

Getting Started 2



Technique reminders:

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

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

B

Say: R L R L R R L L R R L L
 Also: L R L R L L R R L L R R

It's really important to say the counts rhythmically. You need to internalize the feel so that it actually becomes difficult to play it wrong. At this stage it can still be helpful to say the stickings as well.

Do all sticking variations on this page as separate exercises.

C

1) R R R R R L R L R L R L
 2) L L L L L R L R L R L R

The main reason you do the above bars is to increase your speed. Now get this fast too.

D

R L R L R L R L R R L L R R L L