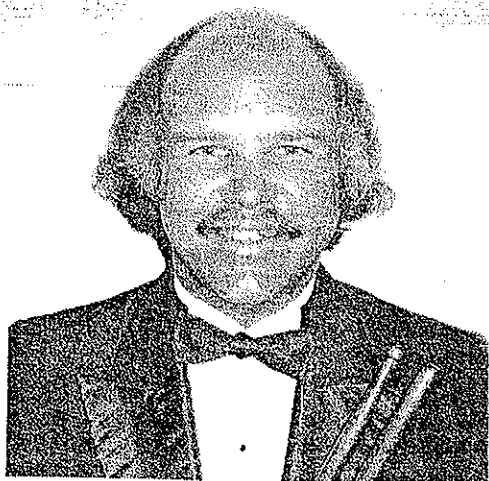




CHARLES DOWD

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THIRTY-MINUTE ENDURANCE WARM-UP EXERCISE

This daily exercise is designed to loosen and exercise the wrists and fingers in preparation for the performance of classical, jazz and studio snare drumming. Master all thirty fundamentals before attempting to play the warm-up.

Play the 30 exercises for sixty seconds each, non-stop, moving to each new exercise at the conclusion of each minute. (Use a clock with a second hand to time yourself). Play continuously for thirty minutes, **AS FAST AND RELAXED AS POSSIBLE**, starting out with **FULL, RELAXED STROKES** to loosen the muscles. Pace yourself, as thirty minutes of non-stop playing can be a long time!

Play on a rubber or plastic practice pad, using the same drumsticks as you would use in a performance. Be sure to tune the plastic practice pad to the same tension and feel as your snare drum. Constantly listen to your sound. To improve speed and endurance, push yourself. To improve dynamic control, play at pianissimo and fortissimo levels after the first five minutes. Avoid fluctuating tempi, striving for a steady tempo, even sound, and warm tone. Performing this exercise in front of a mirror can improve problems with the stroke or hand positions.

Exercises 7, 8, 22, and 29 show two different stickings: play the right-hand sticking for only 30 seconds, then play the left-hand sticking for the remaining 30 seconds. Exercises 22 and 23 are to be played as open (military) ruffs or drags for the first 30 seconds, then as closed (orchestral) ruffs or drags for the last 30 seconds. Also, do the same with exercises 24, 25, 26, 27 and 28 which are rolls: play double-bounce (military) rolls for 30 seconds, then as multiple-bounce (orchestral) rolls for the remaining 30 seconds.

Once these specific fundamental patterns are mastered, other sticking permutations or rudiments may be substituted, as long as you start with single-stroke rudiments; then, go to flam and drag patterns and finish with rolls and finger-stroke exercises.

1 2 3

R L R L R L R L R L R R L R L L R L R R L R L R R L

4 5 6

L R L L R L R L L R R L R L R R L R L R L L R L R L R R L R L R L L

7 8 9

a. R L L R L L a. R L R R L R L L LRLR RLRL
b. L R R L R R b. L R L L R R L

⑩



⑪

R L R L R L R L R L R L R L

⑫

L R R L L R R L L R R L L R

⑬



⑭

L R R L L R R L

⑮

R L L R R L L R

⑯



⑰

L R R L L R R L L

⑱

L R L R L R L R L R L R

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a. L L R L L R L L R L L R
b. R R L R R L R R L R R L

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L L R R R L L R R L

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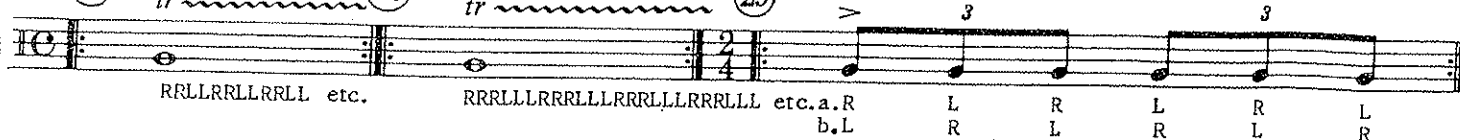
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L L R R L L R R L L R R L L

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R R L L R R L L R R L L R R L L

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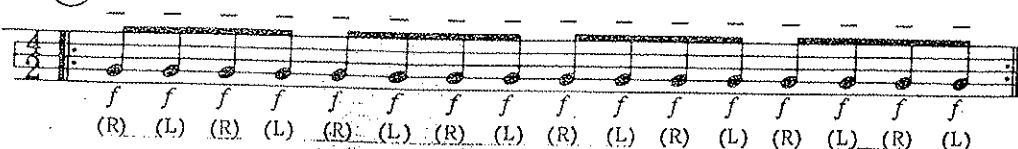
R R L L R R L L R R L L R R L L etc. a. R
b. L

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L R L R L R L R L R L R L R L R

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At the conclusion of the 30-minute exercise, put down the drumsticks and "shake out" the hands, letting them dangle at the sides of the body as relaxed as possible for at least 30 seconds.