

12 Minutes To Stronger Hands

By: Brandon Goodwin

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

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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 fundamental mechanics. Practicing slowly will address these deficiencies 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!

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B. Good.

1. Slow Practice

Two staves of musical notation. The first staff contains four measures of whole notes, each labeled with 'L' below it. The second staff contains four measures of eighth notes, each labeled with 'L' below it. The notes in the second staff are grouped in pairs.

2. Hands in Unison

Two staves of musical notation. The first staff contains four measures of quarter notes, each labeled with 'R' and 'L' below it. The second staff contains four measures of eighth notes, each labeled with 'R' and 'L' below it. The notes in the second staff are grouped in pairs.

3. 3x More Principle

Two staves of musical notation. The first staff contains two measures of quarter notes, each labeled with 'L' and 'R' below it. The second staff contains two measures of quarter notes, each labeled with 'L' and 'R' below it. The notes in the second staff are grouped in pairs. There are 'x4' boxes above the second and fourth measures of the first staff and above the second and fourth measures of the second staff.

4. Stone Killer

4 on a hand

x4 8 on a hand

x4

Musical notation for 'Stone Killer' 4 on a hand. The piece is in 2/4 time and consists of two measures. The first measure contains four eighth notes (L L L L) and the second measure contains four eighth notes (R R R R). This sequence is repeated four times. The notation includes a treble clef, a key signature of one sharp (F#), and repeat signs at the beginning and end.

L L L L R R R R L L L L L L L L R R R R R R R R

12 on a hand

x4

Musical notation for 'Stone Killer' 12 on a hand. The piece is in 3/4 time and consists of two measures. The first measure contains six eighth notes (L L L L L L) and the second measure contains six eighth notes (R R R R R R). This sequence is repeated four times. The notation includes a treble clef, a key signature of one sharp (F#), and repeat signs at the beginning and end.

L L L L L L L L L L R R R R R R R R R R

16 on a hand

x4

Musical notation for 'Stone Killer' 16 on a hand. The piece is in 4/4 time and consists of two measures. The first measure contains eight eighth notes (L L L L L L L L) and the second measure contains eight eighth notes (R R R R R R R R). This sequence is repeated four times. The notation includes a treble clef, a key signature of one sharp (F#), and repeat signs at the beginning and end.

L L L L L L L L R R R R R R R R R R R R

5. Left Hand Lead Single Stroke Fillers

x8

Musical notation for 'Left Hand Lead Single Stroke Fillers'. The piece is in 2/4 time and consists of two measures. The first measure contains four eighth notes (L L L L) and the second measure contains four eighth notes (L R L R L R L R L R L R L R L R). This sequence is repeated eight times. The notation includes a treble clef, a key signature of one sharp (F#), and repeat signs at the beginning and end.

L L L L L R L R L R L R L R L R L R L R

6. Moeller Method

x8

Musical notation for 'Moeller Method'. The piece is in 2/4 time and consists of two measures. The first measure contains a triplet of eighth notes (L L L) and the second measure contains a triplet of eighth notes (L L L). This sequence is repeated four times. The notation includes a treble clef, a key signature of one sharp (F#), and repeat signs at the beginning and end.

L L L L L L L L L L L L L L

7. Stone Killer w/ Accents

4 on a hand

x4 8 on a hand

x4

Musical notation for 'Stone Killer w/ Accents' 4 on a hand. The piece is in 2/4 time and consists of two measures. The first measure contains four eighth notes (L L L L) and the second measure contains four eighth notes (R R R R). This sequence is repeated four times. The notation includes a treble clef, a key signature of one sharp (F#), and repeat signs at the beginning and end.

L L L L R R R R L L L L L L L L R R R R R R R R

12 on a hand

x4

Musical notation for 'Stone Killer w/ Accents' 12 on a hand. The piece is in 3/4 time and consists of two measures. The first measure contains six eighth notes (L L L L L L) and the second measure contains six eighth notes (R R R R R R). This sequence is repeated four times. The notation includes a treble clef, a key signature of one sharp (F#), and repeat signs at the beginning and end.

L L L L L L L L L L R R R R R R R R R R

16 on a hand

x4

Musical notation for 'Stone Killer w/ Accents' 16 on a hand. The piece is in 4/4 time and consists of two measures. The first measure contains eight eighth notes (L L L L L L L L) and the second measure contains eight eighth notes (R R R R R R R R). This sequence is repeated four times. The notation includes a treble clef, a key signature of one sharp (F#), and repeat signs at the beginning and end.

L L L L L L L L R R R R R R R R R R R R

