

Getting Started 1

Technique pointers:

1. Grip between index finger and thumb. These need to be opposite each other.
2. Grip position about 13cms (5 Inches) from end of stick. This is very approximate. Depends on the stick.
3. Stroke: Lots of wrist movement. Be aware of the axis of your wrist. Twist "in" just a little bit if required.
4. Play with your eyes and ears. Watch that both sticks rebound to the same height. They should sound equal too.

A

1 2 3 4 (1) (2) (3) (4)
R R R R

B

1 2 3 4 (1) (2) (3) (4)
L L L L

C

1 2 3 4 (1) (2) (3) (4) 1 2 3 4 (1) (2) (3) (4)
R R R R L L L L

D

R R R R L L L L

E

Say: 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +
R R R R R R R R L L L L L L L L

F

1 + 2 + 3 + 4 +
R R L L R R L L

G

R L R L

H

1 + 2 + 3 + 4 +
R L R L R L R L