

Reconciling Contradictory Kick Drum Advice

YOUTUBE VIDEO

**WHY
KICK
TECHNIQUE**

**WHAT DOES
IT NEED TO
DO?**

**BENNY'S
APPROACH**

**THE
SLIDE**

HEEL TOE

WHAT STUDENTS WANT

1. FASTER KICK DOUBLES
2. RELIABILITY: TO KNOW IT'S "THERE WHEN YOU NEED IT"
3. PLACEMENT: TO BE ABLE TO FIT IT IN TO PRECISE SUBDIVISIONS

NATE'S FUNDAMENTALS - WHAT WE WANT

1. A "PERPETUAL MOTION MACHINE" WHERE THE ANKLE CAN KEEP MAKING RAPID STROKES WITHOUT WASTING ENERGY
2. TO START AND STOP THAT UNDER CONTROL: EVERY TECHNIQUE NEEDS TO "ANSWER TO" THESE 2 PRINCIPLES

TECHNIQUE 1: BENNY

- STARTS WITH "TOE TAPS" ON THE FLOOR
- ASSUMES KNEE IS ELEVATED, AND CONTINUES "TOE TAP" ANKLE MOTION FROM FOOT AROUND 1 INCH OFF FLOOR
- ISSUES: INITIAL ELEVATION WITHOUT HIP FLEXORS, REMEMBERING THE ANKLE FLICK FOR THE 2ND STROKE.

TECHNIQUE 2: THE SLIDE

- STARTS WITH AN ELEVATED HEEL
- INITIAL STROKE WITH BALL OF THE FOOT AT MIDPOINT OF PEDAL
- SECOND STROKE AT THE FRONT OF THE PEDAL
- ISSUES: GOOD FOR INTERNALIZING ANKLE FLICK, BUT CAN RESULT IN EXCESSIVE MOTION, AND NOT NECESSARY (IMHO)

TECHNIQUE 3: THE HEEL TOE

- STARTS WITH A FULL-FOOT CONTACT
- TRANSITIONS WEIGHT ONTO THE HEEL
- ISSUES: LOSES CONTACT WITH THE PEDAL BY DESIGN WHEN SLOW, MAY REQUIRE LOW SPRING TENSION, MAY RESULT IN BEATER BEING "PLANTED"

CONCLUSIONS

- BENNY TECHNIQUE IS CLOSES TO WHAT I USE
- I MAY TEACH SOMETHING LIKE HEEL TOE TO VISUALIZE THE ANKLE SNAP, BUT THEN MAKE THE MOTION SMALLER UNTIL IT VANISHES.

