



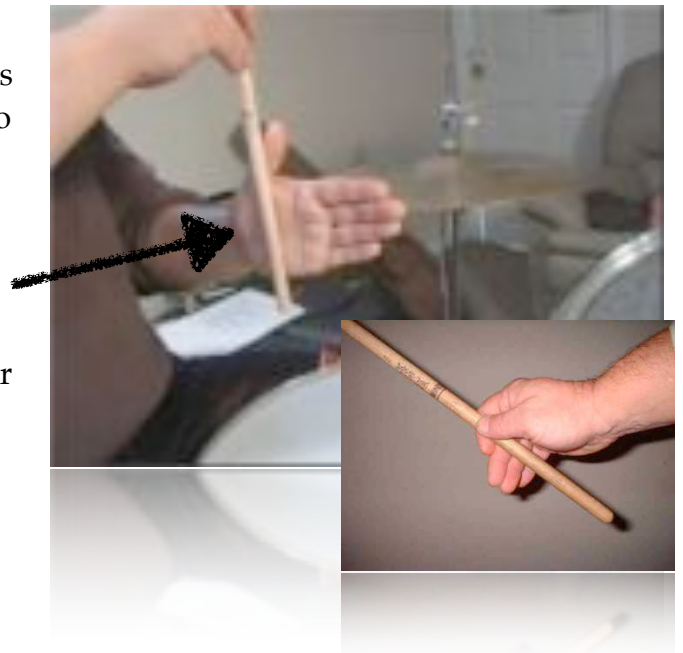
How To Hold Drumsticks

By: Spencer Easton

Music has become a very important part of our culture, in this day and age everyone wants to play an instrument. The problem is that no one learns the correct technique either they see these games like “Rock Band” and “Guitar Hero” and they just start to beat on something thinking that is enough to know how to play the instrument. The following is one set of instructions of many on how to operate and handle your instrument. If you are just starting to learn how to play any percussive instrument then these instructions are for you. This specific set of instruction will cover drumstick control and use; to help you learn how to use drumsticks properly. We will also cover ways to help you avoid injury.

Step 1. Grip

First hold your hand out as if to shake someone's hand. Now place the drumstick perpendicular to your palm leaving 1-1.5 inches from the bottom of the stick to your pinky finger.(as shown in pic) the tip of the stick should be pointing upwards. Places the fleshy part of your thumb plainly on the stick so that you would leave a your thumb's fingerprint on the stick. Wrap your fingers around the stick, and with your index finger apply pressure opposite the thumb.





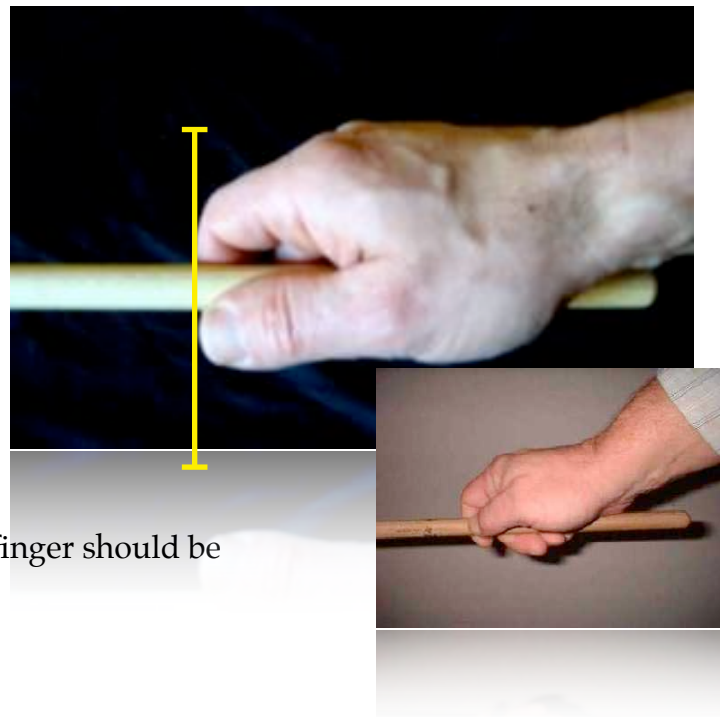
"Fulcrum"

The term Fulcrum refers to the grip of the thumb and index fingers, these two create a line that is the secret behind being able to drum fast. This needs to always be tight and never under any circumstances open up. This creates a pivot point where the stick moves like a sea-saw in your hand.

The "T"

Now this pic to the right is only to show the T that your fingers should form (*as to the lack of fulcrum this is a bad example*).

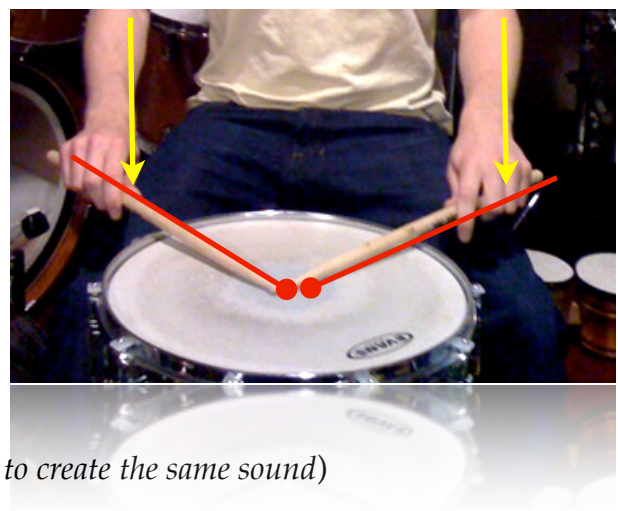
The second knuckle of the index finger and the thumb should form a line perpendicular to the stick. This is to help the fulcrum as a pivot point. Now along with the T your fingers should be wrapped around the stick and every single finger should be touching the stick.



Step 2. Angles

From here you need to worry about form as a whole. Drumming is a very rudimental instrument and as you can see your arms will be parallel to one another, about shoulders width apart. Then the drum sticks should point downward and form a point.

(*this point is very important as to the sound the drum will make, the sticks need to hit close together to create the same sound*)



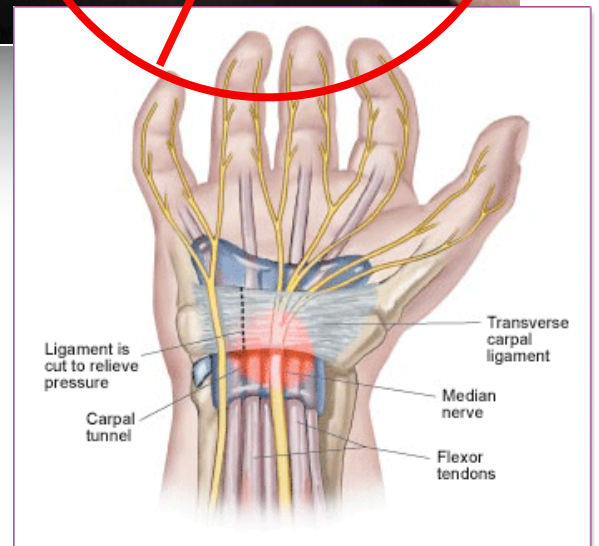
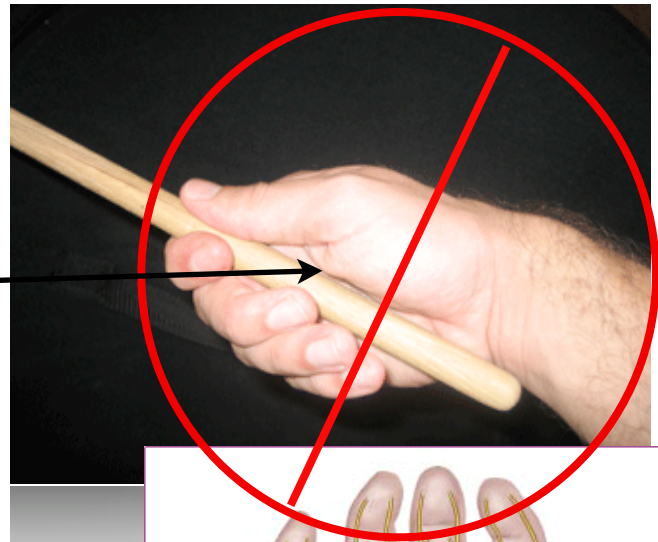


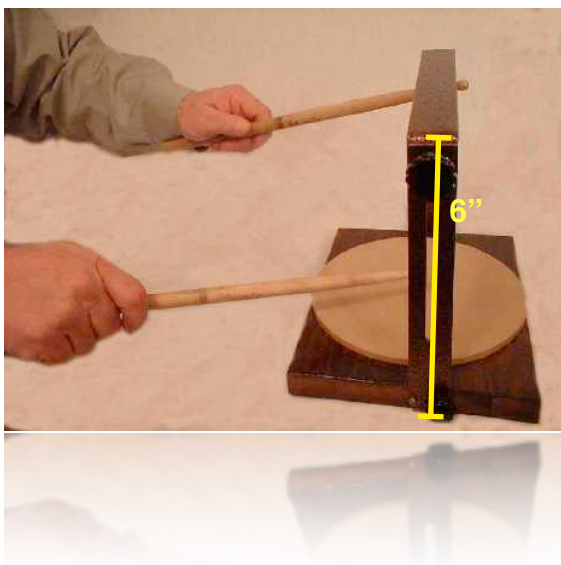
Wrist Movement

You should use a combination of wrist movement + fulcrum pivot point when drumming. This can prove to be a dangerous part of drumming, if moved wrong the wrist can be damaged and you could end up with carpal tunnel syndrome.

Carpel Tunnel

Holding the stick wrong can lead to carpal tunnel syndrome; this is very serious and if not taken serious can cause problems down the road. The reason for this section to make sure that you do **NOT** kink your wrist (*as shown in the picture*), this can lead to carpal tunnel syndrome so fast that you wont even have time to think about drums. This disease is due to you literally bending your Median nerve to the point of breaking. The same concept is if you take a wire hanger and bend it back and forth for a while it will break. This nerve is designed to bend only forward and backward, but when bend side to side you are in danger of breaking this nerve. The Transverse Carpal Ligament is your only other defense against this disease besides your own caution.





Heights

If you were to place a book or bar over your sticks at six inches, this would be the normal playing height for a single stroke of your drum stick. As shown in the pic to the left one would practice so that both hands would sound the same in height and where you would hit the drum.



These are the first steps in being able to maintain control over the drumstick and to be able to protect your self from injury. If you are interested in going to the next level of drumming pick up my How to Drum manuel in a store near you. If you have further questions you can visit my website at www.drummalot.com , or you can contact via email at shfinkter2@yahoo.com with any further question you might have about drums or any other instrument literature that I offer. Thank you.