

Parkwood Hill Percussion

Beginner Fundamentals Packet

The following pages include the basic technique and coordination exercises that new percussionists need to build a strong foundation. A strong grasp of these fundamentals is essential to every player's success in the classroom and in performance situations. Rehearsal time is limited, therefore it is imperative that each member learn and practice these exercises individually and diligently.

In a group setting, all exercises will begin with a count off so we can successfully start playing together. Every exercise in this packet has an implied "release" note. Simply play the first note of the exercise again on beat one following the last measure.

Basic Count-off

"one, two, ready go!" **Exercise**

foot tap ! ! ! !

A note about practicing...

Practicing means working on skills that you cannot YET do perfectly. Make a plan to get better at a specific skill that you struggle with by using the exercises in this packet. Spend more time on things you struggle with, and less time on things you can already do well.

SLOW IT DOWN: ALWAYS practice with a metronome. If you are struggling with something, try it at a slower tempo! Make tempo adjustments in small increments of 4-6 bpm at a time.

WRITE IT DOWN: ALWAYS have a pencil when you practice. Circle trouble spots on your paper, or write in counting and sticking instructions so they are easier to remember!

BREAK IT DOWN: ALWAYS use good technique and aim to build good habits. Focus on bite-sized chunks so you can repeat your good habits more times in a row. Practice until you can't get it wrong!

Consider practicing in front of a mirror so that you can see how your body looks and moves while you play. Use your eyes, ears, and touch to evaluate yourself on every practice repetition.

WRISTbuilders

Whole Note

A musical staff with a treble clef and a key signature of one flat (Bb). A whole note is written on the first line (F4). Below the staff, four footprints are spaced evenly across the staff's length, corresponding to the duration of the whole note.

Half Notes

A musical staff with a treble clef and a key signature of one flat (Bb). Two half notes are written on the first line (F4), each with a stem pointing up. Below the staff, four footprints are spaced evenly across the staff's length, corresponding to the duration of the two half notes.

Quarter Notes

A musical staff with a treble clef and a key signature of one flat (Bb). Four quarter notes are written on the first line (F4), each with a stem pointing up. Below the staff, four footprints are spaced evenly across the staff's length, corresponding to the duration of the four quarter notes.

Eighth Notes

A musical staff with a treble clef and a key signature of one flat (Bb). Eight eighth notes are written on the first line (F4), grouped into four pairs. Each pair is connected by a horizontal beam. Each note has a stem pointing up. Below the staff, four footprints are spaced evenly across the staff's length, corresponding to the duration of the eighth notes.

Triplets

A musical staff with a treble clef and a key signature of one flat (Bb). Four groups of triplet eighth notes are written on the first line (F4). Each group consists of three eighth notes connected by a horizontal beam, with a '3' written above the beam. Each note has a stem pointing up. Below the staff, four footprints are spaced evenly across the staff's length, corresponding to the duration of the triplet groups.

Sixteenth Notes

A musical staff with a double bar line on the left. It contains four groups of sixteenth notes, each group consisting of six notes. Below the staff are four black footprints, each centered under one of the groups of notes.

Quintuplets

A musical staff with a double bar line on the left. It contains four groups of quintuplets, each group consisting of five notes. Above each group is a bracket with the number '5'. Below the staff are four black footprints, each centered under one of the groups of notes.

Sextuplets

A musical staff with a double bar line on the left. It contains four groups of sextuplets, each group consisting of six notes. Above each group is a bracket with the number '6'. Below the staff are four black footprints, each centered under one of the groups of notes.

Septuplets

A musical staff with a double bar line on the left. It contains four groups of septuplets, each group consisting of seven notes. Above each group is a bracket with the number '7'. Below the staff are four black footprints, each centered under one of the groups of notes.

Thirty-second Notes

A musical staff with a double bar line on the left. It contains four groups of thirty-second notes, each group consisting of twelve notes. Below the staff are four black footprints, each centered under one of the groups of notes.

ONEheight

Sticking Patterns repeat each line twice

- 1) R R R R L L L L R R R R L L L L
- 2) R R L L R R L L R R L L R R L L
- 3) R L R L R L R L R L R L R L R L R L
- 4) R L R L R R L L R L R L R R L L
- 5) R L R R L R L L R L R R L R L L
- 6) R R R L R R R L R R R L R R R L
- 7) R L L L R L L L R L L L R L L L
- 8) R R L R L L R L R R L R L R L L R L
- 9) R L L R R L L R R L L R R L L R
- 10) L R R L L R R L L R R L L R R L
- 11) R R L R R L R R L R R L R R L L
- 12) R R R L L L R R R L L L R R R L

Eight on a Hand

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

Attacks and Transitions

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

Double Stops

R R R R B B B B L L L L B B B B
 R R R R B B B B L L L L B B B B

8 and 16

RH Lead: R R R R L R L R R R R R L R L
LH Lead:
Doubles:

R R R R R L R L

Grasshopper

RH Lead: R R R R R R R R R L R R L R R L R R L R
LH Lead:
Doubles:

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

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

Chicken 'n a Roll (diddles)

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

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

Chicken 'n a Roll (buzzes)

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

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

16th Timing (3-note)

Check

Pattern 1

Musical notation for 'Check' and 'Pattern 1'. The 'Check' section consists of two groups of four eighth notes each, with the first group on a higher staff and the second on a lower staff. The notes are beamed together. Below the first group are the letters 'R L R L' and below the second group are 'R L R'. The 'Pattern 1' section consists of two groups of three eighth notes each, also beamed together, on a single staff. Below the first group are the letters 'R L R'.

Pattern 2

Musical notation for 'Pattern 2'. It consists of four groups of three eighth notes each, beamed together on a single staff. Below the first group are the letters 'R R L'.

Pattern 3

Musical notation for 'Pattern 3'. It consists of four groups of three eighth notes each, beamed together on a single staff. Below the first group are the letters 'R L L'.

Pattern 4

Musical notation for 'Pattern 4'. It consists of four groups of three eighth notes each, beamed together on a single staff. Below the first group are the letters 'L R L'.

16th Timing (2-note)

Check

Pattern 1

Musical notation for Pattern 1 on a five-line staff. It begins with a double bar line and a common time signature 'C'. The first two measures each contain a pair of beamed eighth notes. The third measure contains a pair of beamed eighth notes followed by a quarter rest. The fourth measure contains a pair of beamed eighth notes followed by a quarter rest. Below the staff, the letters 'R' and 'L' are positioned under the first and second notes of the third measure, respectively.

Pattern 2

Musical notation for Pattern 2 on a five-line staff. It begins with a double bar line. The first two measures each contain a pair of beamed eighth notes. The third measure contains a quarter rest followed by a pair of beamed eighth notes. The fourth measure contains a quarter rest followed by a pair of beamed eighth notes. Below the staff, the letters 'R' and 'L' are positioned under the first and second notes of the third measure, respectively.

Pattern 3

Musical notation for Pattern 3 on a five-line staff. It begins with a double bar line. The first two measures each contain a pair of beamed eighth notes. The third measure contains a quarter rest followed by a pair of beamed eighth notes. The fourth measure contains a quarter rest followed by a pair of beamed eighth notes. Below the staff, the letters 'L' and 'R' are positioned under the first and second notes of the third measure, respectively.

Pattern 4

Musical notation for Pattern 4 on a five-line staff. It begins with a double bar line. The first two measures each contain a pair of beamed eighth notes. The third measure contains a pair of beamed eighth notes followed by a quarter rest. The fourth measure contains a pair of beamed eighth notes followed by a quarter rest. Below the staff, the letters 'R' and 'L' are positioned under the first and second notes of the third measure, respectively.

Jedi Eights (1-note)

Two staves of musical notation for 'Jedi Eights (1-note)'. The first staff is in common time (C) and contains four measures. The notes are: quarter note, quarter rest, quarter note, quarter note. Below the first measure are the letters 'R' and 'L'. The second staff contains four measures of eighth notes: eighth note, eighth rest, eighth note, eighth note. The piece ends with a double bar line and repeat dots.

Jedi Eights (2-note)

Two staves of musical notation for 'Jedi Eights (2-note)'. The first staff is in common time (C) and contains four measures. The notes are: eighth note eighth note, quarter rest, eighth note eighth note, eighth note eighth note. Below the first measure are the letters 'R L', below the second 'L R', below the third 'R L', and below the fourth 'L R'. The second staff contains four measures of eighth notes: eighth note eighth note, eighth note eighth note, eighth note eighth note, eighth note eighth note. Below the first measure are the letters 'R L', below the second 'L R', below the third 'R L R', and below the fourth 'L'. The piece ends with a double bar line and repeat dots.

Shifting Gears (upshift)

First staff of musical notation for 'Shifting Gears (upshift)'. It consists of two measures. The first measure contains four quarter notes: R, L, R, L. The second measure contains four pairs of eighth notes, each pair beamed together: R L, R L, R L, R L.

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

Second staff of musical notation for 'Shifting Gears (upshift)'. It consists of two measures. The first measure contains four groups of eighth notes, each group beamed together and marked with a '3' above it: R L R, L R L, R L R, L R L. The second measure contains four groups of eighth notes, each group beamed together: R L R L, R L R L, R L R L, R L R L.

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

Shifting Gears (downshift)

First staff of musical notation for 'Shifting Gears (downshift)'. It consists of two measures. The first measure contains four groups of eighth notes, each group beamed together: R L R L, R L R L, R L R L, R L R L. The second measure contains four groups of eighth notes, each group beamed together and marked with a '3' above it: R L R, L R L, R L R, L R L.

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

Second staff of musical notation for 'Shifting Gears (downshift)'. It consists of two measures. The first measure contains four pairs of eighth notes, each pair beamed together: R L, R L, R L, R L. The second measure contains four quarter notes: R, L, R, L.

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

TWO heights


Mr. Freeze

Mr. Freeze is a percussion exercise consisting of two staves. The first staff is in 4/4 time and contains four measures of music. The first two measures are in 4/4 time, and the last two are in 3/4 time. The second staff is in 2/4 time and contains four measures of music. Each note is marked with an accent (>). Below the notes are rhythmic notations: 'R' for right hand and 'r' for left hand, with vertical lines indicating the hand used for each note.

Bucks Breakdown

Bucks Breakdown is a percussion exercise in common time (C) consisting of three staves. Each staff contains four measures of music. The notes are marked with an accent (>). Below the notes are rhythmic notations: 'R' for right hand and 'r' for left hand, with vertical lines indicating the hand used for each note.

16th Accent Patterns

1) 
 R L R L

2) 

3) 

4) 

5) 

6) 

7) 

8) 

THREE heights

Flam Jam

R L R L R L R L

R R R R L L L L

R R L L R R L L

R L R L R L R L