

GROOVE FUNDAMENTALS

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Introduction

Welcome to Groove Fundamentals, a book designed to efficiently improve your ability to perform commonly used grooves on the drumset. My training method can help you become a better overall drummer as well as prepare you for college admissions or a professional drumming career. Groove Fundamentals can save you time mastering 'real world' grooves.

Video Introduction

If you would like to see my video introduction to this book, including samples of the lessons and the best ways to practice the material, please visit my website: blakepaulson.com

Acknowledgements

Groove Fundamentals is dedicated to our beloved Great Dane, Sansa Paulson. She enriched our lives for seven years and taught us many life lessons. Sansa brought much joy to my wife and me. Thanks for the wonderful times and fond memories Sansa, you will remain in our hearts forever.

Thanks to my loving wife, Bridget Paulson; my wonderful parents, John Paulson and Coreen Nordling; my brilliant sister, Emily Donnelly and her family, Kevin, Aislin and Cecilia; and all of my extended family.

Thanks to my talented mentors for sharing their knowledge: Scott Crosbie, Paul Stueber, Dave DiCenso, Stan Freese, and Brian & Jane Grivna.

Thanks to Rob Wallis and everyone at Hudson Music for helping me share this book with the world.



How to Use This Book

Groove Fundamentals is designed for all drummers. To use this book, you'll need to have an understanding of how to play the drumset and read drumset notation. For advanced drummers, this material can be studied on your own. For beginning drummers, this book should be studied with the help of a private teacher who can demonstrate the grooves. The beginning or intermediate drummer will gain a comprehensive drumset groove foundation. The advanced drummer will find specific groove weaknesses to improve.

SECTIONS ONE, TWO AND THREE

STEP 1: Choose a groove to practice. (I recommend using the book in order from start to finish - the material is designed to be methodical.)

STEP 2: Choose a comfortable tempo to practice. Use a metronome set to quarter notes. Make note of the tempo for reference later.

STEP 3: Play the groove until you can perform it comfortably for at least 10 repetitions without making a mistake.

STEP 4: Pick the next groove to practice. Repeat steps one, two and three. Continue in this manner until you have mastered all of the grooves in the chapter.

STEP 5: Revisit your best performed grooves at higher tempos. Revisit the grooves you struggled with at slower tempos until you can smoothly increase the tempo.

STEP 6: Move on to the next chapter and repeat the steps.

CREATE YOUR OWN GROOVES

Photocopy the blank page at the end of each chapter to write your own drum grooves. I encourage you to be creative as there are limitless great beats waiting to be invented!

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Practice Notes

- This method book contains over 1,750 drumset grooves covering the most popular genres of music. That said, TAKE YOUR TIME. It can be exciting to rush through this book with challenges coming one after the next, but I encourage you to DIVE DEEP. Easy or hard, master every groove at three different tempos or more. Your goal should be true mastery.
- Keep it tight! Listen closely as you practice and make sure that your notes are not 'flamming.' One of the great challenges is to play cleanly.
- When practicing grooves with accented snare drum notes, strive to perform the unaccented snare drum notes quieter as 'ghost' notes.
- When practicing Chapter 2 with both hands on the Hi-Hat, ignore the Hi-Hat note above each Snare Drum note and only play the Snare Drum.
- When practicing Chapter 7, play the Snare Drum notes as both regular snare and sidestick.
- When attempting fast tempos, reduce your stick height and volume. Drumming quietly, with a short range of motion, is more efficient and therefore easier to play faster.
- Do not be discouraged if you are unable to perform some grooves at fast tempos. Your drumming may not be developed enough to do so. No problem, that's what this book is for! Continue practicing the grooves and increase your tempo by 2-4bpm for each new pass. Over time, your skills will become more developed and you will be able to play faster tempos.
- Use this book as an important part of a well-balanced practice routine.

Drum Key



Summary

Groove Fundamentals is an in-depth method for quickly improving your drumset groove abilities. Work hard, good luck and enjoy!

CHAPTER 1

Eighth Note Cymbal Grooves

LESSON 1: Eighth Note Bass Drum

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