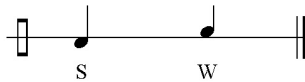


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## Key



S=Strong Side  
W=Weaker Side

Note: In order to keep the pages uncluttered, the letters S and W appear only in the first measure of each section. The notes on the top line are always played by the weaker side, while notes on the bottom are played by the stronger side. All notes should be played on one sound source.

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Other forthcoming books from Wizdom Media Publications that work in conjunction with this book include:

*Open-Handed Playing* by Claus Hessler and Dom Famularo

*Pedal Control* by Dom Famularo and Joe Bergamini

*8th-Note Rock and Beyond* by Glenn Ceglia

Please check our website, [wizdom-media.com](http://wizdom-media.com), for information about current and future releases.

## About the Authors

### Dom Famularo

His sensational drumming and brilliant communication skills have earned Dom Famularo a reputation of being the world's leading motivational drumset artist / educator. Through history-making tours of China and the Far East, and with standing ovations to capacity audiences at virtually every major drumming event in Europe and the Americas, this vibrant performer from Long Island, New York is renowned for delivering entertaining and awe-inspiring performances unlike any other.

Tutored by legendary greats Joe Morello, Jim Chapin, Al Miller, and Ronnie Benedict, Dom combines the masterful techniques of the past with the parameter-pushing concepts of the present for a highly creative and uniquely personal style of drumming. With hands powered by the famous Moeller technique and feet dancing through high-speed double-pedal bass drumming patterns, he delivers performances that dip and dive through dynamics and styles with energy and ease. Elements of jazz, funk, fusion, and Latin rhythms permeate his sound, while every stroke speaks to the inventiveness that makes his drumming so exciting, entertaining, and inspiring.

The first Western drummer to perform clinics in China, Dom is accustomed to making headlines. He was a special guest performer at the first-ever Buddy Rich Tribute Concert, an event which he helped organize. He was a highlight as host and performer at the Pacific Rim Drum Invitational (the first drum event to be simulcast live on the Internet), and he's a primary attraction at star-studded drumming events such as the Koblenz International Drummer Meeting in Germany, the Florida Drum Expo, the Paris Music Show, the massive Drummers Day in Australia, the Heartbeat World Rhythm spectacle for Canadian TV, and the Montreal Drumfest.

Dom doesn't rely on major band affiliations as a claim to fame, but performances with the Buddy Rich Big Band, B.B. King, Lionel Hampton, Chuck Leavell (Rolling Stones), T Lavitz (The Dixie Dregs), and the Louie Bellson Big Band reveal the pedigree of his playing. He has shared the stage with Dave Weckl, Steve Gadd, Vinnie Colaiuta, Simon Phillips, Billy Cobham, Bernard Purdie, Rod Morgenstein, Chester Thompon, Terry Bozzio, Will Calhoun, Deen Castronovo, Russ McKinnon, Chad Smith, Mark Schulman, Denny Carmassi, Liberty DeVitto and Jim Chapin in worldwide drumming events. Dom fondly remembers performances with both Jeff Porcaro and Larrie Londin, both of whom he is proud to have had a chance to meet and perform with. Dom also performs with his own band in the New York area.

In addition to large drumming expos and clinic tours, Dom is an active educator at colleges, drum schools and camps. He has performed at the Percussive Arts Society Convention (PASIC), Percussion Institute of Technology (PIT) in Los Angeles, Berklee College of Music in Boston, The Collective in New York, KOSA Camp in Vermont, North Texas State University, and Extreme Drummers Camp at the Modern Music School in Germany. In addition, he is an in-demand consultant to major music corporations, and serves as Education Director for Sabian Ltd., Vic Firth, Inc., Mapex drums and Evans drumheads.

Dom was voted Best Clinician by the readers of *Modern Drummer* magazine in 2005 and 2006, and by the readers of *DRUM!* in 2006. He is also the author of *It's Your Move* and *The Cycle of Self-Empowerment*, co-author (with Claus Hessler) of *Open-Handed Playing*, and co-owner (with Joe Bergamini) of Wizdom Media, an independent music publishing company.

Visit Dom's websites at: [www.domfamularo.com](http://www.domfamularo.com) and [www.myspace.com/domfamularo](http://www.myspace.com/domfamularo).

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# About the Authors

## Joe Bergamini

Joe Bergamini maintains a diverse career as a drumming performer and educator. Enjoying various styles of playing, he is most well-known for his progressive rock drumming in the bands Happy the Man and 4Front. He performed on Broadway and in the first national tour of *Movin' Out*, and currently plays at the Broadway productions of *The Lion King*, *Rock of Ages*, *Jersey Boys* and *In the Heights*. For 11 years Joe was the drummer in the popular New York City area band Power Windows, and has performed and recorded with many other artists, including Bumblefoot, Dennis DeYoung, and Deborah Gibson.

Recognized internationally as an educator, Joe has given hundreds of drum clinics in schools, retail stores, and conventions over the past 15 years. He has appeared at the Ultimate Drummers Weekend (Melbourne, Australia), the Cape Breton Drum Festival (Nova Scotia, Canada), KOSA (Vermont, USA), and the Sonny Emory Drum Camp (Atlanta, USA). In 2007 he was the featured drum clinician on the first Tama Dayz US tour. He also maintains a busy private teaching schedule at his studio in New Jersey.

Joe is very active in the music publishing world. He is the Senior Drum Editor for Hudson Music, the world's leading publisher of educational drum DVDs, where he oversees all book projects and acts as an associate producer on various DVD productions.

As an author, Joe has won three *Modern Drummer* Readers Poll awards for his drum books. He is the author of *Turn It Up & Lay It Down*, *MD Classic Tracks*, *It's Your Move* (with Dom Famularo), *Drum Techniques of Led Zeppelin*, *Operation: Rockenfield - The Drumming of Queensryche*, *Drumming Out Of The Shadows - The Drumming of Jason Bittner and Shadows Fall*, and *Polyrhythmic Potential* (with Chris Pennie). He was formerly Percussion Editor for Carl Fischer Publications, has worked on various promotional and R&D projects for Tama drums, and is co-owner (with Dom Famularo) of Wizdom Media (an independent music publisher). Joe is also an occasional writer for *Modern Drummer* magazine.

Please visit Joe's websites at [www.joebergamini.com](http://www.joebergamini.com) and [www.myspace.com/joebergamini](http://www.myspace.com/joebergamini) for news, schedule, and multimedia clips.



## About the Authors

### Stephane Chamberland

Stephane Chamberland is a drummer, clinician, educator and author. He is an independent solo artist that has been playing and recording with countless musicians performing literally hundreds of live shows in Canada. He is currently playing with his own bands, with Kabir Percussion, Phonethemental, Roxanne De Lafontaine, and working on many other projects with freelance musicians.

Recognized internationally, Steph has presented hundreds of clinics and masterclasses in stores, schools, camps and festivals around the globe, in the United States, Canada, Taiwan and China over the past nine years. He performed at the Canadian Cape Breton Drum Festival 2008, at the Taipei International Percussion Summer Camp (Taipei National University of the Arts), at the Da Dong Tian Xia Music Concert (Shanghai Grand Theatre), and at the Shanghai Int'l Percussion Camp. He also maintains a busy private teaching schedule at his studio in Quebec City, the Wizdom Drumshed, and also teaches regularly in New York. Steph's studio is a state-of-the-art teaching and recording facility where drummers from all around the world come to study. Steph is also part of the education team for Vic Firth with the PDT+ program, and has been working with companies such as Mapex to create Mapex Learning Advantage Program and educational posters.

Stephane has studied drumset with many respected teachers in New York, New Jersey and Toronto, including Dom Famularo, Jim Chapin, Rick Gratton, Billy Ward, Robby Ameen, Jeff Salem, Paul DeLong, Joe Bergamini, John Favicchia, Aldo Mazza, Frank Belluci. He went to Manhattan School of Music and studied with John Riley and Bobby Sanabria. He also studied at the Conservatory of Music in Quebec City and with several teachers in the Quebec City area.

Steph's interest in writing and education has led him to becoming very active in the music publishing world. He is the co-author of the book *Pedal Control* with Dom Famularo and Joe Bergamini (Wizdom Media/Alfred Publishing), and has worked on the book *Drumset For Beginners* (Alfred Publishing) with Paul Hose and Jim Farey in the UK. He also worked on the new edition of the number one drum book in the world, *Stick Control*. He is a contributing writer for *Modern Drummer Magazine* and *Classic Drummer Magazine*. He has also been featured in *Gigging Musician*, *Drums Etc*, *International Musician* and *Percussive Notes*.

Steph endorses Mapex Drums, Sabian Cymbals, Vic Firth Sticks, Shure Microphones and Evans Drumheads. You can find more info at [www.stephanechamberland.com](http://www.stephanechamberland.com).



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# Introduction

In my global travels to over 50 countries, I have met thousands of drummers. The most common challenge they have all asked about is developing balance between their hands and feet.

*The Weaker Side* is the first step to achieving balance between all limbs. Imagine how much more control you would have in your playing if your hands and feet were equal in execution!

This book is about programming muscle strength into your weaker side. The ultimate objective is to be able to perform any idea you hear in your head. The better your skill, the easier it is for you to consistently express your ideas.

***Art is all about expression!  
Technique is the ability and vocabulary to unleash what you feel!***

Controlling the sticks and pedals requires muscular strength. If your technique is unbalanced, it is like walking with one foot on the curb and the other in the street. It feels uncomfortable. The exercises in this book are set up to concentrate on your weaker muscles. *The Weaker Side* is about putting a focus on the lesser-used side of your body.

Knowing the techniques in my book *It's Your Move* is very important to assist in achieving relaxed and consistent results. Fluid movement creates a fluid sound, relaxed movement creates a relaxed sound, consistent movement creates a consistent sound, and tense movement creates a tense sound. This book is about achieving a fluid, relaxed, consistent and balanced sound!

Enjoy developing your weaker side and the resulting freedom of expression.

-Dom Famularo  
*Drumming's Global Ambassador*



# "Why The Weaker Side?"

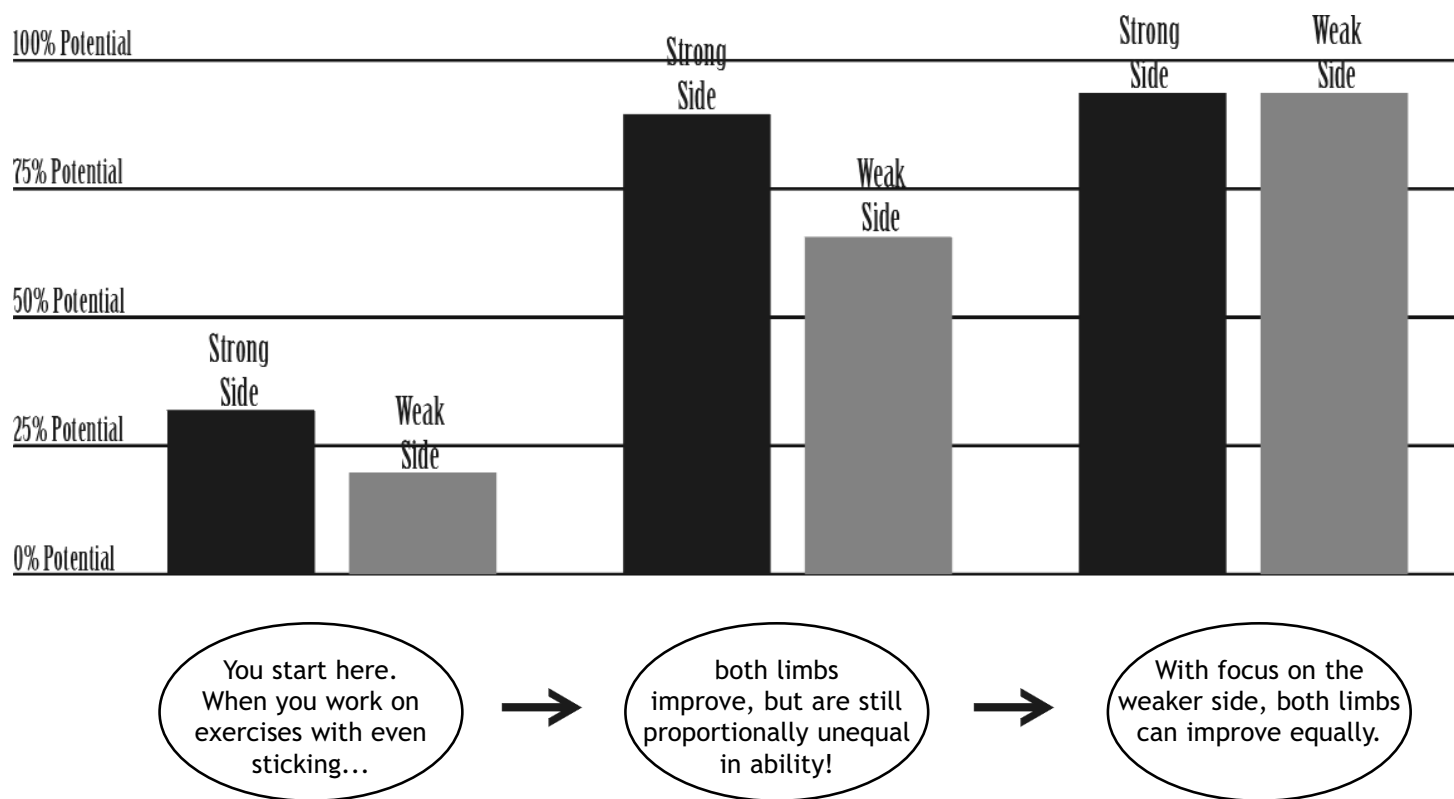
In any art form or sport, it's important to think about technique. Technique is a tool that will help you express what you feel, and good technique will stop you from hurting yourself. We know a certain technique is better than another by the results we get from using it. All great drummers have one thing in common in their technique: they can play well with both hands and feet.

A challenge I see with my students is that one hand or one foot is weaker than the other. The most common question my students ask is how to improve the weaker side. We are in the evolution of drumming. With this book, the drummer will focus on the ultimate goal of being able to play everything with both hands and feet equally. This is what I call freedom! It affects the way you play, the way you sound and also the way you set up your drums.

The evolution of drumming and music creates new challenges. We cannot resolve a challenge without changing the thought process that created the challenge. This book will help you think differently and focus on the most important thing: the weak part of your technique. It is very helpful for us to know our strengths and weaknesses. When we acknowledge weakness, it leads to action. But remember, there is no shortcut! It's all about doing a little bit everyday. We must plant the seed, water it every day, and be patient as it grows. But this process will lead to constant and never-ending improvement. Consistency will guarantee your success in technique, drumming, and in life!

Have fun and good luck with this material.

-Stephane Chamberland



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# Systems for Practicing The Weaker Side

This book is designed as a long calisthenic workout to develop your weaker side. We suggest that each exercise be played for one minute. There are 30 exercises per page, so each one-page practice session will take 30 minutes to complete. Work on each page for one week, then move on to the next page. There are 52 pages of exercises, thus this book will provide a one-year focus on your weaker side.

**Routine # 1:** Play with hands only (no feet). Play each exercise for one minute, and move directly to the next exercise without stopping. Choose a tempo which allows you to play each exercise for one minute comfortably. At slower tempos use full strokes and at medium tempos use half strokes. Relax and use the “free stroke” (see *It's Your Move*) to let the rebound assist in stretching and strengthening your muscles.

**Routine # 2:** Play each exercise with the feet only. Keep the heels down to isolate the ankle muscles. The tempo should allow you to feel a slight burning in your muscles (indicating development and strengthening), but no tension or pain. Do not pull your feet up; think down and play down. Relax!

**Routine # 3 (optional):** Play the exercises using your hands and feet together. This will lock in your feeling with all four limbs.

IT IS VERY IMPORTANT to pay close attention to your technique while practicing this book. Overexertion and/or practicing with tension is counterproductive and damaging. If you notice any pain while practicing, STOP PLAYING. Playing these exercises for 30 minutes nonstop is an intense drum workout, and some players may opt to work up to it gradually. This is especially true if you have not spent a great deal of previous time working on your form. Some shorter versions of the above-recommended routine would be:

Play each exercise 30 seconds for a total of 15 minutes each page/routine.  
Play each exercise 15 seconds for a total of 7½ minutes each page/routine.

Please be aware that the potential for a repetitive strain injury increases if your technique, relaxation, posture, and other factors are not carefully attended to. Always seek out the guidance of a professional private instructor.

*The Weaker Side* is intended as a follow-up book to *Stick Control* by George L. Stone. It will achieve its greatest results if you have completed *Stick Control* first.

Use a metronome as a gauge for improvement. Increase the tempo only if there is no tension in your hands/feet. You should also vary the metronome marking from week to week.

Use a clock with a second hand to make sure that each exercise is played for the recommended amount of time. Practice slowly at first to gain an understanding of each pattern.

*The Weaker Side* will help you in balancing the feeling and control with your hands and feet. This balance will improve your everyday playing on the drumset.

In order to stretch and strengthen the muscles, the book was written with no accents to encourage playing from your wrists. However, if you practice the exercises using finger movement (or any other technique) the book will also help your weaker side. Future books in this series will employ accents and the Moeller movement using pull-outs and control strokes once your technique is balanced.

The authors also recommend these hand-development books:

*Stick Control* by George L. Stone

*Accents and Rebounds* by George L. Stone

*Master Studies 1 & 2* by Joe Morello

*It's Your Move* by Dom Famularo and Joe Bergamini

*Accent on Accents* by Elliot Fine

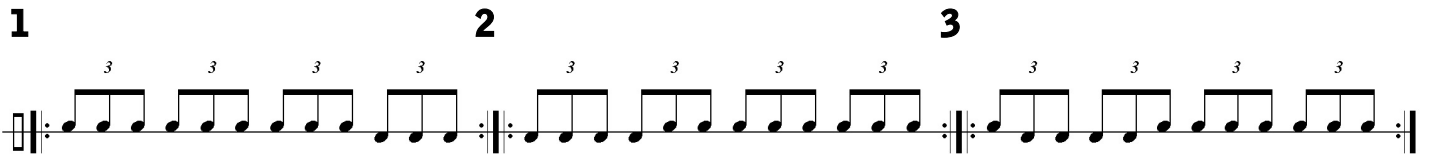
*World of Flams* by Dan Tomlinson

Enjoy the workout and have fun!

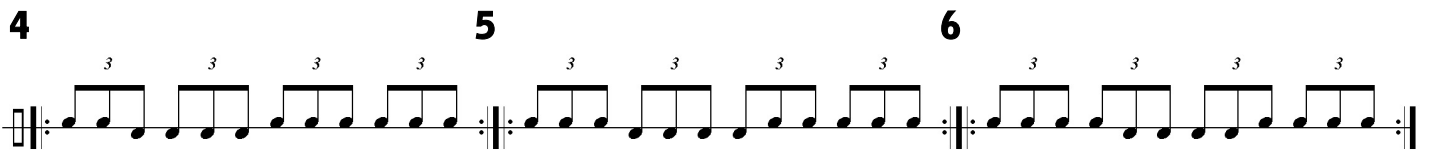




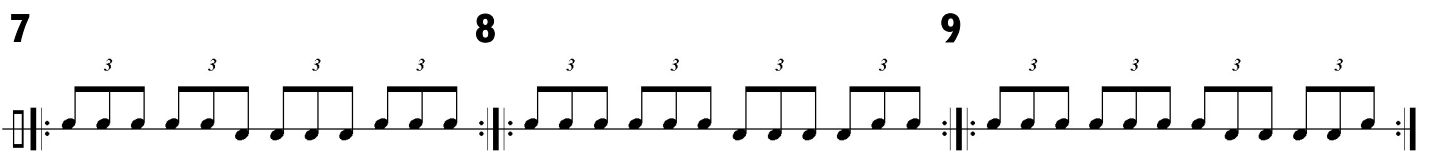
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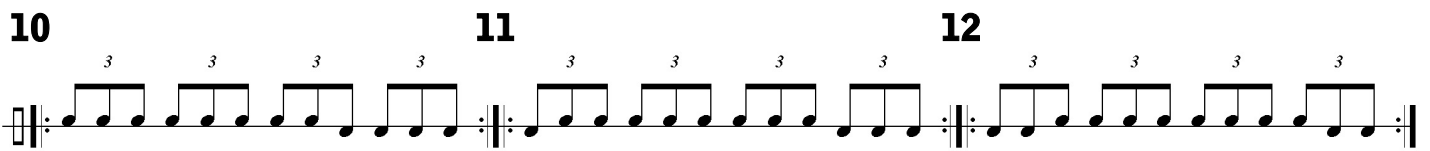
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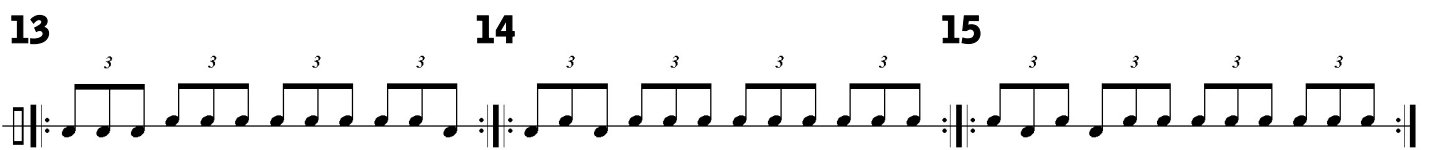
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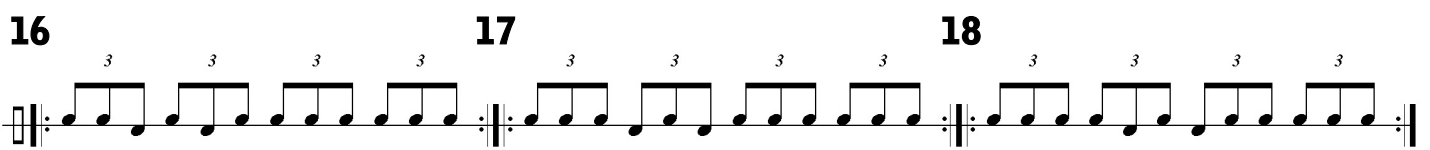
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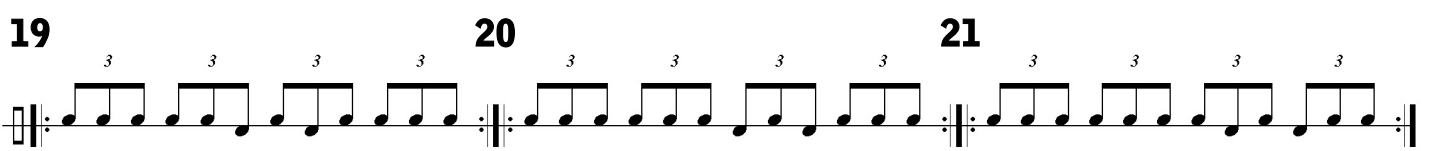
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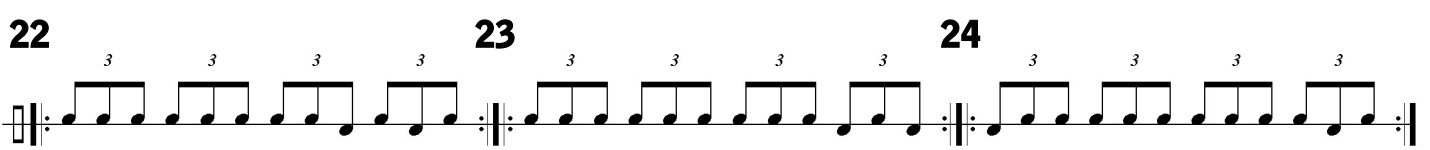
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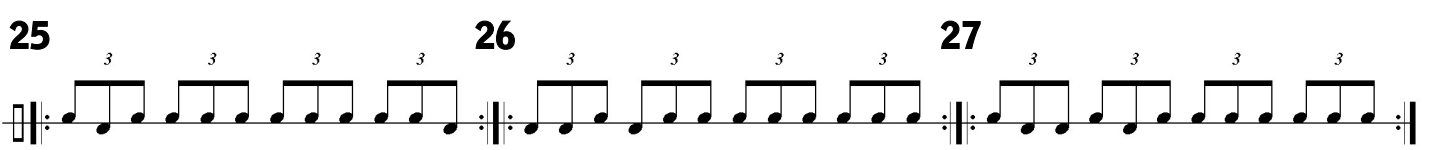
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