

## Core Arts Drum Kit Lessons Hand-Out no.1 25/03/2020

Hi drummers! Paul here. I hope you are well and staying well! Drumming can help! It has been scientifically proven. I'll see if I can find some info, but for now, take it from me.

Anyway!

It's good to practice. To play. Drum along with your favourite songs. Drum on cushions! A chair (softish ones are best). If you have a drum pad, use that. OR....on a hard surface just get a small towel and fold it a couple of times then drum on that! Hard surfaces are cool but a bit loud, depending on your neighbours and who you live with!

Can I tell you what I do? First thing is get your place where you're going to play with the right height for you, good comfortable position for drumming, SIT UP TALL, but relaxed.

Make sure you are holding the sticks nice and even, not too tight, relaxed but firm. Thumbs on the inside ideally (so the backs of your hands are facing upwards).

Make sure your wrists are relaxed and start...

I always start with SINGLE STROKES. NICE AND SLOW. Right....Left.....Right ....Left. Keep it even, bouncy sticks. Feel the sticks rebound off the surface. Don't lift the sticks too high. Roughly six inches from the 'drum' (or pad etc). And, when they bounce try and control the bounce so it doesn't bounce back too much off the drum.

OK, so warm up with some single strokes – play along in time with a record maybe. I sometimes do it while I'm watching TV (not in company though. ...).

If you can slowly speed up, if that makes sense. Gradually. OR you can go between:

'One and two and three and four and '– (quavers!) TO 'One- ee and uh, Two ee-and-uh, three ee-and-uh, four ee-and-uh' (semiquavers!)

Does that make sense? The semiquavers are 'twice as fast' as the quavers. I think it's in the first video!

Also try DOUBLE STROKES. Left left, right right etc etc..... Two on each stick. Keep em even! Keep it relaxed. Start slowly. If you can speed up do, but gradually and keep it nice, controlled.

Do doubles along with some music of your choice. Put on some wicked tune and play along. SINGLES! DOUBLES! MIX EM UP! Stay in time with the music. Listen to the drums on the track. Get into it!

Finally for today! PARADIDDLES! Remember? Right left right right/Left right left left. Nice and even and slow and relaxed. Then you can try gradually speeding up but keep it relaxed and controlled.

ENJOY! DRUM! PLAY! It's good for the soul! And have fun, do your own thing too!!

TIL THE NEXT TIME. TAKE CARE. STAY WELL. PEACE.

PAUL.