



SPEED AND FLUENCY

This lesson will help you improve your speed and fluency around the drums by systematically working on your drumming endurance. Don't forget that consistent practice will help you reach your maximum potential. Good luck!

THE PATTERN

This 4/4, 16th note pattern uses clockwise and anti-clockwise motions around the drums. The sticking is a continual flow of single strokes with the number of notes per drum being: 2,2,2,5,2,2,1.



I have included basic time in the feet that should be played in the heel down position. You can add a more complicated foot pattern if you want, but the emphasis is on working the hands, so don't go too crazy!

HOW TO PRACTICE THIS EXERCISE

I've found that I made the most progress with this exercise if I approached it like an endurance exercise.

START AT A SLOW TEMPO

This way you can more easily acquire the muscle memory needed to perform the pattern whilst warming into the exercise. This will also help you to avoid any drumming injuries. Stay as relaxed as possible and breathe evenly throughout. Do not hold your breath!

Play to a click to maintain a focused and consistent time flow. This will also enable you to gauge your progress.

Use the following routine

1. Play continuously for two minutes
2. Rest for 30 seconds.
3. Increase the tempo by 5 – 10 bpm
4. Repeat steps 1 – 3 until you reach your maximum tempo.





If you find your maximum tempo is 140 bpm, I would recommend using six to ten sets up to and including your maximum tempo, each and every time you practice. For example:

Maximum Tempo = 140

1st set: 90 bpm (play for 2 minutes)
30 seconds rest

2nd set: 100 bpm (play for 2 minutes)
30 seconds rest

3rd set: 110 bpm (play for 2 minutes)
30 seconds rest

4th set: 120 bpm (play for 2 minutes)
30 seconds rest

5th set: 130 bpm (play for 2 minutes)
30 seconds rest

6th set: 140 bpm **MAXIMUM TEMPO** (play for 2 minutes... if you can!)
REST!

Practice this once a day, every day. The above routine should only take you 16½ minutes.

Stick to this routine for a week before increasing the tempo by 2-5bpm. Remember to stay hydrated throughout. Drink small amounts of water in your rest periods.

IMPORTANT:

IF YOU FEEL UNWELL, SICK, SHORT OF BREATH OR FAINT.

STOP IMMEDIATELY!

ENJOY YOUR PROGRESS!

