Module #5: Singles & Doubles

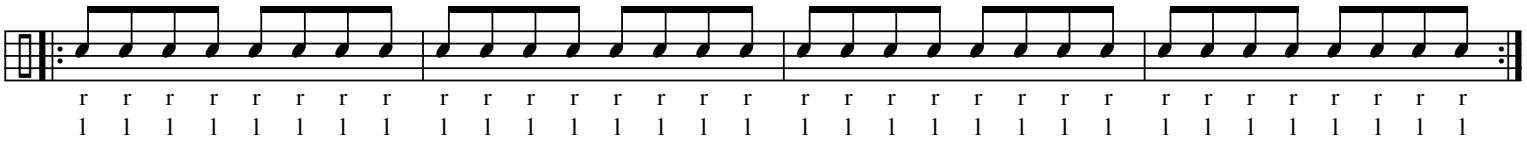
This module is all about gaining control of the natural rebound. Mastering this will improve your touch, making things feel easier and more balanced. Also, it's the "key" to speed, for you speed junkies out there!

The concepts discussed in this module are very detailed and require some patience and discipline. Be meticulous when carving out the proper stroke. Resist the temptation to move to quickly as it will hold you back from achieving the speed and proper feel. It's a tricky balance of relaxed but powerful.

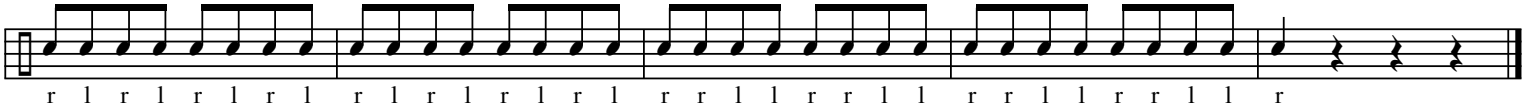
THINGS TO WATCH OUT FOR:
Too loose of a grip with a slow stroke will produce a weak/shallow sound. Too tight and snappy will produce an unnatural, stiff feel/look with a thin, harsh sound.

Find that ideal combination of quick, relaxed, full wrist turns that gives you a big, strong sound that results in a nice round, open tone that feels good...almost reflexive. You can monitor your grip by whether or not the sticks vibrate, creating a resonant pitch. If you're holding on too tightly, you will only hear the slap of the pad. You want the sticks to 'ring'.
*You'll want to have a matched pair of sticks! Always match the weight and pitch when selecting sticks.

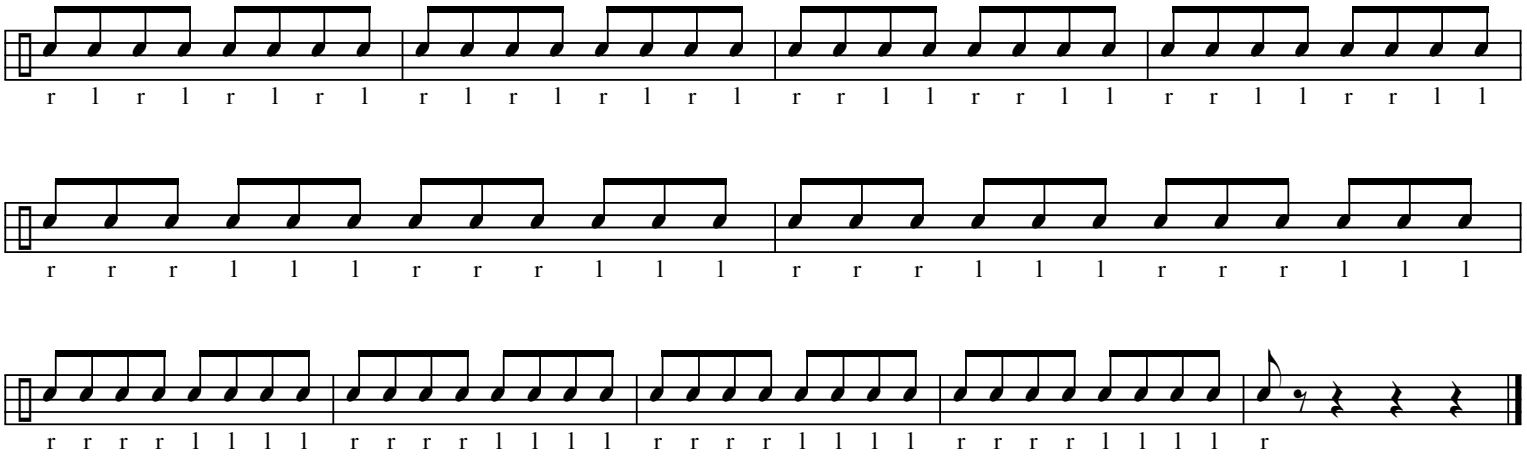
Example 1: Repeated Singles



Example 2: Singles to Doubles



Example 3: 1s, 2s, 3s, 4s



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Module #5: Bonus Material

Bonus Materials are variations on the exercises covered in each module,
It's meant to reinforce concepts and to expound on ideas presented in each module.

More 1s, 2s, 3s, and 4s:
These are just a few examples of practice variations to develop the rebound consistency of singles, doubles, triples, and fours. Every grouping should be approached the same way and feel the same in the hands. Always remember that EVERY NOTE REBOUNDS. Pay special attention to the last note of each grouping to insure those notes rebound just like the rest. Don't grab or squeeze the stick on the last stroke, forcing it down and stopping the stroke. Let it rebound. This develops a nice flow and consistent sound quality on every note. It also is the key to developing your speed.

Practice Suggestions:
Play all of these exercises slow enough that you're in total control of the rebound. Total control means that your stroke is straight up and down with a nice, relaxed, full wrist turn that produces a big, full sound and naturally rebounds to the starting height. Be sure that you aren't varying the pressure in the hands at any point. The grip is the same from the beginning of the stroke, to the point of impact, and back to the starting height.

Common Problems:
Slow Stroke - produces a slow rebound and a weak sound.

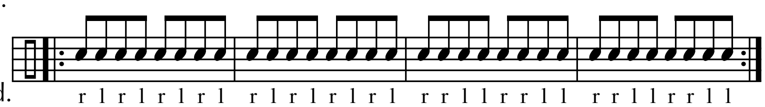
Stiff/Snappy Stroke - produces an unnatural, jerky stroke that is inconsistent or harsh.

No Rebound - fingers are pulling on the stick at the point of impact, interrupting the motion/stopping the stick.

Segmented Flow - when putting both hands together, the last note of a grouping mysteriously doesn't rebound. Usually the wrist doesn't return b/c you've moved focus to the other hand before finishing the grouping. Go slow so you can be sure the last note returns before moving on to the next hand. Do this a LOOOOONG time until it becomes a natural occurence requiring less effort, less brain processing, and less misery.

Tin Man Syndrome - too much tension in the arms (shoulders) that causes you to hold on to the sticks too tightly. The end result you look and sound like the tin man from Wizard of Oz. Relax the shoulders and elbows. Oil those joints!

#1



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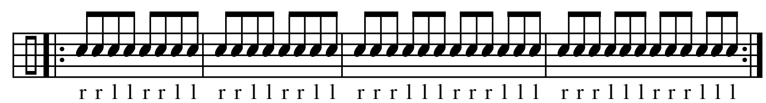

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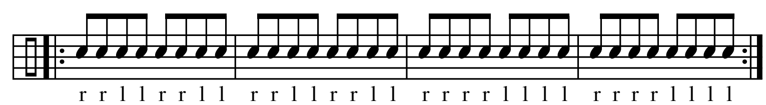

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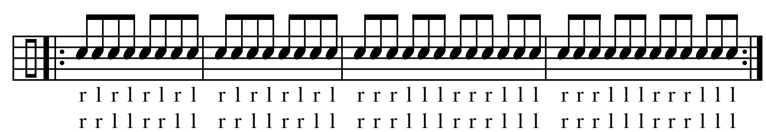

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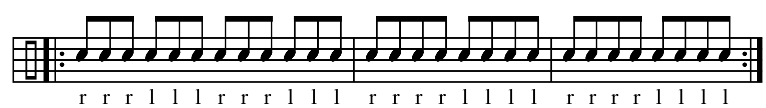
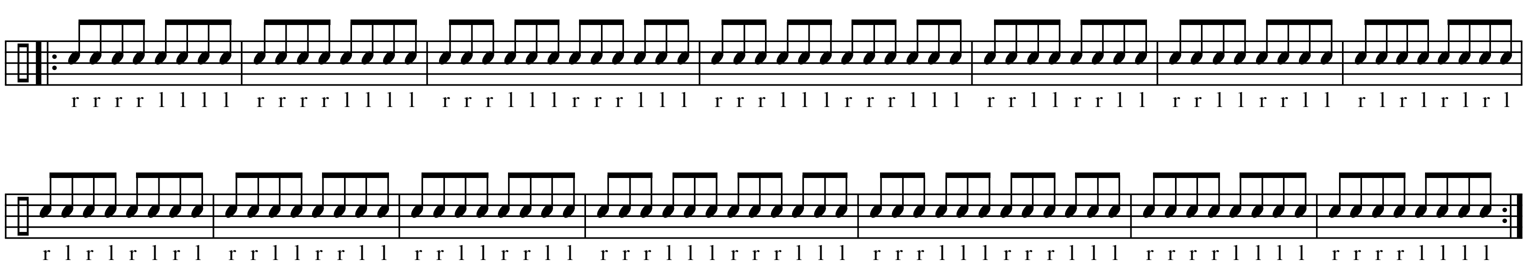
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