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Developing Your Weaker Side (part 3)

In this third exercise, we will continue using singles and doubles to balance the limbs. We are going to use groups of twos, threes, fours, fives, sixes, and sevens -all ending in doubles. Repeat each line before moving on to the next and make sure to follow the sticking patterns.

This first one has 4 groupings of threes and 1 grouping of 4s.

The first exercise consists of two measures of music. The first measure contains four groups of three notes, each starting with an accent (>). The second measure contains one group of four notes, also starting with an accent (>). Below the notes is the sticking pattern: R | | R | | R | | R | | R | r r L r r L r r L r r L r r L r | |

The next one has 2 groupings of fives and 1 grouping of sixes.

The second exercise consists of two measures of music. The first measure contains two groups of five notes, each starting with an accent (>). The second measure contains one group of six notes, also starting with an accent (>). Below the notes is the sticking pattern: R | r | | R | r | | R | r | r r L r | r r L r | r r L r | r | |

And this one has 2 groupings of sevens and 1 group of twos.

The third exercise consists of two measures of music. The first measure contains two groups of seven notes, each starting with an accent (>). The second measure contains one group of two notes, also starting with an accent (>). Below the notes is the sticking pattern: R | r | r | | R | r | r | | R r L r | r | r r L r | r | r r L |

The three exercises in this series of articles will balance your hands (and feet) if done consistently. Remember to use a metronome. Thank you and good night.

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