

Nine on a Hand

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This twist on the traditional *8 on a Hand* exercise opens the door to numerous variations for combining and refining doublestroke and accent-tap fundamentals, in service of building excellent **flam drags**. A companion exercise, *Eighteen on a Hand*, applies a similar idea to paradiddle-diddles and is also available for free download on fatmattdrums.com

The variations focus on the distinction between taps and grace notes while drawing your attention to different features of the flam drag rudiment. Ideally, grace notes are played from the tacet height in order to create the best sounding flams possible; i.e., the grace note does not speak as powerfully as the taps or diddles. This approach is the flams equivalent of “doublestrokes consist of two equal attacks.” While the ideal will not always be feasible, understanding it and being able to apply it where it is reasonably achievable will improve your execution across the range of rudimental contexts.

Legatos

Inverse Bucks

Flam Drag

12"-3"-1/2"

Inverse Buck / Flam Drag Variations

Tap vs. Grace Note Inverse Bucks

3"-1/2"

Little Downstroke @ End of the Bar

3"-1/2"

Follow Through to the Upbeat

12"-3"-1/2"

Little Downstroke @ End of the Flam Drag

12"-3"-1/2"



For more great ways to get better, check out *Quality Control for Rudimental Drummers*, available from www.fatmattdrums.com