

KICK DRUM SETUP AND TECHNIQUE PRINCIPLES

YOUTUBE VIDEO

COMMON KICK DRUM PROBLEMS

- SHINS GET TIRED
- BURYING THE BEATER
- HIP FLEXORS GET TIRED
- "GHOST" KICK DRUM NOTES (UNINTENDED)

PART 1 - TECHNIQUES

- HEEL DOWN: COMMON FOR JAZZ PLAYERS, USEFUL FOR LOW-VOLUME MUSIC AND "FEATHERING"
- HEEL DOWN DISADVANTAGES - PLAYING LOUDLY
- HEEL UP: COMMON FOR LOUDER MUSIC, MORE VERSATILE
- HEEL-UP DISADVANTAGES - RESTING THE BEATER ON THE HEAD, HIP FLEXOR FATIGUE.

PART 2 - SETUP TROUBLESHOOTING

PROBLEM: BEATER RESTING ON THE HEAD

- QUESTION 1: ARE YOU SITTING HIGH ENOUGH (KNEES ABOVE 90) AND FAR ENOUGH FROM THE DRUM (THIGH AND SHIN OBTUSE)
QUESTION 2: IS YOUR SPRING TENSION HIGH ENOUGH

PART 3 - ADVANCED TROUBLESHOOTING

PROBLEM: UNINTENDED "GHOST STROKES" ON THE HEAD BETWEEN INTENDED STROKES

SOLUTION: ASSUMING YOU'VE IMPLEMENTED EVERYTHING TO THIS POINT, CONTINUE INCREASING THE SPRING TENSION VERY SLIGHTLY UNTIL THE GHOST STROKES GO AWAY. YOU CAN TEST WITH "DOTTED 8TH" FIGURES.

PART 4 - EXERCISES

1. GETTING YOUR BEARINGS - IT WILL FEEL AWKWARD TO ADJUST TO HIGHER SPRING TENSION AT FIRST. PRACTICE SIMPLE REPETITIVE FIGURES TO "DIAL IT IN".
2. ONCE THAT'S COMFORTABLE, PRACTICE A CLASSIC "KICK GRID" WITH DOUBLES IN EVERY PERMUTATION OF 2 CONSECUTIVE 16THS, WHILE SIMPLY PLAYING 16THS ON THE HI HAT.

**BACKGROUND
INFO**

**DIFFERENT
APPROACHES**

**BEATER
ON THE
HEAD**

**"GHOST"
STROKES**

**HOW TO
PRACTICE**

