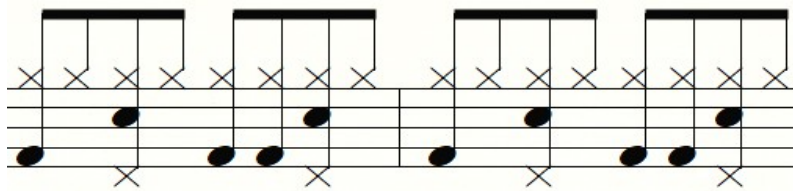


# The Hi Hat Foot

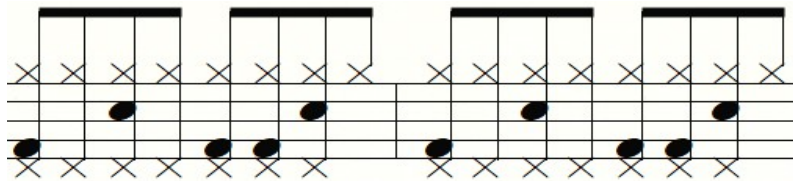
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The hi hat foot is the least used limb when playing the drums. This article is an introduction to using the left foot in your playing.

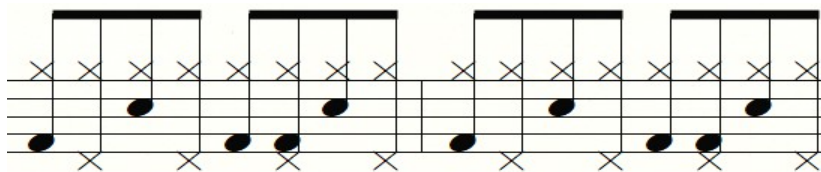
Lets start by playing a basic beat with the ride cymbal and playing the hi hat foot on 2 and 4 along with the snare drum.



Next, let's play the hi hat foot on all of the 8<sup>th</sup> notes along with the ride cymbal. Make sure the notes line up together.



Now play the hi hat foot on the upbeats.



As always, play these exercises with a metronome. Once you get a feel for playing each of these, try transitioning from the beats to fills and back without disrupting the hi-hat foot pattern. Then, try doing the same thing with different drumbeats.

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