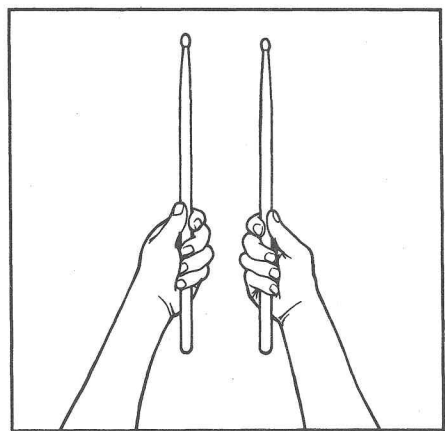


Posture

Stand near your instrument, and always keep your:
 - Back straight and tall
 - Shoulders back and relaxed
 - Feet flat on the floor

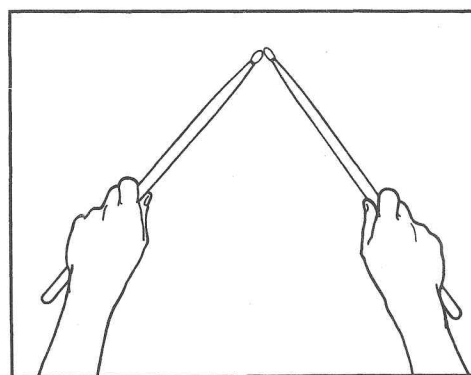
Matched Grip (A Natural Stick Position)

Any percussion instrument requiring sticks or mallets can be played with this grip. Both sticks or mallets are held exactly the same "matched" way. Place the sticks in front of you with the tip of the sticks pointing forward. Bend your right hand as if shaking hands with someone. Pick up the right stick with your thumb and index finger about 1/3 from the end of the stick. A curve of your index finger's top knuckle and the thumb hold the stick in place, creating a pivot point. Slightly curve your other fingers around the stick. Check to be sure the stick is cradled in the palm of your hand. Turn your hand palm-down to a comfortable resting position. Follow the same procedure for your left hand.



Practice & Performance Position

Place the practice pad on a flat surface slightly below your waist. Stand upright with your arms relaxed at your side. Raise your forearms, bending your elbows. Form the outline of a slice of pie with the sticks about 2 inches above the practice pad. Move your wrists to raise the sticks 6–8 inches from the practice pad. This is the "up" position. Begin with your right hand. Strike near the center using a quick, reflex-like wrist action. Let the stick return to the "up" position to prepare for the next strike. Follow with your left hand, and strike about 1 inch away from your first right hand strike. Return to the "up" position. When resting, keep the sticks about 2 inches above the practice pad in the outline of a slice of pie.



Sticking Work-Outs

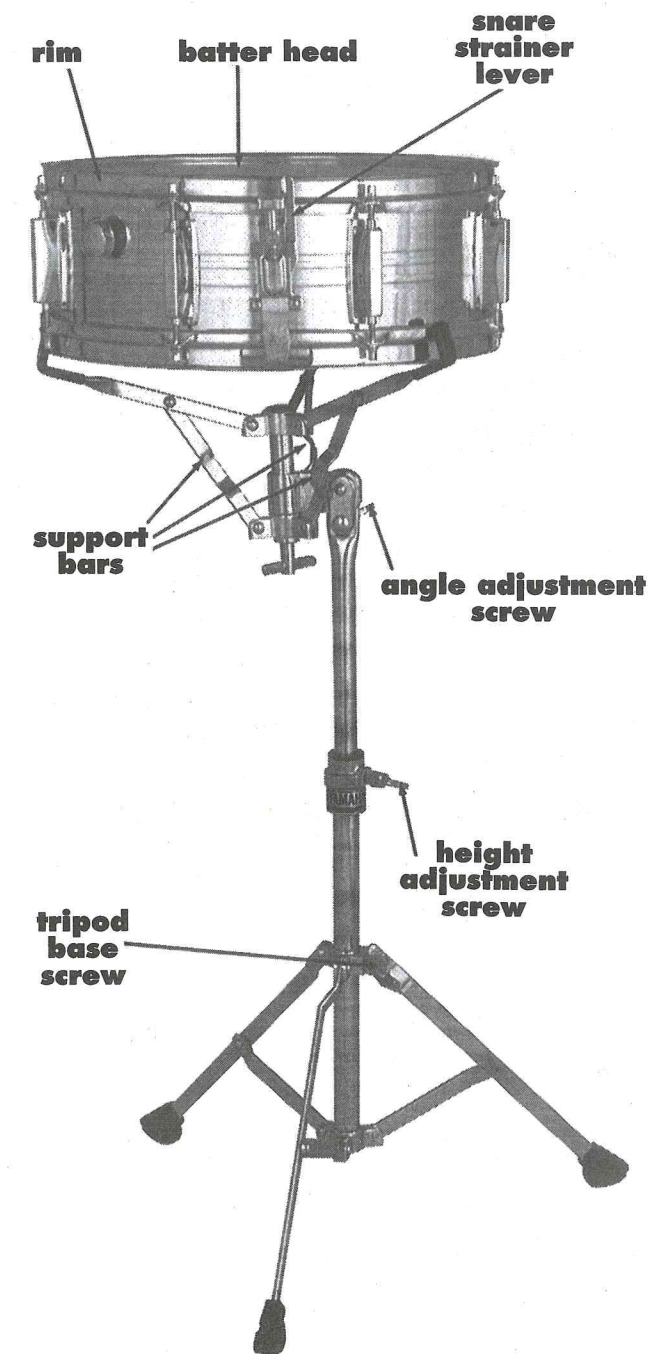
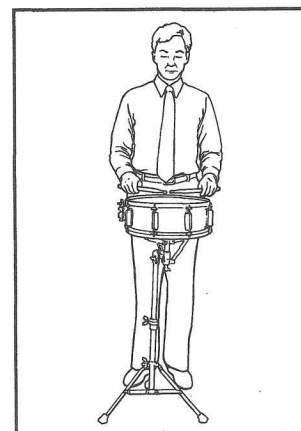
Right hand stick
 Left hand stick
 Play the following sticking work-out on your practice pad, keeping an even pulse when playing and resting:
 • Strike near the center of the practice pad.



You will learn several "sticking" methods in this book. The method above is called **Right Hand Lead** (RLRL...RLRL, etc.).

The two ways to set up the snare drum depend on which grip you are using. Matched Grip = level drum set-up. Traditional Grip = angled drum set-up.

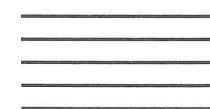
- Step 1** Open the bottom legs of the snare drum stand. Lock them into place by tightening the tripod base screw. Grasp the bar and raise stand below your waist. Tighten the height adjustment screw and lock into place.
- Step 2** Put the two support bars closest together in front of you. Be certain they are even. If your stand has an adjustable arm, it should point away from you and be extended. The bars should be parallel to the ground. Tighten the angle adjustment screw.
- Step 3** Carefully place the snare drum in the stand so the snare strainer lever faces you.
- Step 4** Slide the adjustable arm until it fits snugly against the shell of the drum. The top batter head should be slightly below your waist. Lock your drum stand into position. Tighten all screws each time you play.
- Step 5** Tighten the snare strainer. Tap the head of the snare drum. If the sound is not crisp, tighten or loosen the tension control screw. The snares should rest lightly against the bottom head. Stand by the drum as shown:



READING MUSIC

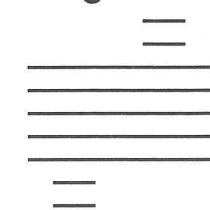
Identify and draw each of these symbols:

Music Staff



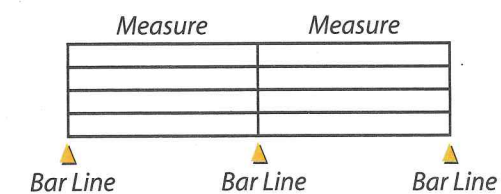
The **music staff** has 5 lines and 4 spaces where notes and rests are written.

Ledger Lines



Ledger lines extend the music staff. Notes on ledger lines can be above or below the staff.

Measures & Bar Lines



Bar lines divide the music staff into **measures**.