

Virtual Band Camp

Video 2 Skill Sheet - Percussion Body and Arm Position Exercises

1. Set It Up

- Stand with your feet shoulder-width apart and your arms even with the body.
- Holding your mallets, bend your elbows up into an L and hover over the glockenspiel.
- Drop your wrists. Do your mallets land right in between the two sets of bars?
- **Now, try doing this with your eyes closed!** Ask someone to tell you if your aim is correct.

2. Forward and Back

- Set up your good body and arm position.
- Move your elbows slightly forward and hit some *chromatic* notes on the upper level of bars.
- Move your elbows slightly backward and hit some *natural* notes on the lower level of bars.
- **Now, try doing this with your eyes closed!**

3. Dancing Elbows

- Move one elbow forward to hit a *chromatic* note.
- At the same time, move the other elbow back to hit a *natural* note.
- Go back and forth several times, playing a *chromatic* with one hand and a *natural* with the other.
- **Now, do it with your eyes closed!**

Practice Chart

Each time you do one of the exercises above, check it off below. The more checks you get, the better you'll become at playing percussion instruments.



Exercise	Checks
Set It Up	
Forward and Back	
Dancing Elbows	