

Weekly exercise

January 29, 2018

#groupings #5 #inspiredbyothers

This week is a triple bill.

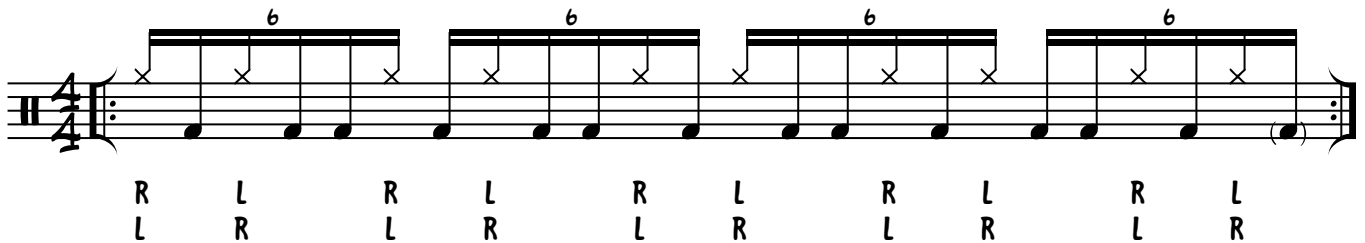
If you didn't see the nice phrase below posted by Michael Schack on his Instagram account, well here you have it. He has a short movie on his account to, so go and check it out. (@michaelschack)



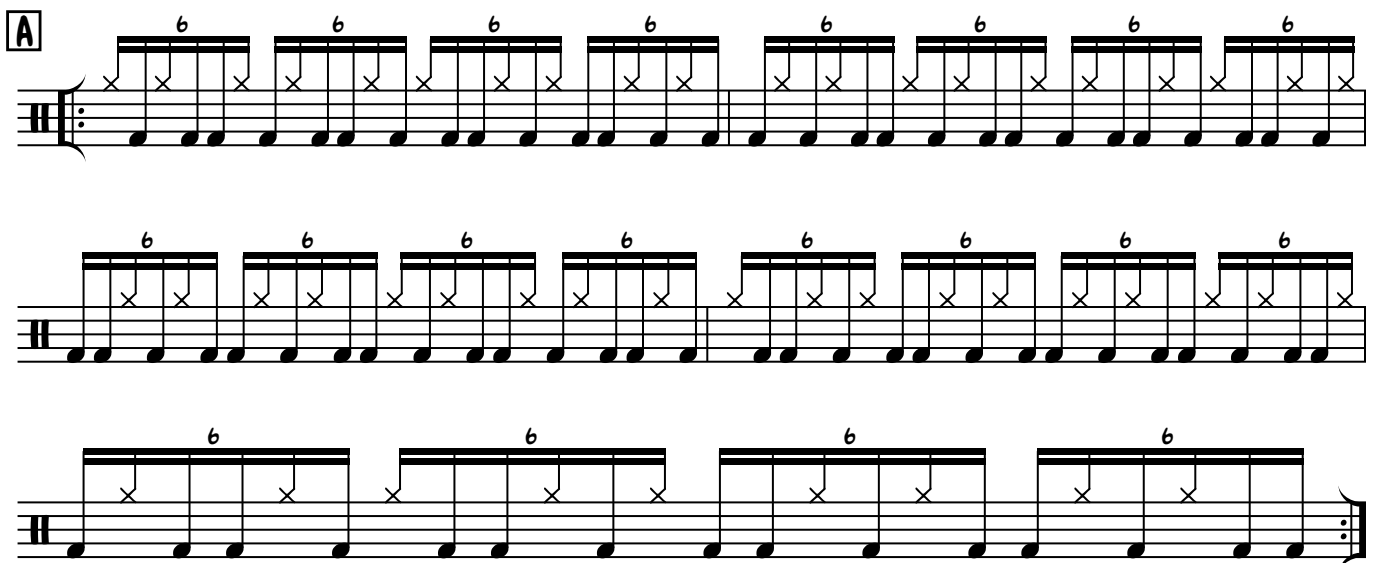
My high profile drumtech inspired me with his (by now almost weekly) Stretcherise.

Check out the pd, real fun to do. (That's the double bill by the way)

Although I'm convinced from the fact that you should exercise all your limbs, I saw more use in the following idea. Hence the triple bill.



First let's make sure we can play the figure through the whole cycle. (A) As always, start slow, count out loud. Create anchor points so you can start on the second beat of the second measure, third beat of third measure, ...



When comfortable playing the whole cycle, feel free to spread your sticking around the drumset. For example exercise B, add a snare every 2 groups of 5. Or exercise C, replace the hats by toms.

B

C

Off course you can come up with your own ideas. Mixing leading hands for example and grouping some phrases (2 times right hand lead, 1 time left hand lead and repeat) Check out exercise D and E.

The possibilities are endless so have fun and make some music !

D

R L L R L R R L L R L R R L L R L R ...

E

R L R L R L L R R L R L R L L R R L ...