

BRANDON GREEN'S SETUP TIPS - STUDY GUIDE

WHY PAY ATTENTION TO SETUP

YOUTUBE VIDEO

WHY IS THIS IMPORTANT?

- WE WANT TO PLAY INTO AND BEYOND OUR 70S
- THERE'S NO REASON WE HAVE TO FEEL PAIN WHILE DRUMMING

LATERAL SETUP

PRINCIPLE 1 - THE "80/20"

- THE MAX *COMFORTABLE* EXTERNAL ROTATION OF YOUR SHOULDERS IS 45 DEGREES ON EITHER SIDE
- SET UP *MOST OF YOUR KIT* SO YOU DON'T HAVE TO ROTATE FARTHER
- THINGS YOU USE *OCCASIONALLY* CAN BE OUTSIDE THIS ZONE

VERTICAL SETUP

PRINCIPLE 2 - INSTRUMENT HEIGHT

- OUR BODIES FOLLOW OUR EYES, SO WE'LL "GO WHERE WE LOOK"
- BY SETTING THINGS MEDIUM-HIGH, WE ENCOURAGE UPRIGHT POSTURE
- THERE'S DIMINISHING RETURNS, SO DON'T GO *TOO* CRAZY

HIGH CYMBAL GANG?

APPENDIUM - HOW HIGH FOR CYMBALS

- CYMBALS CAN BE *PRETTY HIGH*...AS LONG AS...
- YOU DON'T HAVE TO EXTEND YOUR ELBOWS AWAY FROM YOUR BODY

RACK TOM ANGLE

CONCLUSION - RACK TOM ANGLE

- HIGH ENOUGH TO ENCOURAGE UPRIGHT POSTURE
- ANGLED ENOUGH SO YOU DON'T HAVE TO LIFT HANDS TO CLEAR RIM CLOSE ENOUGH THAT YOU DON'T HAVE TO EXTEND TOO FAR
- "FLAT" ENOUGH THAT YOU DON'T HAVE TO USE AN EXTREME WRIST ANGLE TO GET A GOOD SOUND
- TOMS YOU'RE GOING TO USE *MOST* WITHIN THE "80/20 ZONE"

FULL INTERVIEW - BRANDON GREEN

