DRUMMERSZONE COM

Online lessons with Bruno Meeus

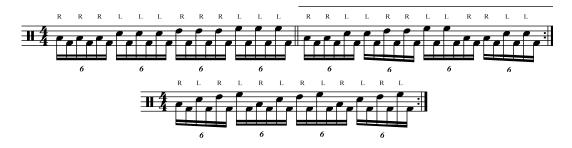
Dia Meters lesson #2: Warm up with bass drum

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



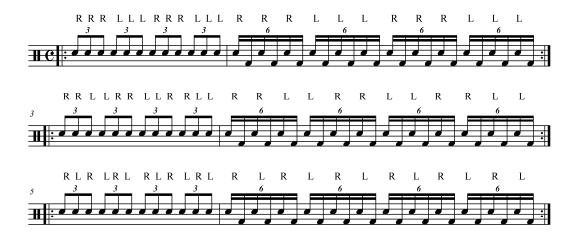
Without the bass drum part you play only:

| 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

