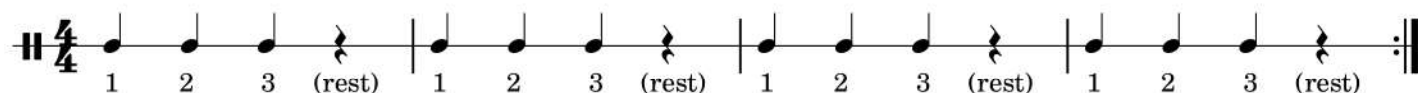


### How to Play Flams:

- Right-Hand Down Stroke + Left-Hand Up Stroke
- Left-Hand Down Stroke + Right-Hand Up Stroke

### Exercise 1: Taps

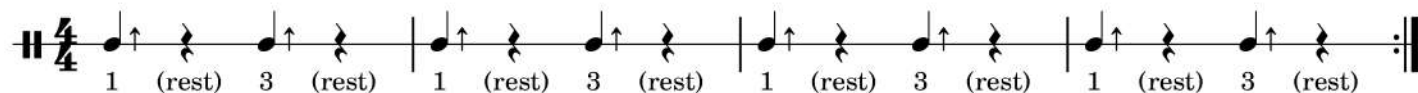


Keep your hand as low as possible (1-3 inches from the drum head).

To strike the drum, simply twist from the wrist.

Taps should NOT be loud, so don't try to "wind up" or raise the stick more than 3 or 4 inches.

### Exercise 2: Up-Stroke

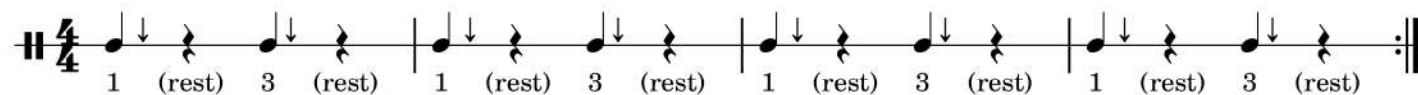


Start the hand in "Tap Position": 1-3 inches from the drum head.

Twist from the wrist to strike the drum.

Immediately move into "Stroke Position": 8-12 inches from the drum head, or roughly in line with your chin.

### Exercise 3: Down-Stroke



Start the hand in "Stroke Position": 8-12 inches from the drum head, or roughly in line with your chin.

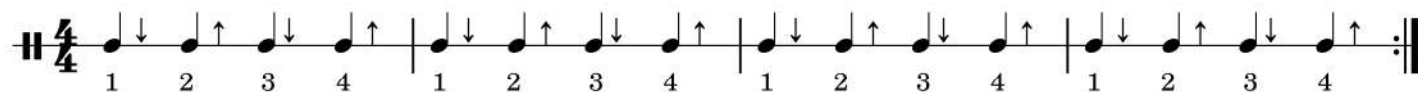
Use the forearm to drop the hand down to strike the drum.

After striking the drum, squeeze the stick slightly to "catch" it in the "Tap Position": 1-3 inches from the drum head.

# HISTORIC DRUMMING PRACTICE GUIDE

## THE FLAM RUDIMENT PRACTICE

### Exercise 4: Up-Strokes + Down-Strokes



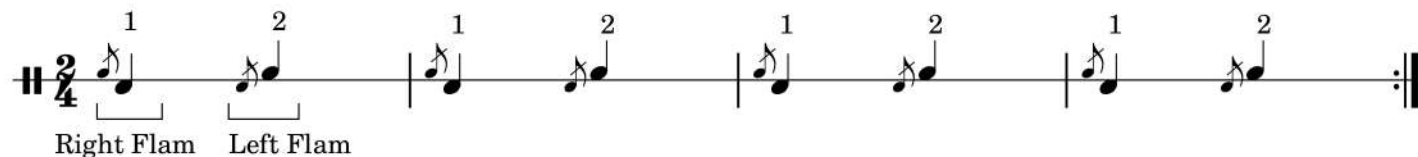
Start the hand in “Stroke Position”: 8-12 inches from the drum head, or roughly in line with your chin.

Play a Down Stroke. + Play an Up Stroke.

Continue alternating.

At first, stop after each stroke to assess your hand’s position. As you get more comfortable, try playing continuously.

### Exercise 5: Quarter Note Flams



Start with your Right Hand in “Stroke Position”: 8-12 inches from the drum head, or roughly in line with your chin.

Start with your Left Hand in “Tap Position”: 1-3 inches from the drum head.

Drop the hands at the same time, so that they strike the drum almost at the same time.

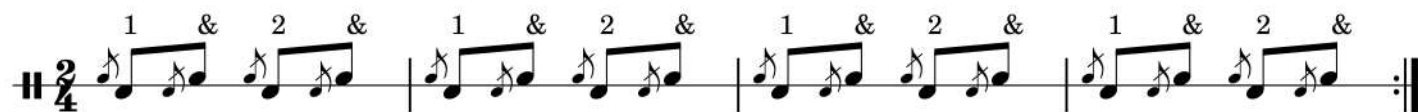
Immediately swap position.

NOTE: The “Stroke Hand” performs a Down Stroke. The “Tap Han” performs an Up Stroke.

### Exercise 6: Eighth Note Flams

Set a metronome to 60bpm, subdivided by eighth notes (OR, 120bpm).

Increase by 5bpm (OR, 10bpm) until 90 (180bpm).



This is how you will normally play flams: 2 per step.

Your Right-Hand Flams will match a step on the march.

Your Left-Hand Flams will be exactly between steps.

We set the metronome to 2x the rate of march to keep your flams even.

In this exercise, each flam matches a click on the metronome.