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.



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Workout #7 Play

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.



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