

Graeme Francis - Stick Control

1. Vamps

Workout: single stroke evenness; single stroke control and speed

A "vamp" is a repeated section of music. In this case, our vamp is two measures of straight eighth-notes played by the last hand of the exercise before continuing on to the next. In exercise #1, the LH plays last, so the vamp becomes two measures of LH eighth-notes:

1. vamp

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

Continue directly into exercise #2. It ends with the RH, so the vamp prior to #3 will be two measures of RH eight-notes.

2. vamp

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

Continue through the first 72 exercises in Stick Control (pages 5-7). You'll be well warmed up at this point, and your hands should be feeling great! As with all of these variation, remember that these are exercises in developing *control*, not just speed. Choose a tempo that allows you to stay relaxed, let the sticks rebound naturally, and get good sounds: speed will come naturally with regular, careful practice.