Double Bass Drum Exercises For Your Hands (I mean . . . Feet)

© 2006, Mark D. Powers
www.powerspercussion.com

It’s time to stop thinking of your feet as feet!

That’s right, you read correctly- it’s time to start thinking of your feet as hands. What patterns and stickings do you currently practice with your hands on the snare, pillow or practice pad? And why don’t you practice those same exercises with your feet?

Whether on a double-bass setup (two drums or a double-pedal), or with your feet simply hitting the floor of the city bus, you can turn hand patterns you already know into an excellent, challenging foot workout.

I’m sure that you can come up with millions on your own, but the following is a short list of rudiments to get you started:

Single Stroke Roll (RLRL)
Double Stroke Roll (RRLL)
Triple Stroke Roll (RRRLLL)
Single Paradiddles (RLRR-LRLL)
5-Stroke Roll (RRLLR & LLRRL)
alternated Flams (\textsuperscript{1}R-L-\textsuperscript{1}R-L)
Flam-a-diddles (\textsuperscript{1}RLRR-\textsuperscript{1}LRLL)
Drags (\textsuperscript{1}L-R-\textsuperscript{1}R-L-\textsuperscript{1}R-L)
Ratamacues (\textsuperscript{1}LRRL & \textsuperscript{2}RLRL)

Work through all 40 of the PAS International Drum Rudiments.

Play various groupings and subdivisions (8\textsuperscript{th}-notes, triplets, 16\textsuperscript{th}-notes, etc.) and make sure to incorporate accents and other dynamics.

Stay relaxed and practice each pattern very loudly and also very softly.

Time and persistence will guarantee improvement in your foot control, speed and power.

© 2006, Mark D. Powers
www.powerspercussion.com