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CD track listing can be found on page 164.

INTRODUCTION

P*rogressive Independence: Rock* is designed to help you gain an extremely high level of coordinated independence for rock drumming performance, thereby freeing all four limbs from dependence on one another. Once the material in this book has been mastered, you'll be capable of playing almost *any* rhythmic figure on snare and bass drum, in combination with six varied hi-hat/cymbal patterns, while the hi-hat foot plays quarter notes, 8th notes, or upbeat 8ths.

Progressive Independence: Rock is structured in a very straightforward manner. Each of the book's six sections offers a selection of snare drum and bass drum rhythms using six different hi-hat/cymbal patterns. Starting with 8th notes and then quarter-note hi-hat/cymbal patterns, the book moves on to 8th-note upbeats, 16th notes, and two common 16th-note figures. Part 1 of each section deals strictly with snare drum independence. Part 2 focuses on the bass drum only. In Part 3, snare and bass drum combination patterns are presented with left-foot quarter notes. Part 4 adds left-foot hi-hat 8th notes to the previous exercises, and Part 5 presents upbeat hi-hat 8th notes. In Part 6, two-bar combinations are demonstrated using the three previously learned hi-hat patterns.

How To Practice This Book

- 1) Pay *close* attention to the four separate parts of each exercise. Each should be played *precisely* as written.
- 2) Beginners may want to omit the hi-hat foot part during the early stages of the book, and focus strictly on the two hands and bass drum coordination. Once facility with the three-way independence has been acquired, go back and add the hi-hat foot part.
- 3) Note that throughout the book, the right hand may be played on the ride cymbal *or* on closed hi-hat. Play the right hand on closed hi-hat when the hi-hat foot part is omitted. Play the right hand on the ride cymbal when the hi-hat foot part is played.
- 4) Be sure that *all* ghost notes (indicated in parentheses) are played much *softer* than the accented notes, and at roughly 2" off the drumhead.
- 5) *Repeat* all of the exercises ten to fifteen times. All parts should fall naturally among the limbs, and each exercise should be played in a relaxed, musical manner.
- 6) Practice each pattern *slowly* at first. Do not increase the tempo until each exercise can be played accurately and smoothly. Do not move on to the next pattern until the previous one has been mastered.
- 7) Practice this material with a metronome or drum machine to ensure a steady time flow and to gauge your progress as your facility increases.
- 8) Be *patient*. Achieving coordinated independence takes time, but is well worth the effort.
- 9) The following abbreviations are used throughout this book:
HH: Hi-Hat Hand; **CYMB:** Cymbal; **SD:** Snare Drum;
BD: Bass Drum; **HHF:** Hi-Hat Foot.

SECTION 1

Part 1: Snare Drum Independence With 8th Notes

In Part 1, straight 8th notes are played on the hi-hat or cymbal. The bass drum is played on 1 and 3 throughout, with the hi-hat on 1, 2, 3, and 4 of every measure. The snare drum part is varied in each of the following thirty patterns, starting out simply and gradually increasing in complexity.

Be sure to make a strong distinction between the ghost notes indicated in parentheses and the accents on 2 and 4. Take each pattern slowly at first and do not increase the tempo until you're certain you are playing the pattern correctly. Repeat each exercise ten to fifteen times before proceeding.

1

2

3

4

5

6

7

8

9

10

11

HH or Cym

SD

BD

HHF

12

13

14

15

16

17

18

19

20

21

HH or Cym

SD

BD

HHF

22

23

24

25

26

27

28

29

30