



## Lesson Nineteen

Gigajam Drum School Lesson 19 IDS DRG 2

### Developing Rock Grooves 2 (Sixteenth Note Bass Drum Grooves)

#### Lesson Objectives

- Continue our study of Dots in Music Notation.
- Develop greater control of the Kit using Sixteenth Note Bass Drum Patterns.
- Increase our Library of Rock Grooves and bass drum patterns.

#### Developing Co-ordination

It is a product of introducing new grooves and patterns that our co-ordination is both challenged and then developed.

Over the last few lessons we have learned how to read and introduce into our playing more sophisticated notes. This in turn has created more sophisticated rhythms for us to use in our playing.

This lesson is intended to simply build on that knowledge by providing a series of new grooves to develop and play, using the new notes and rests that we have been working on.

In fact this lesson simply comprises of exercises that need to be 'Stepped' through, building new grooves and developing greater control of the kit in the process.

### Building Rock Grooves

We know the steps to take to build patterns, but let's recap.

1. Understand the note positions of each part of the pattern by working through them individually; Bass drum, Snare drum, Hi Hat parts and then put them all together.
2. Invariably, start with the bass drum.
3. Add the Snare Drum
4. Introduce the Hi hat with the Bass Drum (without the Snare)
5. Bring the Snare back in to complete the Groove.
6. Play slowly when running through the exercises.
7. Listen and then compare your performance to the Midi File examples.

From time to time we hit a blank. So don't let this stop your progress. Go back through your notes and find the relevant section. It maybe that you have forgotten the value of a note, or rest. Or you have forgotten the steps. Don't worry. Revise it and then come back to the lesson and carry on.

# Study 1.

## Developing Co-ordination

(using dotted 8th Notes and 16th Notes)

The 8 new grooves that follow focus on introducing dotted eighth notes and sixteenth notes, so that you will be playing the bass drum independently of the Hi Hat on the 'a'.

Additionally, you will be required to play two notes on the bass drum which are only a sixteenth note apart meaning that you will have to use either two Flat foot Strokes, or a Foot/Leg Stroke. You can refer to pages 4,5 and 6 for technical help with these movements.

### Exercise 1 lesson019.idsdrg2.01



1

### Exercise 2 lesson019.idsdrg2.02



2

### Exercise 3 lesson019.idsdrg2.03



3

### Exercise 4 lesson019.idsdrg2.04



4

### Exercise 5 lesson019.idsdrg2.05



5

### Exercise 6 lesson019.idsdrg2.06



6

### Exercise 7 lesson019.idsdrg2.07



7

### Exercise 8 lesson019.idsdrg2.08

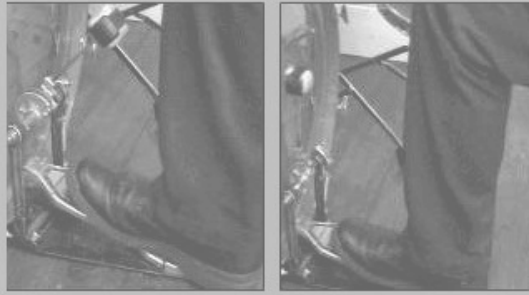


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## Bass Drum

The traditional way of playing the Bass Drum is also by keeping your foot flat on the plate. The main difference though is that the Heel is relaxed so that the Beater rests away from the Bass drum head. Again the foot stays flat and the pedal is operated from the ankle only. But, by pressing forward and down on the foot plate, the plate pushes the Beater onto the Bass drum head. Your heel doesn't leave the plate at all and relaxes back once the stroke has finished.



Position on the Bass Drum Pedal plate.

The foot is able to catch and use more spring from the pedal if the front of the foot sits back from the chain close to the 'Shoulder' of the plate.

## Technique Tips

*The following few pages demonstrate the two main Bass Drum techniques.*

*Follow the instructions, whilst looking at the photographic examples.*

*Note very carefully the position of :*

- 1. The Heel*
- 2. The Bass Drum Beater*
- 3. The front of the foot.*

## Leg Stroke Technique

### Bass Drum

Used more commonly by Rock and Pop drummers, the pedals are played by the Heel being eased up by the Leg and then dropped to the floor, using gravity and a little downward force, to push the plate down and the Beater onto the drum head.



Position 1

- The Foot is relaxed with the Heel resting on the back of the plate, or floor. This depends on how big your feet are.



Position 2

- The Heel comes up to the point where the foot is now roughly parallel to the floor.
- Try not to push down on the plate with the 'Ball' of the foot at this point. You can tell that you have if the beater moves forward towards the drumhead.
- A little forward motion should not be a problem, but just be aware not to lean on the pedal to lift your foot up.



Position 3

- Drop your Heel down and this will push the pedal down and the Beater onto the drumhead.
- As you drop your Heel to the floor, your Leg will relax and the Beater will fall back from the drum and return to your original resting position as in Position 1.

## Foot/Leg Stroke Technique (Playing Doubles and Multiple strokes)

We use the Leg Stroke to play single strikes of the Bass Drum and Hi Hat. You can play more notes by including a number of Foot Strokes in the middle of the Leg Stroke Motion. This will help you play doubles, triples etc. Many students find this approach to multiple strokes much smoother than 'heel up', and easier than 'Flat foot'.



Position 1

· As with the Leg Stroke this is your starting position, with your foot flat and relaxed and the beater rested away from the bass drumhead.

Ease your Heel up using your Leg, applying next to no pressure on the front of your foot. The beater stays quite still.



Position 2

· Your knee has come up and is now in the right position to play the Foot stroke, using your ankle joint.

From here, use your Ankle to flick your foot down on the plate, causing the beater to strike the Bass drum (position 3) and relax back away from the bass drum head (position 4).

## Technique Tips

When playing two bass drum notes that are only a sixteenth note apart, make sure you use 'Up-Foot-Leg'.

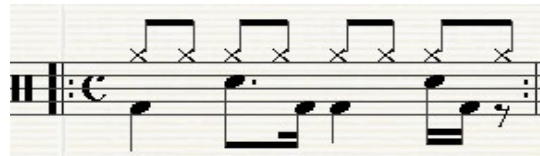
When playing a bass drum note that is more than a sixteenth note away then use a Leg stroke. You have enough time to relax your heel.



Leg      Up-Foot-Leg

## Technique Tips

When playing a bass drum note that is more than a sixteenth note away from the next bass drum note, then use a Leg stroke. You have enough time to relax your heel.



Leg      Up/Foot/Leg      Leg



Position 3

Flick the Ball of your foot down using your ankle.



Position 4

Allow the Beater to bounce back from the Drum.

Watch your knee carefully through this motion, as it should stay completely still. If your Knee moves down, then you are playing from your Leg and not your Ankle. Allow your Leg to drop, playing the down part of the Leg Stroke and this gives you your second strike of the Drum, creating a double.



Position 5



Position 6

To play more strokes, simply play more Foot strokes whilst you knee is up. Finish always with your Heel dropping down and relaxing to the floor. Assuming that your starting point is the same as your finishing point, i.e. your Heel is relaxed and resting on the floor, I count:

