

ONE HANDED 16THS - STUDY GUIDE

THE HARD PART FIRST

STEP ONE

STEP TWO

STEP THREE

STEP FOUR

YOUTUBE VIDEO

THE MOST DIFFICULT PART

- THE "PINCH" STROKE AT 2:07 IN THE VIDEO
- THIS IS IMPORTANT SO WE CAN CONTROL THE SPACE OF THE REBOUND

STEP 1 - THE HANDS ALONE

- START WITH JUST YOUR HANDS, AS DEPICTED AT 4:32 IN THE VIDEO
- WHEN WRIST RELAXES, FINGERS SHOULD "UNWIND"
- WHEN YOU RETRACT YOUR WRIST, FINGERS SHOULD CURL NATURALLY

STEP 2 - ADDING STICKS, THE "PINCH"

- DROP THE STICK AND LET IT REBOUND, AS AT 5:07
- HOLD IT IN PLACE, USING THE "PINCH STROKE"
- ALLOW IT TO FALL, AND "RESET" THE WRIST

STEP 3 - GOING FASTER

- PRACTICE ALTERNATING HANDS, AS DEPICTED AT 6:11 IN THE VIDEO
- FIND THE SPEED AT WHICH THE STICK BOUNCES ENOUGH THAT YOU DON'T HAVE TO "PINCH"
- CONSIDER "CATCHING" ON DOWNBEATS

STEP 4 - NEXT STEPS

- INCORPORATE THE FEET, AS DEPICTED AT 7:45 IN THE VIDEO
- MOVE THE LEAD HAND TO THE HATS, AND PRACTICE DROPPING AND CATCHING AT THIS DIFFERENT ANGLE.
- INCORPORATE THE RIGHT FOOT EVERY 4 8THS
- SWITCH EVERY OTHER BEAT TO THE SNARE, AND YOU'RE FUNKING IT UP!

