

## The Weaker Side – Exercises

### Achieving Technical Balance with great books

By Stephane Chamberland

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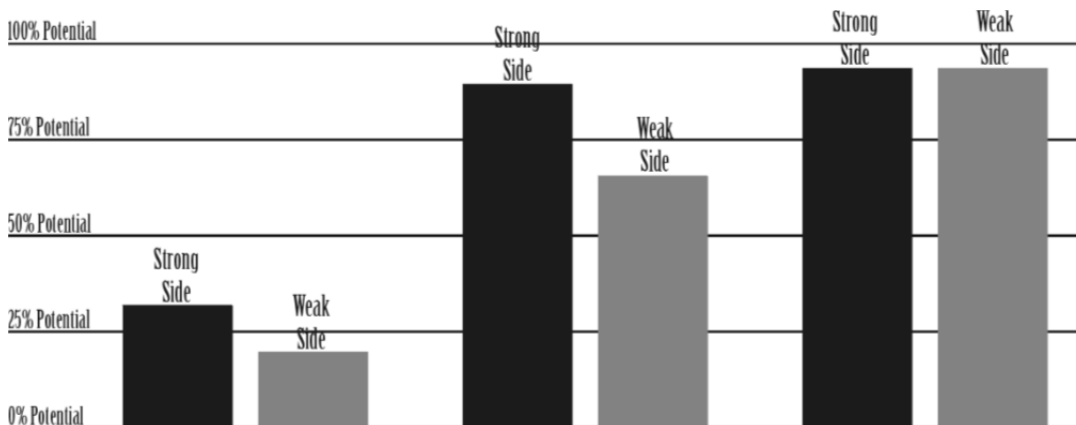
Full article on drummerszone.com: <http://tinydz.com/nxxxx>

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It is important to incorporate these exercises into daily practice.

1. Start using your weaker hand more in your life.  
Try things like brushing your teeth with your weaker hand, opening doors, and writing using your weaker hand.
2. The second point is to do stretching exercises like the free stroke and the Moeller technique.
3. The third point will be to explore an open-handed style on the drum set.  
That means, not crossing your arms to play your hi-hat, use your weaker hand and play open.

Here is an observation of the relationship that many drummers experience between their stronger and their weaker side.



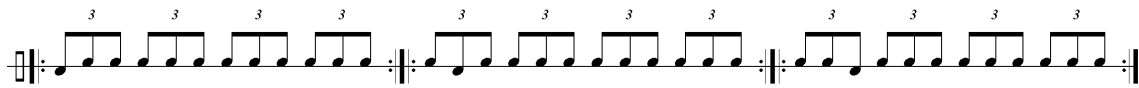
You start here when you work on exercises with even sticking.

Both limbs improve, but are still proportionally unequal in ability.

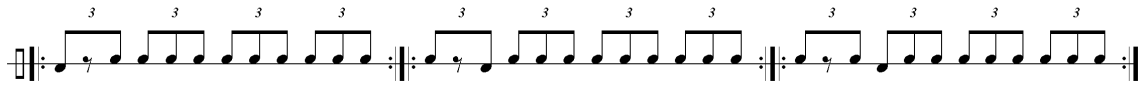
With focus on the weaker side, both limbs can improve equally.

Here are some exercises for your weaker side:

#### Straight Triplets



#### Broken Triplets



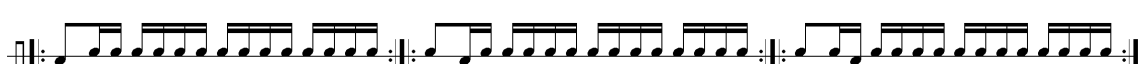
#### Flam Triplets



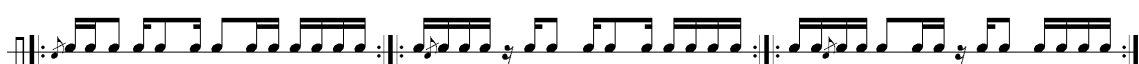
#### Straight Sixteenths



#### Broken Sixteenths



#### Flam Sixteenths



As you can see, this is about balance. Imagine how you would play if both your hands were equally as capable as your stronger hand! Or both of your feet were equal!! You would be able to express whatever was in your head. Freely releasing ideas around the drum set with fluidity while staying totally relaxed.

The next adventure will be to check out our book *The Weaker Side*. It has fifty-two pages and you can play one page a week. That makes one full year of working on the book. This is also thirty exercises for fifteen seconds to one-minute each. The primary goal is to work on technique, but you could also use the book many different ways to develop other skills as well. For example, use the bass drum and hi-hat pedals to play the written sticking while playing the jazz ride pattern in the triplets section. We can easily say that *The Weaker Side* is a follow up to the George Lawrence Stone's book, *Stick Control*. It's better to practice slowly at first and increase the tempo a little bit everyday. While playing the exercises, keep in mind to always watch your technique in the mirror, use a metronome and a clock, and keep track of your progress and your improvement. You may want to record yourself to analyze your work.

This is where the adventure gets exciting. The harder you work, the more results you feel. Stay with it, follow a plan every day, every week, and the year will pass quickly. As you continue this journey, notice how much better you get around the *kit*. *Most of all... have fun!*

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