

THE WARM-UP EXERCISE

1. Select a challenging speed. This speed (the constant pace of the 1/8th note) should be physically controlled and relaxed. The stroke must be highly responsive and "round" in shape - as to avoid a stiff wrist stroke. Remember, you are warming up and it is important to maintain a consistent sound and Rhythmic Flow.

2. Check grip for physical consistency.

3. Avoid accented beats. All beats/strokes are of a equal dynamic.

4. The Double Stroke Roll, Single Stroke Roll, and Alternating Flams are to be played "OPEN-CLOSE-OPEN".

a. OPEN-CLOSE-OPEN: The process of starting slow (Open) and *gradually* increasing the tempo of a technical exercise and reaching your **top speed/tempo** (Close) - maintain a steady tempo at "Top-Speed"- and _____ *gradually* decrease tempo returning to original starting tempo (Open). Your "top-speed" is a tempo at which you can maintain control and dynamic consistency.

5. This exercise is to be played non-stop, starting with The 8's and through and including The Alternating Flams. Notice that each section of the Warm-Up is equipped with repeat signs (accept for the Double / Single Stroke Roll and Flams). You can spend as much time as you like on each section before going on to the next. Obviously, this can increase technical stamina and control.

6. I suggest that you play this exercise twice through at the beginning of each practice session - spending a total of 10 to 15 minutes per session.