

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.

Single Stroke Exercises

Ex. 1

Level I

Musical notation for Ex. 1 Level I in 4/4 time. The exercise consists of four measures. The first two measures each contain four quarter notes, alternating between the right hand (R) and left hand (L). The last two measures each contain four eighth notes, alternating between R and L. The notation is as follows:

Measure 1: R, R, R, R
Measure 2: L, L, L, L
Measure 3: R, L, R, L
Measure 4: R, L, R, L

Level II

Musical notation for Ex. 1 Level II in 4/4 time. The exercise consists of four measures. The first two measures each contain four quarter notes, alternating between R and L. The last two measures each contain four eighth notes, alternating between R and L. The notation is as follows:

Measure 1: R, R, R, R
Measure 2: L, L, L, L
Measure 3: R, L, R, L
Measure 4: R, L, R, L

The purpose of Ex. 1 is to achieve a smooth series of strokes with the hand that consistently plays on the downbeats, seamlessly slipping-in the offbeats when required. The exercise should be repeated many times starting on one hand before switching to the other. Lift the sticks to a position about 12-inches above the drum head. (More advanced drummers may be asked to play this exercise at different volumes, which would require playing closer or further away from the head.) Begin practising at a metronome mark *slower* than your quickest comfortable speed and gradually increase the tempo.

Ex. 2

Level I

Musical notation for Ex. 2 Level I in 4/4 time. The exercise consists of four measures. Each measure contains four quarter notes, alternating between R and L. The notation is as follows:

Measure 1: R, L, R, L
Measure 2: R, L, R, L
Measure 3: R, L, R, L
Measure 4: R, L, R, L

Level II

Musical notation for Ex. 2 Level II in 4/4 time. The exercise consists of four measures. Each measure contains four quarter notes, alternating between R and L. The notation is as follows:

Measure 1: R, L, R, L
Measure 2: R, L, R, L
Measure 3: R, L, R, L
Measure 4: R, L, R, L

For Ex. 2, play single strokes along with the metronome. Begin practising at a metronome mark *slower* than your quickest comfortable speed and play single strokes at that tempo for about a minute before moving to the next higher level.

Double Stroke Exercise

Level I

Musical notation for Double Stroke Exercise Level I in 4/4 time. The exercise consists of four measures. Each measure contains four quarter notes, alternating between R and L. The notation is as follows:

Measure 1: R, R, L, L
Measure 2: R, R, L, L
Measure 3: R, R, L, L
Measure 4: R, R, L, L

Level II

Musical notation for Double Stroke Exercise Level II in 4/4 time. The exercise consists of four measures. Each measure contains four quarter notes, alternating between R and L. The notation is as follows:

Measure 1: R, R, L, L
Measure 2: R, R, L, L
Measure 3: R, R, L, L
Measure 4: R, R, L, L

Lift the sticks to about 12-inches above the drum head. Listen for an even sound. Use your wrists to play the second note! No bouncing until you can double stroke 16th notes at mm = 132.

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