

IS THIS THE ONLY DRUM WARMUP YOU NEED?

YOUTUBE VIDEO

WHY WARMUPS?

WHAT DOES IT DO?

WARMUP STEPS

WHY THIS "WEIRD" STYLE

NEXT STEPS

REASONS WE WARM UP

1. LITERALLY TO GET OUR HANDS WARM/AVOID INJURY
2. TO REASSURE OURSELVES "WE'VE STILL GOT IT"
3. BEST REASON IMHO - TO LOCK IN A TECHNIQUE IMPROVEMENT

WHAT WE WANT A WARMUP TO DO

- LOCATE THE FEELING OF A CORRECT TECHNIQUE, TO REINFORCE IT UNTIL IT'S DEEPLY INGRAINED
- MAINTAIN THAT FEELING THROUGH REAL-WORLD SCENARIOS, SO THE CORRECT TECHNIQUE COMES TO FEEL "USUAL"

STEPS OF MY WARMUP

SEE TRANSCRIPTION ON PAGE 2

- INVERTED PARADIDDLES AND DOUBLES - FIND THE FEELING OF THE "HINGE"
- QUADRUPLE PARADIDDLES/SINGLES - EXTEND TO THE FEELING OF SINGLES
- RIMSHOTS - ENCOMPASS THE FEELING OF RIMSHOTS

WHY NOT JUST A CONVENTIONAL WARMUP?

- BY ISOLATING THE FEELING OF CORRECTNESS, THEN FINDING OUR WAY BACK TO IT, WE'RE TAKING SOMETHING CEREBRAL AND MAKING IT EMBODIED.
- "PRE-COMPOSED" WARMUPS MAY OR MAY NOT PRODUCE THE FEELING WE'RE CHASING AT THE TIME.
- "ALPHA ZERO" - PUTTING YOURSELF IN A TRAINING SCENARIO RATHER THAN INTELLECTUALIZING SOMETHING.

"THE MONEY PART" - MAKING THIS WORK

- NOW THAT WE'VE ESTABLISHED THE FEELING, WE WANT TO "CHALLENGE" IT IN REAL-WORLD SCENARIOS
- THIS CAN BE SOMETHING SIMPLE, LIKE SINGLES, OR SOMETHING YOU'RE WORKING ON.
- IF YOU LOSE THE FEELING, ALWAYS TRY TO RELOCATE IT BEFORE PROCEEDING.



TRANSCRIPTIONS

3:54"



5:31" R L L L R L R L L R L L L R L R L L



6:11"

R L R L R L R L R L R L L R L R L R L R L R L L



10:17"

R L L R L R L R L L R L L R L R L R L L



R L L L R L R L L R L R L R L R L R L R L R