

Practising and Testing Single and Double Strokes

Goal: to play the following exercises at a tempos indicated on the marking scheme

Test date: _____

The process:

- Watch the video entitled *Practising and Testing Single and Double Strokes* at **www.StewartHoffmanMusic.com/lessons.php**
- Using a metronome, begin practising the following exercises at a tempo that you are comfortable with (one considerably slower than the set goal). Slowly increase the tempo day by day as you gain greater control.
- As you practise, *focus carefully on the points listed below. They are incorporated into the marking scheme provided.*

Points to focus on while practising:

- Keep your wrists fairly flat, making sure the sticks move straight up and down rather than in a circular motion
- Make sure both hands drop the sticks from, and lift them to, the same level above the drum, without hammering them into the drum
- Keep the index, 3rd and 4th fingers curled under the sticks at all times (the pinky can remain comfortably relaxed off the stick). Don't allow the fingers and the butt of the stick to flip away from the palm of the hand on the upstroke.

Marking Scheme: Single and Double Strokes

Student Name: _____ Class: _____

Date of Test: _____

Repeat each line of the exercises 4 times.

Single Strokes

Level _____ mm =

Sticks move straight up and down, not in circles /25

Sticks are lifted and dropped from the same level above the drum /25

Fingers, other than the pinky, remain curled under the stick at all times /25

The exercise is performed at the assigned tempo /25

Final /100

Double Strokes

Level _____ mm =

Sticks move straight up and down, not in circles /25

Sticks are lifted and dropped from the same level above the drum /25

Fingers, other than the pinky, remain curled under the stick at all times /25

The exercise is performed at the assigned tempo /25

Final /100