

Online lessons with Bruno Meeus Dia Meters lesson #2: Warm up with bass drum as published on Drummerszone.com and Slagwerkwereld.com

1. Warm Up With The Bass Drum (Diameters page 13 – cd 12)

How do you make your bass drum foot as flexible and fast as the hands ? By practicing the bass drum as hard as the hands, or by practicing the bass drum foot twice as hard as shown in the next illustration. This exercise contains three rudiments: triple, double and single strokes alternated. Each stroke is filled in with one bass drum stroke.

Basic Exercise tempo 70-140

Without the bass drum part you play only:

| **RRR LLL RRR LLL** | **RR LL RR LL RR LL** | **RRR LLL RRR LLL** | **RLR LRL RLR LRL** |

Which is relatively easy!

Practice the different rudiments separately, before the bass drum part is participated.

Separated exercises tempo 70-140

Replay the Basic exercise again!

Options:

1. Replay the same exercises on different parts of the drum set simultaneously;
2. Replace the rudiments by other rudiments: single and double paradiddles, flams, etc...

Good luck - Bruno