

INTRODUCTION

The purpose of this book is to teach drummers to:

- To coordinate and align the limbs correctly;
- To recognize and hear rhythms when reading;
- To combine different techniques for a more complete approach to playing the drums.

All of this can be accomplished by having a daily plan before starting a practice session. The systems I have developed in this book will show you how to improve your practicing to achieve better coordination and reading skills, which will develop a more sophisticated approach to playing grooves, fills and solos.

CHAPTER 1 The Practice of Practice

The focus is on the importance of warming up before playing and aligning the limbs correctly, which enables you to perform with precision.

CHAPTER 2 Steady Flow

This teaches my system of a steady flow of 16th notes and triplets. It demonstrates how to orchestrate them around the drum set to create fills and solos that relate to the rhythmic structure of the groove.