

Virtual Band Camp

Video 3 Skill Sheet - Percussion Hand Position Exercises

1. Got fulcrum?

- Shake hands with your mallets and ask yourself these 3 questions:
 1. Can I see the backs of my hands?
 2. Is the mallet cradled between my thumb and first finger?
 3. Are my hands too tight, too loose, or just right?

2. Walking Wrists

- Hold both your mallets in front of you with a good fulcrum.
- Now, move your wrists back and forth in different patterns, like these:
 1. RRRR LLLL
 2. LLLL RRRR
 3. RR LL RR LL
 4. LL RR LL RR
 5. R L R L R L R L R L
 6. L R L R L R L R L R

L = Left hand
R = Right hand

- Make sure you're only moving your wrists. Elbows get us into position, but we play with the wrist!

3. Floppy Basketballs vs. Healthy Basketballs

- Choose a note on your glockenspiel, and get a nice fulcrum on your right hand.
- For your first 10 strokes, thunk the mallet into the bar, like a floppy basketball that's lost its bounce.
- Now, play 10 strokes with a healthy basketball stroke, where the mallet bounces naturally off the bar.
- Then, do the same thing with your left hand. Make sure your fulcrum is always there!

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
Got fulcrum?	
Walking Wrists	
Floppy vs. Healthy	