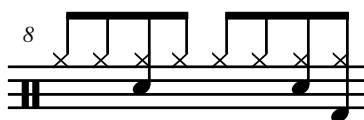
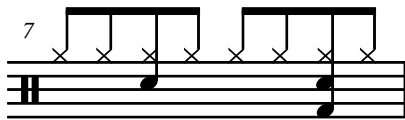
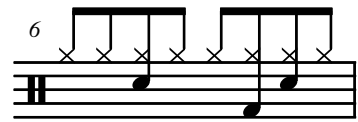
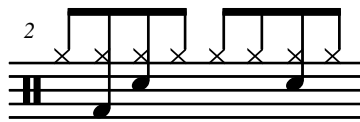
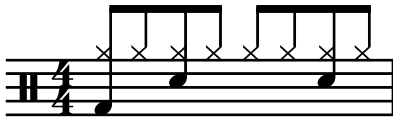


The "Cycle"

www.bangthedrumschool.com



The "Cycle" is an independence exercise that is definitely more technical than musical, but it IS useful. The point is to ensure that one can-- within the rock/pop ostinato of eighth notes on the cymbal and two/four on the snare--place any single bass drum note on any eighth note in the measure.

The exercises, once mastered, are just as useful mentally as they are physically. The systematic placement of the bass drum note on every possible eighth note in the bar is "proof" of the drummer's control over its placement and therefore gives the drummer the mental power of knowing that they "own" this ability.

Practice each exercise separately until mastered, then try to play all eight exercises in a row....like a "cycle."