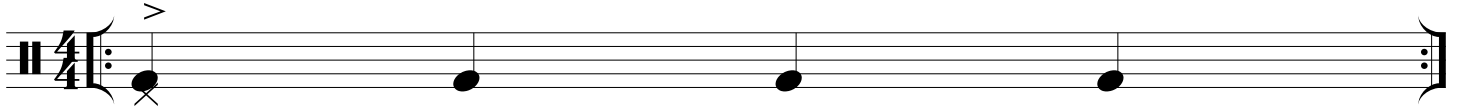


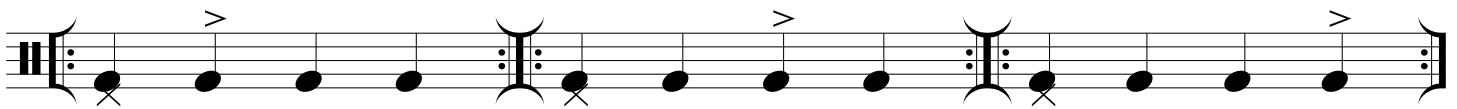
LESSON OF THE WEEK FOR February 9th, 2015

Simple, yet highly effective bass drum exercises...

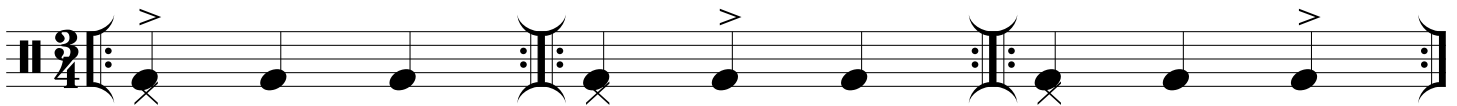
Begin by playing 1/4 notes on the bass and play beat "one" with the foot hi-hat. Start slow and steady, gradually increase to your top speed and hold it. Gradually decrease speed. Do it again!!



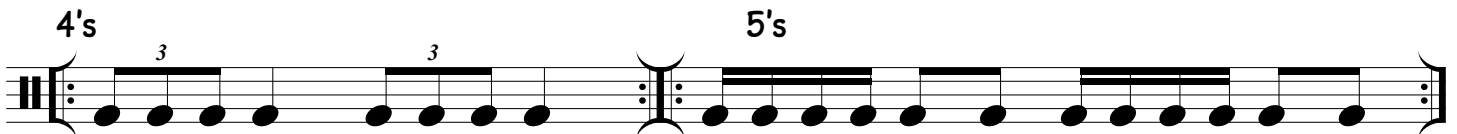
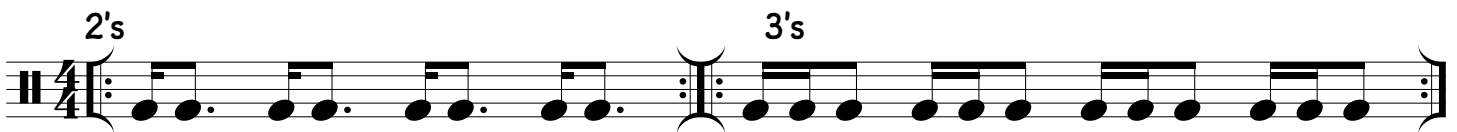
Now accent the different beats. important: keep playing beat "one" with the foot hi-hat. Don't let the hi-hat follow the accented bass notes. Repeat each measure for at least a minute.



Try the exercise over triplets or other subdivisions ie. 16th triplets, quintuplets, etc...



Another quick, easy, effective exercise is to play different lengthed groupings. Start slow and build speed.



Rule: Anything you can play with your hands you should attempt with your feet...Practice reading exercises...



Now that you're warmed up here is a heavy-footed groove for you...

