

Place The Grace 1

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This exercise challenges you to experiment with grace-note placement on flams by starting with a rhythmic grid, altering the timing of the rhythmic grid, transitioning to true flams, tightening them to flat flams (doublestops where one hand is at a different height than the other), and ultimately returning to the true flam interpretation. The relation between the grace note and the rhythmic grid will be different depending on tempo; as tempo increases, the difference between the dotted 16th-note rhythm and the true flam will become more subtle, although it will not disappear entirely at any reasonable tempo.

Especially pay attention to any inappropriate changes you make to your grip or your stroke velocity in order to achieve the flat flams. It will probably be easier to hit those doublestops cleanly if you lighten your touch or grip the stick more tightly, but this is counterproductive; you want everything about the flat flam to be the same as the true flam, except for simply the timing of the grace note.

If you really want to run wild with this one, take the beginning of each interpretation (i.e., the first beat of every two measures) as your checkpoint, and try to smoothly transition to the next interpretation over the course of every two bars. For example, in the first two measures, gradually widen eighth-note space until you arrive at proper triplet spacing on beat 1 of measure 3, then take two bars to arrive at proper dotted-eighth+sixteenth spacing, etc.

Same Hand Flams

♩ = 104 – 184

On repeat, reverse sticking

Musical notation for the 'Same Hand Flams' exercise. It consists of two staves of music in 3/4 time. The first staff contains 16 measures of music, with rhythmic patterns and sticking letters (R, I, R, I, R, I, R, I, R, I, R, I, R, I, R, I) written below. The second staff contains 7 measures of music, with rhythmic patterns and sticking letters (R, R, R, R, R, R, R, R, R, R, R, R, R, R, R) written below. The notation includes accents (>) and triplet markings (> 3).

Alternating Flams

♩ = 104 – 184

Musical notation for the 'Alternating Flams' exercise. It consists of two staves of music in 3/4 time. The first staff contains 16 measures of music, with rhythmic patterns and sticking letters (R, r, L, I, R, r, L, I, R, r, L, I, R, r, L, I, R, r, L, I, R, r, L, I, R, r, L, I) written below. The second staff contains 7 measures of music, with rhythmic patterns and sticking letters (R, L, R, L, R, L, R, L, R, L, R, L, R, L, R) written below. The notation includes accents (>) and triplet markings (> 3).

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