

The Technique Checklist

“Great technique is the foundation on which we build a strong musical house.”

- Relax your shoulders
- Keep your back straight, but not stiff (no slouching!)
- Adjust pad or drum to belt height
- Sticks at a 90° angle
- Wrists flat (German Grip)
- Grip stick loosely between thumb pad and 2nd joint of index finger
- Thumbs should grip 1/3rd of the length from the butt-end of each stick (Thumbs cover “flag” of SD1’s)
- Loosely wrap the other 3 fingers around stick, but don’t hold tightly, let fingers follow the stick’s motion
- Hold sticks 1” high off center of pad (Playing Position)
- Lift stick up (8”-10”) with wrist, not arm and let the stick fall, then catch the stick with your fingers 1” off pad or drum (back to “Playing Position”)

LIFT-DROP-BOUNCE-CATCH

BE PATIENT...YOU’LL GET IT WITH SLOW PRACTICE

****Remember to stay relaxed as you’re working on your technique - Being relaxed will help you learn these skills quickly and efficiently****