# 12 Minutes To Stronger Hands

By: Brandon Goodwin

The purpose of "12 Minutes To Stronger Hands" is to develop the weaker hand in a systematic way. I tried to address different movements and techniques that we need to implement on a regular basis, thus, going through this exercise in a disciplined manner will yield much results.

I recommend practicing this exercise at 60bpm to start. This might seem a bit over the top, but the reason most drummers don't see the results they wish to see is because they lack certain fudemental mechanics. Practicing slowly will address these definciencies and allow for drastic improvement.

There is also a webpage dedicated to this exercise where I discuss in detail the purpose of each exercise and how to practice it. There are also a video that accompanies each exercise.

https://www.studiodrummontreal.com/blog/blog/12-minutes-to-stronger-hands

If you practice this exercise regularly (at least 4x per week), you WILL see results. So give it your best shot and good luck!

- Brandon Goodwin Owner of Studio Drum MTL Montreal, QC, Canada

## 12 Minutes To Stronger Hands

B. Good.

#### 1. Slow Practice

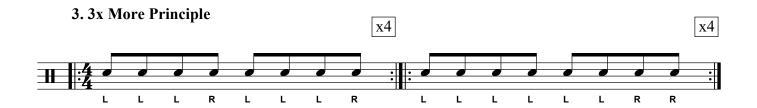


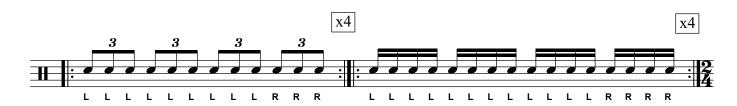


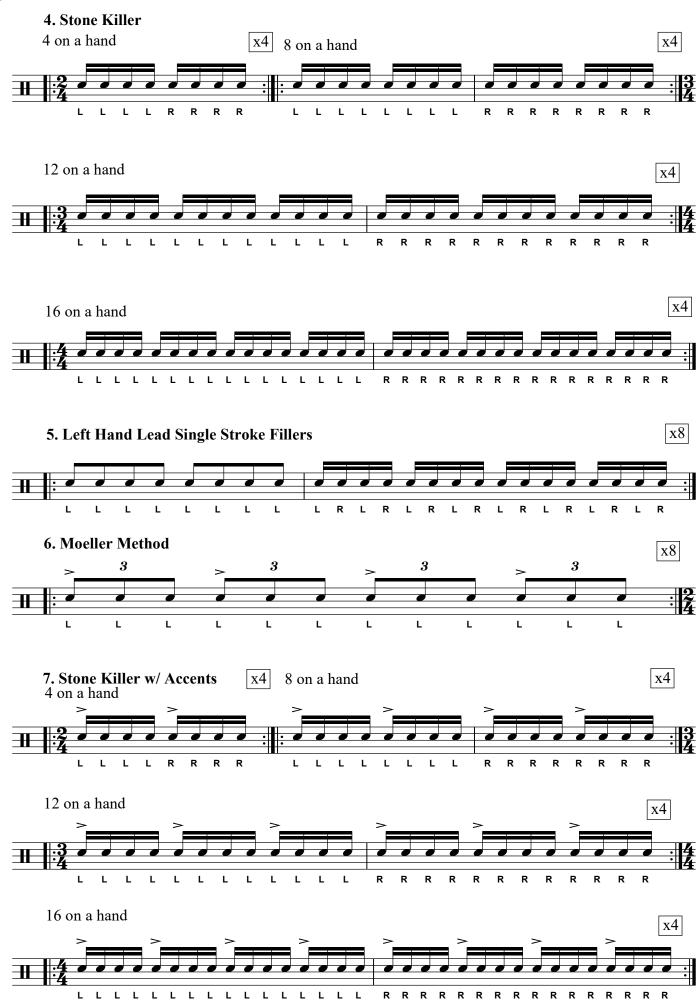
#### 2. Hands in Unison











x4

x10

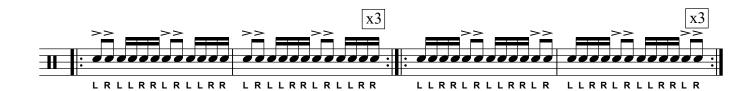
#### 8. Paradiddlediddle

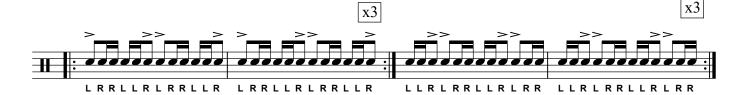


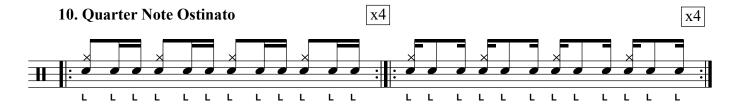
#### 9. 6-Stroke Roll

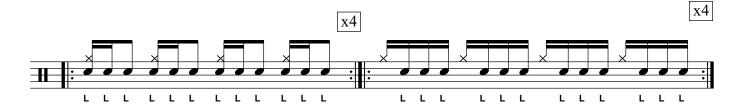












### 11. Single Stroke Roll w/ 32nd Notes