* Posture
* Stand as tall as possible
* Feet shoulder width apart
* Head up and head floating above shoulders & neck
* Shoulders relaxed and down
* Stick Grip
* Forefinger and thumb are 1/3 away from the bottom of the stick
* The thumb is perpendicular to the forefinger
  + This creates a **pivot point** or **fulcrum**
* Imagine there is an invisible string going through thumbnail, through stick, and out between 2nd and 3rd knuckle of forefinger.
* Turn hand over so the palm is facing up
  + The back of the stick goes on the fleshy part of the hand
  + The pad of the middle finger is on the stick
  + Wrap the other fingers around loosely
* Turn hand back over so the palm is facing down
  + Hand is slightly turned in
* You should be able to “dribble” the stick
* Repeat with other hand
* Go through ‘stick grip steps’ 5x.
* Body Position
* Place both hands by heir sides
* Relax he shoulders (touch ears to your shoulders and then drop)
* Without moving your upper arm, bring forearm up to just below horizontal
* Put the tips of your sticks together
* Step away from the drum
  + Walk up to the drum and set the drum to your height – ½ inch below your sticks
  + The tips of your sticks should be just past the centre of the drum
  + Make sure your pinkies aren’t up , it will make your muscles sore
* Hand Position
* Hand position – your hand is a straight extension of your forearm
  + Sticks need to form a **FAT V**
  + If the V is too small, wrists could be bent or stick is along the life line, not the fleshy part of the hand.
* Obtain correct body and hand position and stay still for 30 seconds.
* Parts of the Snare Drum
* Batter Head
* Snare Head
* Shell
* Rim (top and bottom)
* Tension Rods/Lugs
* Lug Casing
* Throw off switch
* Snare Strainer
* Snares
* Tap and Accent
* The resting position for snare sticks is always 1 inch off the drum
* We only move our wrists when striking the drum, not our forearms
* For a **TAP**, strike the snare drum from 1 inch above the drum and end at 1 inch above the drum (this is smaller than you may realize)
* For an **ACCENT** hit the drum from 9 inches and end at one inch above the drum.
* Red Book Exercises
* Clap through the piece, counting out the length of each note.
* Play through the piece once slowly.
* Check your fingerings, correct any notes you may have missed.
* Play through again, aiming for accuracy and fluidity.

My red book exercises this week are:

Week 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_