

Snare Drum Warm-Up Exercise

1. Select a challenging speed. This speed (the constant pace of the eighth note) should be physically controlled and relaxed. The stroke must be highly responsive and “round” in shape - as to avoid a stiff wrist stroke. Remember, you are warming up and it is important to maintain a consistent sound and Rhythmic Flow.
2. Check grip for physical consistency.
3. Avoid accented beats. All beats/strokes are of an equal dynamic.
4. The *Double Stroke Roll*, *Single Stroke Roll* and *Alternating Flams* are to be played “**Open-Close-Open.**”

Open-Close-Open: The process of starting slow (**open**) and *gradually* increasing the tempo of a technical exercise and reaching your top speed/tempo (**close**) – maintain a steady tempo at “Top Speed” – and then *gradually* decrease tempo returning to original starting tempo (**open**). Your “Top-Speed” is a tempo at which you can maintain control and dynamic consistency.

5. This exercise is to be played non-stop, starting with **8’s** and going through the **Alternating Flams**. Notice that each section of the Warm-Up contains repeat signs (except for the *Double/Single Stroke Roll* and *Flams*). You can spend as much time as you like on each section before going to the next. Obviously, this can increase technical stamina and control.

This basic exercise will build dexterity and speed because it reviews some basic stroke types used in the study of rudiments:

1. **Full Strokes** (i.e. Free Stroke)
2. **Double Strokes**
3. **Simultaneous Strokes** (i.e. Flams)

8's

7's

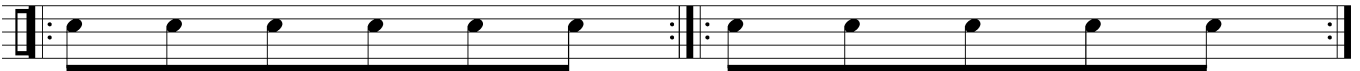


R R R R R R R R
L L L L L L L L

R R R R R R R
L L L L L L L

6's

5's

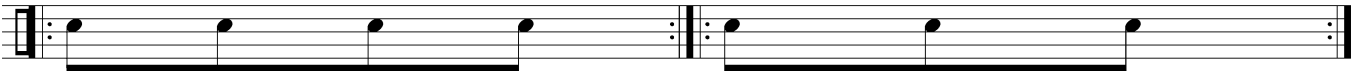


R R R R R R
L L L L L L

R R R R R
L L L L L

4's

3's



R R R R
L L L L

R R R
L L L

Double-Stroke Roll



R R L L R R L L etc.

Single-Stroke Roll



R L R L R L R L etc.

Alternating Flams



R L R L R L etc.