

'08 Paragon Music Legend

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Dynamics and Stick Heights:

Heights in	<i>p</i>	<i>mp</i>	<i>mf</i>	<i>f</i>	<i>ff</i>
approximate inches	3	6	9	12	15

Sticking Note:

R = right hand L = left hand B = both hands
 lowercase = tap UPPERCASE = ACCENT or TENUTO

*A tenuto marking (—) for our purposes means to play in-between the accent and tap height, it will sound like an emphasis. So if the taps are at 3 and the accents are at 9, the tenutos are at 6.

Practice Tips:

- ~ On one height exercises, practice at all dynamic levels to ensure complete volume control
- ~ Practice at all tempi, complete mastery cannot be obtained if you cannot play slow (40 bpm)
- ~ When playing slow do not let the motion of the stick stop if it wouldn't when playing fast
- ~ Mark time to everything and always use a metronome or steady music to keep a beat
- ~ Practice in front of a mirror or video camera to work on technique and sound quality
- ~ Practice a little each day rather than a lot on one day so your brain has more time to process what you worked on and so you don't overstress your hands
- ~ Massage, stretch, and ice after practice sessions to maintain healthy hands
- ~ Call up a friend to drum and push each other to take your abilities to the next level