

Sanford Double Beat

SnareScience.com - Universal

Snare $\text{H} \frac{4}{4}$

R... L... R...

L... R... L...

R... L... R...

L... R... L... R

Purpose:

This exercise focuses on the basic velocity double and triple stroke. This is one of the most important exercises for rudimental snare drumming.

1) Stick motion:

- Do your sticks move exactly the same way for each double stroke and for each triple stroke?
- The neutral stick position (in between each set of double strokes or triple strokes) should be at the top of the stroke. Never freeze the stick at the bottom of the stroke!
- The first note of each grouping should be initiated by a wrist turn. The second / third notes of each grouping still use some wrist turn, but are produced primarily with the fingers (right hand) and thumb and index finger (left hand). The exception to this rule is at faster tempos where there is little or no wrist turn on the second and third notes.

2) Sound Quality:

Does every stroke sound the same? How about from left to right hand? Make sure you play every note with the same volume. Some common mistakes:

- Playing the second note of each double and the second and third notes of each triple quieter than the first note. This is all about chops. If you are having trouble in this area, the best remedy is to bust out the pillow / gel pad and work your muscles!
- Pounding the eighth notes at the end of each phrase.
- Pounding the very last note of the exercise.
- Playing the right hand louder than the left... don't be the guy with the weak left!

3) Rhythm and Timing: How perfect is your rhythm? Some common areas where mistakes occur:

- a) Rushing the last two eighth notes of each phrase. The eighth notes are much easier to play than double and triple strokes so the common tendency is to rush them.
- b) Warping the rhythm / timing of the first two notes. The first note defines the exercise starting point and the second note defines the tempo. You must internalize the tempo before you start so that these two notes are 'perfect' 16th notes.
- b) Closing down the double and triple strokes, especially at fast tempos. In order to 'keep up', a common tendency is to close down the double and triple strokes. Make sure to give every 16th note its full value.

4) Variations to this exercise:

- a) Play the entire exercise on one hand.
- b) Play exercise at different heights; 1", 3", 6", 9", 12", 15", Full.
- c) Play exercise as all double stops, checking that the stick motion from left to right is the same.
- d) Play on low-rebound surface to improve muscle strength and endurance.
- e) Play exercise with each individual finger on right hand and the thumb on the left hand to improve hand / finger strength.
- f) Play entire exercise on one hand while filling in the 16th notes with the opposite hand. This is a great way to check if you are closing down the double and triple strokes. If you are playing correct rhythm you will be able to hear a nice steady stream of 16th notes. If you are closing down the doubles and triples the 16th note rhythm will be noticeably choppy.