

1. Blizzard Bag for Percussionists

Name _____

The Four Basic Strokes

Class Period _____

Google search: Vic Firth Rudiments <http://vicfirth.com/40-essential-rudiments/>
Click on "**How to Learn and Practice your Rudiments.**" Listen to this 3 minute video.
Also click on "**The Grip and Four Basic Strokes.**" Listen to this 6 minute video.

Practice the following exercise containing rebound strokes.
When sticking is provided always use the marked sticking.
Be sure to keep the tempo steady (metronome). Avoid tension - stay relaxed.

Rebound Strokes

> > > > > > > > > > > > > > > >

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

Practice the following exercise containing tap strokes (drop strokes).
These are similar to rebound strokes except the size of the stroke is 1-2 inches.
Sticking, Steady Tempo, Stick Height and Relaxed.

Tap Strokes

5

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

Controlled Strokes (stopped strokes) are performed by raising the stick before striking the drum and then stopping the stick about an inch above the drum *after* striking the drum.

Controlled Strokes

9

L L L L R R R R

Up Strokes (lift strokes or Moeller strokes) are performed after a tap stroke by lifting your wrist slightly then the tip of your stick to prepare for the next accented note (full stroke).

Controlled, Tap and Up Strokes

13

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

I watched the two videos and practiced each of the above exercises.

Printed Name _____

Signature _____

Class Period _____

2. Blizzard Bag for Percussionists

Practice the following exercises containing the Four Basic Strokes
(Rebound, Controlled, Tap, and Up Strokes).

Sticking, Steady Tempo, Stick Height and Relaxed.

Play the each exercise with the repeats (4 times each):

- A) Using the right hand only
- B) Using the left hand only
- C) Alternating hands (R L R L R L R L)

17




21



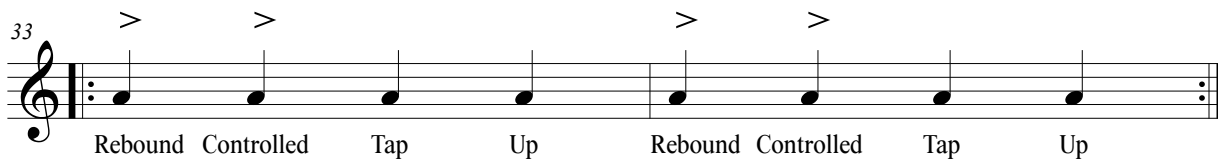
25



29



33



Rebound Controlled Tap Up Rebound Controlled Tap Up

I practiced each of the above exercises following the instructions listed above.

Printed Name _____

Signature _____ Class Period _____

3. Blizzard Bag for Percussionists

Google search: Vic Firth Rudiments <http://vicfirth.com/40-essential-rudiments/>

Click on the box for rudiment # 1 (The Single Stroke Roll)

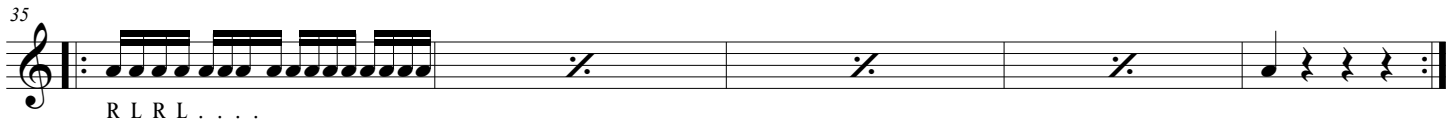
Then Click on the "Take a lesson from Dr. John Wooton."

Listen to the video.

Now click on the **"Single Stroke Roll: Bronze"** play along track.
Play along (using rebound strokes) with the recording!

stick height, stick motion, evenness, steady pulse, steady sixteenth notes, relaxed muscle control.

35



R L R L

If you feel comfortable at the Bronze level, you could move on to the **"Single Stroke Roll: Silver"** play along track.

DOUBLE STROKE ROLLS

Practice the following exercise (repeat at least 4 times).

Practice on a surface that does not allow the stick to bounce. This will help develop your fingers, hands, and wrists.

Start with the metronome set for a quarter note equals 50 beats per minute. (eventually you can move the tempo slightly faster)

stick height, stick motion, evenness, steady pulse, steady sixteenth notes, relaxed muscle control.

40



RR LL RR LL RR LL RR LL RR LL RR LL RR LL RR LL

I practiced each of the above exercises following the instructions listed above.

Printed Name _____

Signature _____

Class Period _____