

Building A Better Percussionist

Mixing Technique, Movement, and Ear Training for Optimal Learning

Dr. Rob Sanderl

The Six Stroke System

Rob Sanderl

Set Position: The performer should have the drum or pad at a comfortable height with the sticks centered in the middle of the head. The sticks should form approximately a 90 degree angle. The tips of the sticks should be held approximately one inch above the head. The performer should begin and end each exercise from this position.

Playing from Both Sides of the Body: Each exercise is executed beginning with both the Right and Left hands. This is critical to build equal ability and strength in both hands.

1. Staccato Stroke- All Tempos

The stick starts from the set position. The player performs one wrist stroke with the stick ending up in set position. This stroke serves as the period at the end of a musical sentence. The back fingers remain on the stick to keep the stick from rebounding. Relax as always.

3 2. Legato Stroke- All Tempos

The stick starts from the set position. The player performs a wrist stroke, yet in this instance the stick is allowed to fully rebound vertically. The idea is to fully use the natural energy created from the impact of the stick and the drum. This is *free* energy, therefore the more a player draws from this source the less of their own energy is needed, and they can play for longer periods of time without fatigue. The fulcrum is maintained, yet the palm of the hand is allowed to open so the stick can access the return energy of the impact.

Basic Keyboard Exercises

16 Exercise 2- Vertical Axis Single Hand

Mar.

20 Exercise 3- Vertical/Lateral Axis Alternating Hands

Mar.

23

Mar.

26 Exercise 4- Vertical/Lateral Axis Alternating Hands

Mar.