

Eight On A Hand – Free/Legato Stroke Exercise

Purpose: There are a few reasons to include a legato stroke exercise in your routine. One reason is to warm up the muscles that you will be using during your rehearsal or performance. Also to work on your stroke technique, and for listening to the ensemble to produce an equal and consistent good quality of sound on each stroke.

Focus: Educators and Student need to make sure that they all know why they are playing this exercise and should focus on good consistent technique throughout each section in the drumline. We also need to focus on producing an equal and consistent sound quality, and consistent and matching heights throughout the whole ensemble. Finally focus on your feet lining up properly with your hands.

Checklist: Look for the following as you are playing this exercise

HANDS	STROKE
<ul style="list-style-type: none"> ✓ Snare and Quads thumb nails are facing each other. ✓ Basses 90% bend in arm and 45% from the wrist. ✓ Strong fulcrum. ✓ Figures wrapped around stick. 	<ul style="list-style-type: none"> ✓ Straight up and down motion. ✓ Pushing stick down using wrist and fingers. Let stick bounce back up to the starting position. ✓ Make sure all sections are using the same stroke ✓ Stick starts and stops at the same height. ✓ Back of the stick should not hit the back of the palm of your hand. ✓ Let the bead of the stick slam into the playing surface. ✓ The stick goes down and returns back up at the same speed. ✓ All four fingers remain in contact with the stick without any tension. ✓ Stick resonates with a high pitch. ✓ High velocity strokes. ✓ Last stroke of each hand is a down stroke
FEET AND HANDS	SOUND QUALITY
<ul style="list-style-type: none"> ✓ Proper feet are lining up on proper counts. ✓ Make sure everyone is using the same technique. ✓ Feet coming no more than 1 inch off the ground 	<ul style="list-style-type: none"> ✓ Each stroke produces the same sound