

Irish Hang Time

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This variation of the classic *Irish Spring* exercise takes advantage of the second note of each doublestroke being on a strong beat, but it changes the sticking to add an unusually long “hang time” between each doublestroke. The goal is to keep the sticks at the full height and to rebound every stroke, so that you do not have to prep anything. This challenge means that you have to remain relaxed while the stick is waiting at the full height, engaging aggressively but efficiently to achieve a quality doublestroke when the time comes, but not allowing that aggressive energy to affect your relaxation on the rebound or during the hang time. This exercise is all about mastering the *Rebound* aspect of the Technique Triangle.

$$d = 80, 88, 96, 104, 112, 120, 128$$

Full Rebound on All Strokes

The full height becomes your "tacet" height

[illegible][illegible]

9

A musical staff showing a sequence of notes grouped by brackets above them. The notes are arranged in pairs or groups of three, connected by horizontal lines. Below each group of notes, there is a letter indicating a rhythm pattern.

R I L R R I L R R L L R R L L R R I R R I L R R I L R R I L R R I L

13  2

17 