

# PREPARING TO PERFORM

## Vol 1

### Independence Based Warmup Exercise 1A

The warmup is an essential part of a drum set players daily routine. The warmup presented here is based on five way/four limb independence rather than the traditional snare drum-based (hands only) warmups with which we are all familiar. This warmup exercise incorporates all four limbs and is designed to prepare both the body and the mind for practice and/or performance. This exercise more directly addresses the physical and mental demands placed on a modern drummer whether one is a student or a working professional.

This exercise is the first in a series of independence-based warmup exercises from my forthcoming book, "Preparing to Perform Vol. 1" and is presented here to give an introduction into how they are intended to be played.

**RULES OF THE ROAD:** This warmup should be played for 5min non-stop.

1. **Count out loud** with the metronome running quietly at 40-50 bpm. Counting is done to strengthen your time awareness and center your performance in a strong internal awareness of the time and the feel that these exercise promotes.
2. **Play quietly** using wrists only. Play BD & HH with heel down, playing from the ankle. Bring the beater off the BD head to create an open sound. The resting position for the BD beater is off the head and the resting position for the HH is closed.
3. **LISTEN.** Be aware of creating a consistent sound with all four limbs on each part of the drum set. Listen for an evenness of volume and timbre and balance during the entire warmup, most especially during the transitions.
4. **Focus.** This warmup exercise can be approached as one would approach a meditation. Try to focus, excluding of all other thoughts and distractions. Centering yourself in the time and listening to your sound will make sustaining your focus much easier. If you find your mind wandering, no worries just return your attention to the counting and your sound and continue playing the warmup.
5. **Do not stop, "correct"**. If something goes wrong keep playing, just as you would in performance. Try to keep the time steady and correct the playing error(s) during the next repetition.

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