

THE FOUR BASIC STROKE TYPES

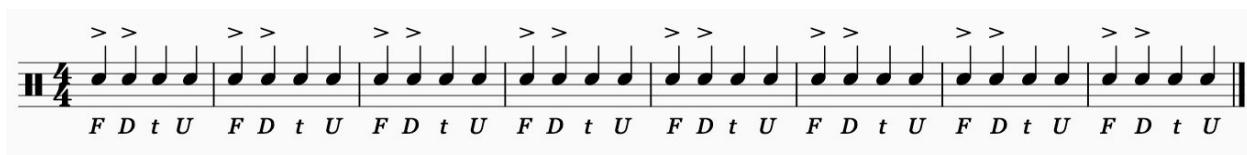
Sometimes we overlook the basic building blocks in our field. In this case the four basic stroke types are crucial in understanding the mechanics of how certain rudiments, and hybrid rudiments work. Learning the four basic stroke types can give you a simplified measurement tool for stick heights when executing rudiments, hybrid rudiments, and ghost notes behind the kit.

F = Full Stroke (rebound) *Starts high, ends high.*

D = Down Stroke *Starts high, ends low. Start from*

t = Tap Stroke *Starts low, ends low.*

U = Up Stroke *Starts low, ends high.*



Exercise 1. Practice each hand individually starting with the right.

Exercise 2. Play both hands at the same time mirroring each other.

Practice each of these with a metronome at a slow tempo to give yourself time to memorize the motions first. Practicing in front of a mirror is your best option to getting the most out of this exercise. The key is to play the appropriate stick heights with a relaxed feel