

## Core Arts Drum Kit lesson 09/04/2020

### 1. The Benefits of Drumming.

The word rhythm in Greek means 'flow'. Flow is good, it unblocks things helps things move that need to move. Also in drumming, we are centred. We can focus without 'thinking about it', without 'trying'.

Why do you drum? Let's be honest, you didn't start playing the drums because you wanted to do exams in drumming.

You probably started drumming when you were a little kid...

I would get told off at school for drumming on the desk. I didn't know I was doing it a lot of the time. I was drumming along to the music in my head.

Babies drum. We've all seen it. Like babies dance. Music is possibly the oldest art form, going back to 'caveman times'. Some kind of singing, tapping rocks, stamping etc probably brought groups of people together and helped soothe their very real fears – getting eaten by a sabre-toothed- tiger etc -

So!!! We love music and we love drumming. And that is the word right there...LOVE.

Drumming is music, it is also meditation. It's very good for you, according to the articles I have read but, more importantly, from my own personal experience. It makes me feel good! It takes my mind off things. It also helps my mind wander in a semi conscious way. I'm not 'thinking about things', but thoughts float up and sometimes if I notice a 'good one' I can grab it gently and hold it for enough time to make a mental note of it. It could be just something that I forgot to do, or wanted to do, or a feeling, an answer.

But try to focus on your sticks! Get a nice bounce! The more bounce the better! Control it in a relaxed way.

So, practice your drumming, but more importantly PLAY! Play along with music – on the radio, on your phone...in your head! We **play** music. We don't '**work** music'. Don't get me wrong, to get good takes some discipline, some focus, PERSISTENCE AND PATIENCE.

I remember watching a friend play the guitar and then trying myself and it was really hard! My fingers couldn't press down the strings and it didn't sound good. BUT!!!! Guess what? I kept doing it, improved little by little, things got a little bit easier and now I'm a half decent guitarist.

You might have an 'off day' when the drumming isn't flowing as well as another day, but that's okay! We all have a bad game sometimes. Just keep smiling about it.

Enjoy it.

Challenge yourself. Set yourself some goals like.. "I'm going to play paradiddles for two minutes without stopping at...90 beats per minute" (Get a metronome on phone or computer!!!)

The exams are just a tool to help you improve and test a certain kind of knowledge

### 2. Drumming without drums.

If you can't make noise where you live, you can drum with the palms of your hands, on your legs. If you have drum sticks but no drum (or can't make noise) you can play on a cushion, or a whole set of cushions. One of my first teachers, a drummer called John Stevens, told the story of his son who wanted to play drums and asked "Dad, will you get me a drum kit?". He replied "drum on these cushions and if you're still playing in a year I'll get you a drum kit".