

Tech Routine 1.

by Jacobo Vega-Albela

I and many others believe that technique should be taught by guiding the student through the process of developing an understanding and a feel for a variety of different motions. This packet I've designed will help the student to gain comfort and familiarity with the full stroke, down stroke, tap, up stroke, multiple bounce roll, and double stroke roll.

Special care has been taken to make the rhythmic language of the exercises as simple as possible in order to make them approachable. This simplicity should allow the student to focus deeply on the kinesthetics of each exercise. Once the feeling of each of these motions is in the hands the student should be ready to begin a more serious study of the rudiments.

The explanations given for each exercise provide cues for what to pay attention to during practice, and variations that will allow the student to get more mileage out of each pattern.

Nothing about these exercises is particularly original - in fact I have taken many of these ideas from other sources. I owe acknowledgement particularly to my teacher Rich Thompson who taught me his exercise "Thompson Triplets" which is the basis for "Trubbles," and to Murray Gussek who authored many exercises used by Santa Clara Vanguard. The dynamic ideas in "Chicken Roll" are inspired by his approach to 8-8-16, and my roll builder "Dut-Dzh" is inspired both by "Warm Rolls" and "Diddle McNuggets."

Chicken Roll

Jacobo Vega-Albela

This is a check-and-roll exercise designed to help you develop flexibility, speed, control, and power. First, get comfortable playing the exercise with a full range of motion, focusing on using the wrist to produce your stroke. Then, try these variations: 1) all taps, 2) adding alternating two measure crescendos and diminuendos to sections A and B, and alternating four measure crescendos and diminuendos to section C. You can also add subito dynamic changes following the same two and four measure sections. Finally, all of these steps can be repeated while using single strokes to execute the eighth note passages and double strokes for the sixteenthths - just keep the lead hand the same! Don't worry about these variations until you have developed a solid grasp on the core exercise and the rest of the exercises in this packet.

A Repeat 3x

R R R R R R R R RLRL sim... R R R R R R R R RLRLRLRLRLRLRLRL

5 **B** Repeat 3x

L L L L L L L L LRLR sim... L L L L L L L L LRLRLRLRLRLRLRLRL

9 **C** Repeat 4x

R R R R R R R R LRLR sim... L L L L L L L L RLRL sim...

Trubbles

Rich Thompson arr. Jacobo Vega-Albela

This is a double stroke builder that also presents you with some relevant triplet stickings for drumset applications. Play it first with all relaxed full strokes from the wrist. As the tempo gets faster you can begin using more and more rebound to produce your doubles. Try these variations: 1) make an effort to keep the hands even dynamically. 2) Allow the lead hand to be a bit louder than its counterpart. A note to beginners - RLR repeated IS NOT A SERIES OF SINGLE STROKES. It will work out like this: RLR RLR etc. Same goes for LRL.

14

RRLsim... RLLsim... RLRsim...

20

LRLsim... LRRsim... LRLsim...

26

RRLsim... RLLsim... RLRsim...

29

LRLsim... LRRsim... LRLsim...

32

RRLsim... RLLsim... RLRsim... LRLsim...

36

LRRsim... LRLsim... RRLsim... RLLsim... RLRsim... LRLsim...
Repeat 4x

40

LRRsim... LRLsim... RRLRLRLRLRL LRLRLRLRLRL RLRLRLRLRL

44

Dut-Dzh

Jacobo Vega-Albela

This check-and-roll exercise is meant to help you learn what it feels like to switch between taps and buzzes. A gentle but firm squeeze is used to execute buzzes, and you must learn to turn these "squeeze" muscles on and off. The penultimate measure is a pyramid. You will play the whole exercise through eight times, adding a measure of roll each repetition. This exercise is meant to be played with low to medium stick heights.

This exercise can also be performed with doubles metered as 32nd notes replacing the buzzes. You may find it kinesthetically useful to play through once with buzzes, then once with double strokes right after.

Don't overdo it! Using these "squeeze" muscles puts tension into your arms. Play through our "Chicken Roll" exercise with a relaxed approach to cool off afterwards.

45

R L

49

B

51

R L R L sim... R L R L sim...

53

Accent Grids

Transcribed/Arranged by Jacobo Vega-Albela

These two exercises should be played four different ways: all rights, all lefts, and alternating with both hands taking a turn in the lead. There are no full strokes in these exercises, only downs, taps, and ups. Focus on staying relaxed, especially on the downs and ups. The taps should still feel nice and bouncy. For a bonus variation you can start with either hand and switch to the other each time you play an accent, i.e. Rrrr Llll Rrrr Llll, lRrr rLll lRrr rLll etc.

