

# Warmup / Technique

Sekelsky - 2024

♩ = 120

**Full Stroke / Legato Stroke / Free Stroke / 8 on a Hand**  
Turn stick up to 90 degrees every stroke

SnareLine

To Tenors

To Bass Dr

To Cym.L

BassLine

Cymbal Line hat

f

4

Snare

R

R

R

Crash

**Taps** / Inner beats (unaccented notes)  
Start stick 1" - 2" above drum; tap and return to 1" - 2"

Start stick 1 above drum, tap and return to 1.

7

**Snare**

**Snare**

**Snare**

**Snare**

**Snare**

**Snare**

**p**

**p**

**p**

Hi - hat

**p**

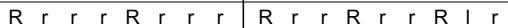
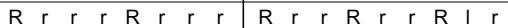
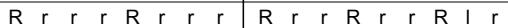
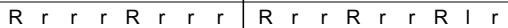
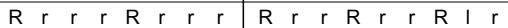
Crash

**Downstroke / Accent-Tap**  
A Full Stroke with controlled rebound  
Brake stick to 1" - 2" above surface following Full Stroke  
then play a Tap

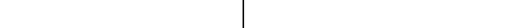
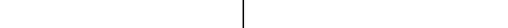
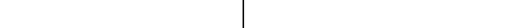
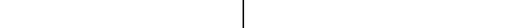
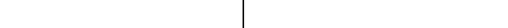
## Downstrokes with various groupings

3

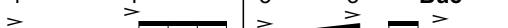
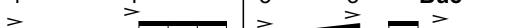
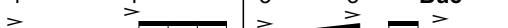
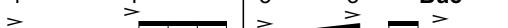
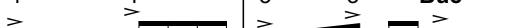
**Snare**

16      

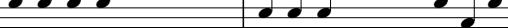
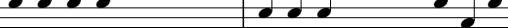
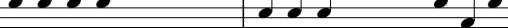
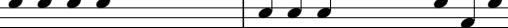
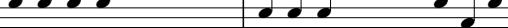
**Snare**

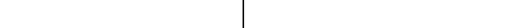
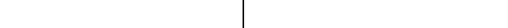
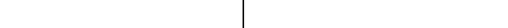
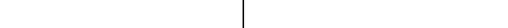
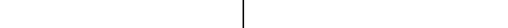
**Snare**

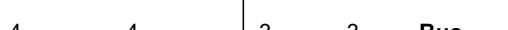
**Snare**

**Snare**

**Buc**



## **Timing Exercises**

### **Right Hand Lead or Natural Sticking**

**Right Hand Lead or Natural Sticking**

21

**Snare**

**Snare**

**Snare**

**Snare**

**Bass**

Unusual Stickings and Cadence Prep

Rim      Normal

25

Snare      Snare      Snare      Snare

Rim      Normal      Rim      Normal      Rim      Normal      Rim      Normal

R      R      R      R      R      R      R      R

Crash