

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.



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 repitition.

WRIST builders

Whole Note



Half Notes



Quarter Notes



Eighth Notes



Triplets



Sixteenth Notes



Quintuplets



Sextuplets



Septuplets



Thirty-second Notes



ONEheight

Sticking Patterns repeat each line twice

1)	RRRR	LLLL	RRRR	LLLL
2)	RRLL	RRLL	RRLL	RRLL
3)	RLRL	RLRL	RLRL	RLRL
4)	RLRL	RRLL	RLRL	RRLL
5)	RLRR	LRLL	RLRR	LRLL
6)	RRRL	RRRL	RRRL	RRRL
7)	RLLL	RLLL	RLLL	RLLL
8)	RRLR	LLRL	RRLR	LLRL
9)	RLLR	RLLR	RLLR	RLLR
10)	LRRL	LRRL	LRRL	LRRL
11)	RRLR	RLRR	LRRL	RRLL
12)	RRRL	LLRR	RLLL	RRRL

Eight on a Hand



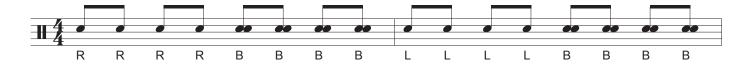


Attacks and Transitions





Double Stops





8 and 16





Grasshopper







Chicken 'n a Roll (diddles)



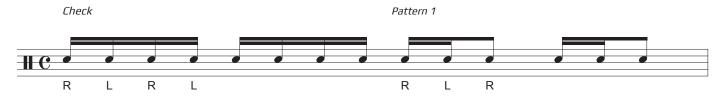


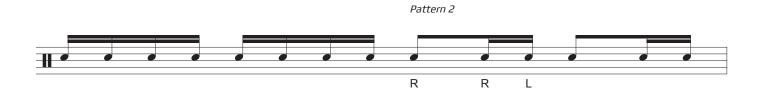
Chicken 'n a Roll (buzzes)





16th Timing (3-note)









16th Timing (2-note)









Jedi Eights (1-note)





Jedi Eights (2-note)





Shifting Gears (upshift)





Shifting Gears (downshift)





TWOheights

Mr. Freeze





Bucks Breakdown







16th Accent Patterns

















THREEheights

Flam Jam

