

# Quarantine Fundamentals No. 1

These sticking exercises work on the relaxed rebound stroke described on page 6.

## Exercise #1: "8 On A Hand"

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

## Exercise #1B: "4-2-1"

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

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

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

## Exercise #3: "Four & Four Buzzes"

This exercise works on the multiple bounce, described on page 9. Try to make each bounce "bleed" into the next stroke for a smooth buzz sound.

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

## Exercise #4: "Four & Four Doubles"

These exercises should be used to develop a relaxed double stroke. While seated, lay your hands on your leg & practice **Exercise A** using just your wrists. Each stroke should be very relaxed – with no arm motion at all! Once you develop quick, relaxed doubles on each hand separately, move to **Exercise B**.

**A**

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

Practice this exercise with your hands on your legs, or with your sticks on a pillow (or something that offers no rebound at all). Strive for a smooth motion from measure one to measure two, with only the wrists and fingers creating the second stroke. Above all else, **STAY RELAXED!**

**B**

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

## Exercise #5: "Isolated Double Strokes"

This is another exercise that works on the double stroke – this time isolating each hand one at a time, then putting them back together. The same techniques apply; use very relaxed wrist and finger motions to produce the double stroke, but **DO NOT BOUNCE THE STICK**. Great sounding rolls are achieved only with the ability to use wrist and fingers on double strokes.

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

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

## Exercise #7: "Mr. Freeze"

Use this exercise to work on downstrokes (described on page 9), taps (described on page 14) and upstrokes (described on page 11). Squeeze the stick slightly on each downstroke to control the rebound and "freeze" the stick 2 inches above the drum, then *immediately* relax the hand for the taps and upstroke. Play the taps as soft, relaxed wrist strokes (2-3 inches), then lift on the upstroke to prepare for the next downstroke.

Musical notation for Exercise #7: "Mr. Freeze". The exercise is written on a bass clef staff in 4/4 time. It consists of four measures, each containing a downstroke followed by three taps. The first two measures are for the right hand (R), and the last two are for the left hand (L). Above the first and third measures, there are arrows pointing to the downstroke with the word "freeze" written above them. Below the staff, the strokes are labeled: "R DOWN tap tap tap tap up" for the first two measures, and "L DOWN tap tap tap tap up" for the last two measures.

## Exercise #8: "Bucks in Three"

Using the same basic technique as Exercise #7. Strive to play the exercise at two heights: 12 inches (a "full" stroke) for the accent and 2-3 inches for the tap and upstroke. Remember: let the weight of the forearm and wrist take care of the volume of the accent! Don't use any more tension than is necessary!

Musical notation for Exercise #8: "Bucks in Three". The exercise is written on a bass clef staff in 3/4 time. It consists of four measures, each containing a downstroke followed by two taps and an upstroke. The first two measures are for the right hand (R), and the last two are for the left hand (L). Above the first and third measures, there are arrows pointing to the downstroke. Below the staff, the strokes are labeled: "R DOWN tap up" for the first two measures, and "L DOWN tap up" for the last two measures.

## Exercise #12: "16th Note Timing"

Work with a metronome and strive for rhythmic accuracy on this exercise. Maintain a relaxed REBOUND stroke all the way through. Use a full stroke at the slowest tempo, then slightly lower the stick heights as you increase the speed.

Musical notation for Exercise #12: "16th Note Timing". The exercise is written on a bass clef staff in 4/4 time. It consists of two lines of notation. The first line shows a sequence of 16th notes with alternating right (R) and left (L) hands. The second line shows a sequence of 16th notes with alternating right (R) and left (L) hands, ending with a final right-hand stroke. Below the staff, the strokes are labeled: "R L R L R L R L R L R L R L R L R L" for the first line, and "R R L R L R L R L R L R L R L R L R L R" for the second line.

## Exercise #10: "Flam Prep"

Use this exercise to isolate the soft, relaxed grace notes of the flam as described in Lesson 7. Remember: two heights - 12 inches for the PRIMARY stroke, 2 inches for the grace notes. Exercise C should be played with an upstroke motion on the final grace note to prepare for the flam on the opposite hand.

Musical notation for Exercise #10: "Flam Prep". The exercise is written on a bass clef staff in 4/4 time. It consists of three sections labeled A, B, and C. Section A has two measures of grace notes (LLLR). Section B has two measures of grace notes (RRRL). Section C has two measures of grace notes (LLLR and RRRL). Above each section, there are arrows pointing to the primary stroke. Below the staff, the strokes are labeled: "LLLR LLLR" for section A, "RRRL RRRL" for section B, and "LLLR RRRL" for section C.