

CHAPTER 4

MORE HAND DRUMMING TECHNIQUES

IMPORTANT REMINDERS FOR HAND DRUMMING

Fingers, arms, hands must remain relaxed.

Hands straight forward in line with arms, don't curve your wrists inwards.

Mainly use wrists and forearm motion when playing your hand drum.

Maintain proper posture.

Keep the drum slanted away from your body so that the sound can escape from below.

Focus on practicing slow and concentrate on sound projection. Don't forget to create a triangle shape in the middle of your hands and let your hands/fingers rebound off the drum head.

B = Bass Tones = Goon / Doon

O = Open Tones = Goe / Doe

S = Slap Tones = Pah / Tah

H/T = Heel/Toe Tones: Let your hand(s) rock between your palm and fingers (together).

* = Beat

Alternate hands starting with your dominant hand.

WARM-UP STUDIES FOR HAND DRUMMING

Getting Comfortable with Sound Projection and Hand Drumming Techniques

1)

O O O O
* * * *

2)

B B B B
* * * *

3)

S S S S
* * * *

4)

H T H T
* * * *
R R L L

5)

B B O O O O
* * * *

6)

O O O O O O O O O O O O
* * * *

7)

O O O O O O
* * * *

8)

O O O O
* * * *

9)

O O O O
* * * *

Start at a slow tempo and gradually speed up the tempo. Just before you tense up, slow the tempo back down so that all of your muscles are relaxed. Alternate between hands leading with your dominant hand.