

HEEL UP VS HEEL DOWN - STUDY GUIDE

BACKGROUND INFO

YOUTUBE VIDEO

NATE AND TIM'S STARTING ASSUMPTIONS

--NATE CHANGED TO HEEL UP IN 2013 TO PLAY LOUDER AND FASTER
-TIM CHANGED TO HEEL-DOWN AFTER COLLEGE TO PLAY QUIETER, PLAY OFF THE HEAD MORE EASILY

LOW VOLUME

ASSERTION 1 - EASIER TO PLAY QUIET AND TO FEATHER WITH HEEL DOWN

--TEST RESULT: HARD TO VERIFY. HEEL UP IS EASIER FOR ME BUT
MAYBE THAT'S BECAUSE I HAVE SO MUCH EXPERIENCE WITH IT

PLAYING OFF THE HEAD

ASSERTION 2 - IT'S EASIER TO PLAY OFF THE HEAD WITH HEEL DOWN

-TEST RESULT - CONFIRMED. IT REQUIRES MORE PRACTICE AND
SETUP TWEAKS TO AVOID PLANTING THE BEATER WITH HEEL UP

VOLUME AND SPEED

ASSERTION 3 - IT'S EASIER TO PLAY LOUD AND FAST WITH HEEL UP

-TEST RESULT - CONFIRMED. PLAYING HEEL DOWN I TIRE
QUICKLY. THIS ISN'T JUST AN INEXPERIENCE THING, SINCE I
PLAYED HEEL DOWN FOR SO MANY YEARS.

SETUP VARIANCE

ASSERTION 4 - EASIER TO PLAY IN NON-IDEAL SETUPS WITH HEEL UP

-TEST RESULT - CONFIRMED. PLAYING CLOSE TO THE DRUM WITH
HEEL UP MAY RESULT IN PLANING THE BEATER, BUT NO OTHER
FATIGUE. PLAYING WITH HEEL DOWN RESULTS IN SHIN SPLITS.

CONCLUSION

SO...WHA?

-IF YOU'RE IN A JAZZ PROGRAM AND DON'T HAVE TO PLAY LOUD OR
ON CLOSE DISTANCE KICK DRUMS, HEEL DOWN MAY BE BETTER.

-IF YOU WANT TO PLAY MULTIPLE GENRES AND THINK YOU'LL NEED TO
PLAY LOUD OR FAST, IT MAY BE WORTH FIGURING OUT HEEL-UP.

