

digital drumtech

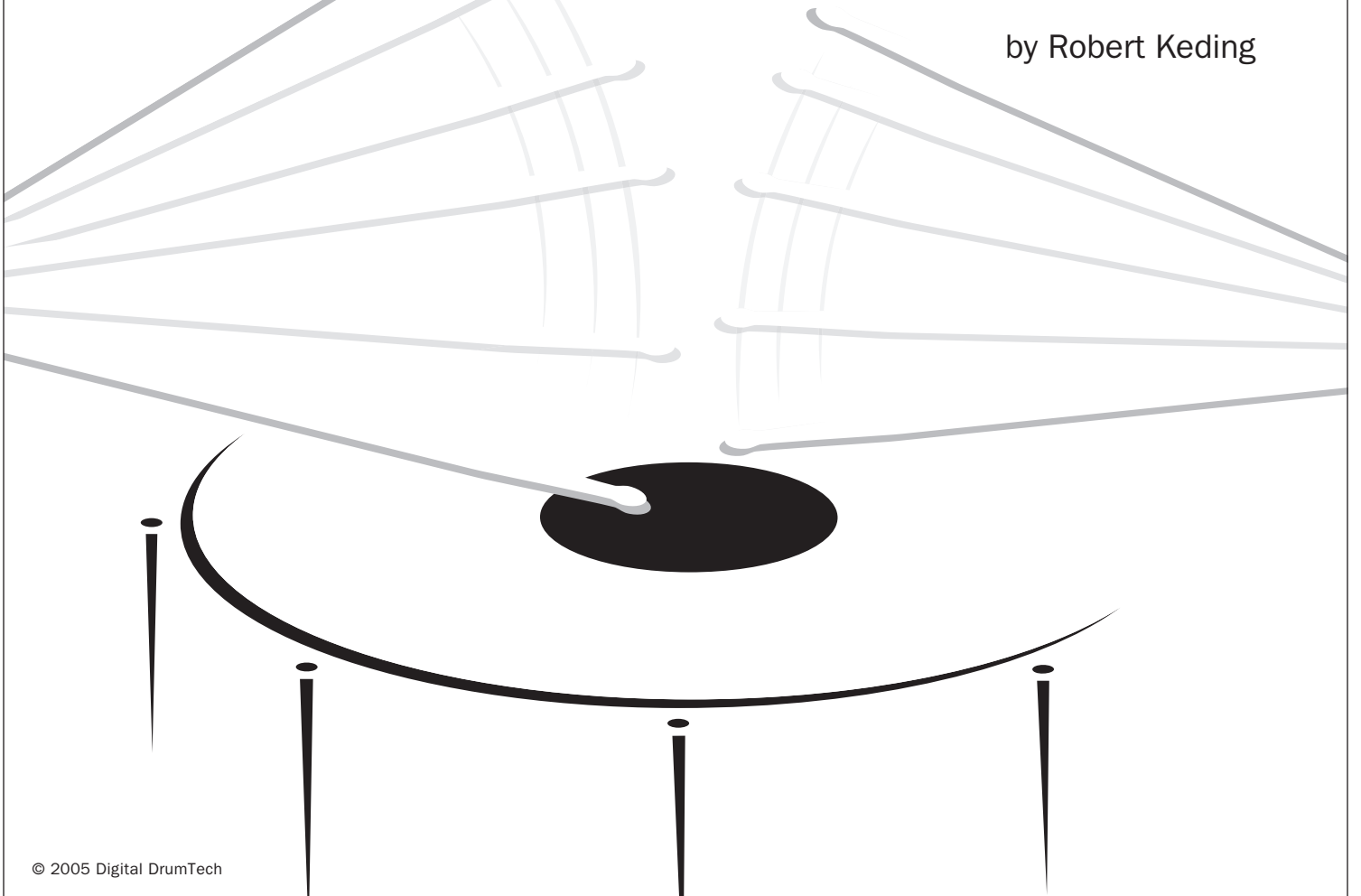
MUSIC TECHNOLOGY FOR THE PERCUSSIVE ARTS

X-TREME **PERCUSSION** **ALL LEVELS**

Warm-Up & Chops Building Program

Designed to enhance accuracy, control and endurance
for the Contemporary Rudimental Snare Drummer.

by Robert Keding



IT IS HIGHLY RECOMMENDED THAT YOU DOWNLOAD MULTIPLE TEMPOS TO ENSURE ENDURANCE AND ACCURACY! START SLOW AND THEN PROGRESS TO YOUR PHYSICAL LIMITS . . .

HOW TO USE THESE EXERCISES

These recorded exercises and the corresponding lead sheets provide a way for rudimental drummers to gain accuracy, control and endurance. The exercises have been recorded using sounds from the **Digital Drumtech Marching Percussion Sample Library**. The computer is playing the exercises so the timing is exact, but the sound is a REAL Drumline Sound!

All you need is a Boom Box, MP3 Player or computer and a practice pad; "RealFeel" pads by HQ Percussion, Vic Firth Pads, etc. Try to make your playing "Lock In" with the recorded exercise audio track. Be sure to make adjustments to the recorded exercise as you play. If your "Player" has a repeat function you might use it for specific exercises. See below for some examples of recommended practice pads.

HOW DOES X-TREME PERCUSSION WORK?

The tempos and length of these recordings have been designed for the optimum workout. Each exercise has a snare, tenor and bass part, respectively. The audio tracks include a snare, tenor, bass drum and full ensemble recording. The recordings are labeled in "Beats per Minute" or "bpm." Most exercises loop (repeat) a number of times. They average about 2 minutes.

You will hear a "Click track" for all exercises. A spacer measure has been included between rounds of most exercises. This measure is notated on the charts. There is a "Whistle" sound at the end of each track indicating that the exercise is about to end.

FOR THE MOST EFFECTIVE WORKOUT . . .

These exercises have been recorded at multiple tempos starting from slow to fast, respectively.

After downloading an exercise, if you cant keep up with the track you should "Step Back" to a slower tempo version. Remember, if you can play it clean and tight slower, it will be burnin' at a faster tempo. Slow is good!

When you find an exercise that you like, listen to the demos and choose the tempo that most suits your current skill level. Then download that exercise/tempo, as well as one slower and two faster. Set up your "Player" so that they play in order of tempo.

GO AHEAD. TRY IT. You will see how much you will improve your accuracy and stamina. It's like Weight Lifting for Drummers!™

THINGS TO CONSIDER

There are recommended sticking patterns for each exercise. Be sure to follow these patterns as written. If you see a single letter; i.e. "R", it means everything after the "R" until specified is with the Right Hand. Remember that drummers use two hands. Everything you play starting with the right hand should also be played starting with the left hand. Feel free to add your own sticking ideas.

Be sure to work out specific sticking and learn the exercise before starting. Then you can proceed with the slowest tempo track. Jump ahead to faster tempos if you feel that you have "locked in" with the previous track.



Vic Firth
Snare
Practice Pad



Vic Firth
Multi-Tenor
Practice Pad



Vic Firth
Bass Drum
Practice Pad

TRIPLET ROLL WEB DEMO – Snare Part

The musical notation consists of 12 staves for the Snare part. Staff 1 shows a single note followed by a triplet of eighth notes. Staves 2 through 12 show continuous triplet rolls of eighth notes. Staff 2 includes the instruction "Alternate" above the first triplet. Staves 10 and 12 feature an accent (>) over the first note of the triplet in the second measure of each staff.

14

Snare

16

Snare

18

Snare

DEMO