

# Table of Contents

Table of Contents	4
Why This Book? Why Now?	7
In The Beginning	8
Preface	9
Introduction	10
Getting Deep For A Moment	11
What is a "Mantra"?	12
The Zone	13
How to Use This Book	14
1. Warm-Ups	14
2. Find Your "Mantra"	14
3. Section I, II, III Page Exercises	15
4. Rhythmic Melodies	15
Practice Methods	16
1. Metronome	16
2. Counting Aloud	16
3. Sticking Options	16
4. Recording	16
5. Relaxing	17
6. Breathing	17
7. Reflecting	17
Time Signatures	18
Practical Application	19
Enjoy!	20
Foundational Series, Section I	21
Section I Warm-Ups	22

Section I Warm-Up, RLRL	23
Section I Warm-Up, LRLR	24
Section I Warm-Up, RRLl	25
Section I Warm-Up, LLRR	26
Section I Warm-Up, RLRR LRLl	27
Foundational Series I, 1a-1h	30
Foundational Series I, 2a-2h	31
Foundational Series I, 3a-3h	32
Foundational Series I, 4a-4h	33
Foundational Series I, 5a-5h	34
Foundational Series I, 6a-6h	35
Section I Rhythmic Melodies	36
Foundational Series, Section II	39
Section II Warm-Ups	40
Section II Warm-Up, RLRL	41
Section II Warm-Up, LRLR	42
Section II Warm-Up, RRLl	43
Section II Warm-Up, LLRR	44
Foundational Series II, 1a-1j	46
Foundational Series II, 2a-2j	47
Foundational Series II, 3a-3j	48
Foundational Series II, 4a-4j	49
Foundational Series II, 5a-5j	50
Foundational Series II, 6a-6j	51
Section II Rhythmic Melodies	52
Foundational Series, Section III	55
Section III Warm-Ups	56
Section III Warm-Up, RLRL	57

Section III Warm-Up, LRLR	58
Section III Warm-Up, RRLl	59
Section III Warm-Up, LLRR	60
Foundational Series III, 1a-1h	62
Foundational Series III, 2a-2h	63
Foundational Series III, 3a-3h	64
Foundational Series III, 4a-4h	65
Foundational Series III, 5a-5h	66
Foundational Series III, 6a-6h	67
Section III Rhythmic Melodies	68
About Rich	71

# Why This Book? Why Now?

We are in an unprecedented time in human history. With access to an infinite source of information it is possible to learn almost anything from anyone at any time. As incredible as it is to tap into this virtual world of data, there are repercussions. Lack of patience, short attention spans, and distraction seem to be the new norm.

Instant gratification is the biggest nemesis to becoming a master, and with the explosion of social media we have replaced real growth with the need to be quickly validated. Mastery is not immediate. The fundamental components of any discipline take time to develop.

*It seems the faster the technology, the shorter the attention span.*

Mastering an instrument will always require time, attention, and dedication. The "readily accessible" world at our fingertips has made it possible to advance on a musical instrument more quickly today than in the past, but the work still must be done in real-time.

Technical skill is only part of the equation. Developing a creative soul requires deep reflection and can take considerable time to cultivate.

Having a distinct course of study is the most effective and efficient path to mastery, but the age-old challenge remains. Focus, patience, and discipline are still required to become an accomplished and informed musician.

This book is my contribution to the "readily accessible." It's a collection of exercises to systematically increase precision, coordination, relaxation, timing, and groove. The lessons and concepts in this book will draw you deeper into your practice. I hope they inspire you to discover your own unique and creative voice.

# Introduction

## Book One. The Foundational Series

The exercises in this book are rooted in repetitive, cyclical, metric coordination patterns. They are intended to ground your awareness and perception of time, rhythm, dynamics, phrasing, and balance.

Built on the 16th note subdivision, 216 of the 264 exercises in this book are "binary" which means accents and note values are all divisible by 2. This binary system builds a necessary foundation before moving into the more "abstract" odd groupings.

The 48 rogue patterns in The Foundational Series were included after much deliberation even though they break the binary code with a little taste of polymetric relationships. These exercises occur at the end Section II and Section III.

*The focus of the Foundational Series is to help develop a solid understanding of sixteenth-note subdivisions, accents, and pulse displacement.* The sixteenths are played on a single surface with the hands. The accents are played with the hands. The pulse and melodies are played with the foot.

Although each exercise is written out, true mastery begins when the exercises are internalized. When you can let go of the written page, the patterns will flow with ease and comfort.

The DrumMantra is a guide to developing a deeper understanding of time while maintaining balance between the mind and body through rhythmic repetition and polymetric coordination.

The DrumMantra is relevant to all musicians. These exercises transcend musical genre making it accessible to all players regardless of musical taste. They are designed to deepen one's fundamental understanding of time and rhythm.



SECTION I WARM-UP

# Section I Warm-Up, RLRL

1a

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

1b

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

1c

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

1d

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

1e

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

1f

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

1g

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

1h

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



SECTION II WARM-UP

# Section II Warm-Up, RLRL

1a

1b R L R L R L R L R L R L

1c R L R L R L R L R L R L

1d R L R L R L R L R L R L

1e R L R L R L R L R L R L

1f R L R L R L R L R L R L

1g R L R L R L R L R L R L

1h R L R L R L R L R L R L

1i R L R L R L R L R L R L

1j R L R L R L R L R L R L

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