

# SHRED!!!

# PART 1 (warm-up routine)

www.mikesammons.com

## LEAD / CHEAT SHEET

Base Routine in Sequential Pedagogical Order - Exercises are written out below

- 5-Minute Orchestral Roll
  - Various dynamics, hand speeds
- Stretch-out: 3 minutes
- Hand Drum (Conga / Djembe) Palm Down: 30 seconds
- Hand Drum (Conga / Djembe) Open Tone Stroke: 30 seconds
- Tennis Ball / Basketball: 2 minutes
- Maracas / Stick Control Essentials: 2 minutes
- Gyil / Claw Grip Finger Isolation: 1.5 minutes per hand
  - Middle Finger: 30 seconds per hand
  - Ring Finger: 30 seconds per hand
  - Pinky Finger: 30 seconds per hand
- Finger Forearm: 2 minutes
- Buzz / Tap: 30 seconds
- Short Eights: 1 minute
- Continuous Eights: 1 minute
- Dynamic Stretch: 1 minute
- 2-Height Countdown: 1 minute
- 2-Height Accents: 1 minute
- Stick Control Skeleton: 1 minute
- 1-2-3-4-5: Ex 1 4: 1 minute each
- Flam Breakdowns: 2 minutes
- Warm Down: 2 minutes
- Bonus Exercises

- Michael Sammons

"The game of basketball has been everything to me. My place of refuge, place I've always gone

"In order to be a great

percussionist, you must be a great drummer. In order to be a

great drummer, you must be a

great percussionist."

where I needed comfort and peace. It's been the site of intense pain and the most intense feelings of joy and satisfaction. It's a relationship that has evolved over time, given me the greatest respect and love for the game."

- Michael Jordan

#### TOTAL TIME: APPROX. 30 MINUTES:

Routine / Exercises can always be elongated. No one is ever going to tell you to stop shredding!

Shred Says: "You don't have time NOT to shred!"

### **HOW TO SHRED**

# Improvise with outline below. No two days have to be exactly the same!

- All exercises: Cloning (dominant and non-dominant hands played together simultaneously)
  - Sticking notation: C = Cloning in written out exercises below
  - Drum pad NOT snare drum
- All exercises non-dominant hand only
  - O Drum pad and/or snare drum
- All exercises alternating non-dominant hand dominant hand
  - 3:1 Ratio (non-dominant hand / dominant hand)
  - O Drum pad and/or snare drum

# CLONING THROUGH GUIDED MOTOR THERAPY

- Optimal development of the non-dominant hand
- 2 Drum pads
- Mirror in between drum pads on music stand

# SHREDDING TABLE OF CONTENTS

Exercises written out below. Click on title for link to specific exercises

RETCH-OUT
ARM-DOWN
Hand Drum (conga / djembe) Palm Down & Open Tone
ercise 1:  LC(R) C C C C C C C C C C C C C C C C C C C
R L L L L L L L R L R L R L R L R L R L
ercise 2:  LILLLLL LRIRIRIRIRIRIR 4 LRIRIRIRIR 16 LRIRIR RRRRRRR RIRIRIRIRIRIRIRIRIRIRIRI
H3   : LILLERLR 16 LRL 14   : L L 16 LRL 14 LRLRLRLRLRLRLR 18 RRRRLRL RLR RLR R R R R R R R R R R R

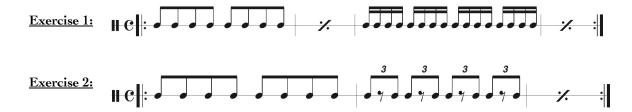
Shred says:

"More importantly then the amount of time that you put into your development, consistency is the key for this routine to pay off for you."

### Tennis Ball / Basketball

#### Notes

- Yes, play the below exercises by bouncing tennis ball(s) and/or basketball(s)
- Start with a basketball on floor larger surface area (larger muscle group / print writing)
- Move to a tennis ball on floor
  - o Smaller surface area (finer muscle skills / cursive writing)
  - BIG target
- Move to tennis ball on hand-drum (conga or djembe)
  - O Listen for consistent tone: volume, articulation of attack and resonance



### Shred says: CLOSE THE GAP: "+ 33%)

Most of us have a dominant hand and non-dominant hand

For development of the non-dominant hand, I recommend a 33% ratio of time increase compared to the dominant hand.

If each hand gets the same amount of time / reps, then we don't reach our goal of being ambidextrous.

### Shred says:

Memorize the Routine for Optimal efficiency

Improvise on exercises once you can play the written out exercises consistently memorized over a long period of time.

Make them your own based on various musical applications / contexts.

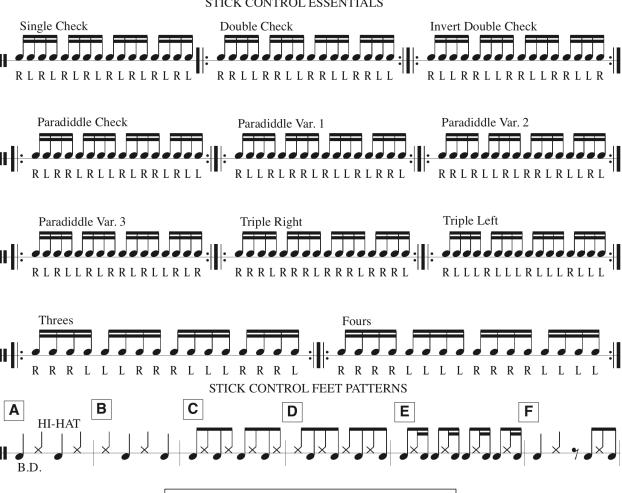
## Maracas / Stick Control Essentials

### **Stick Control Cycles**

- Cycle 1: Single Check Double Check Double Invert (repeat as necessary)
- Cycle 2: Double Check Paradiddle Check (repeat as necessary)
- Cycle 3: Paradiddle Check Paradiddle Variation 1 (repeat as necessary)
- Cycle 4: Paradiddle Check Paradiddle Variation 2 (repeat as necessary)
- Cycle 5: Paradiddle Check Paradiddle Variation 3 (repeat as necessary)
- Cycle 6: Paradiddle Check Paradiddle Variation 1 Paradiddle Variation 2 Paradiddle Variation o 3 (repeat as necessary)
- Cycle 7: Double Check Triple Right (repeat as necessary)
- Cycle 8: Double Check Triple Left (repeat as necessary)
- Cycle 9: Double Check Triple Left Triple Right (repeat as necessary)
- Cycle 10: Double Check Threes Fours (repeat as necessary)

### NOTE: Feet patterns on the bottom line. Play with feet patterns once you are comfortable with the hand patterns

### STICK CONTROL ESSENTIALS



Shred says:

HANDS ARE HANDS!

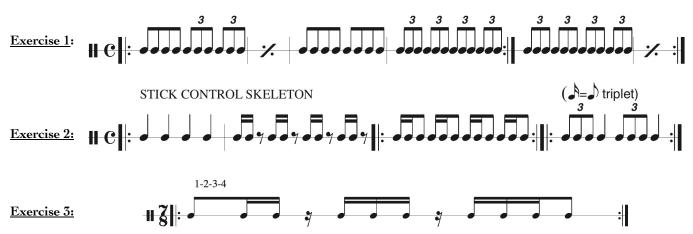
# Gyil / Claw Grip - Finger Isolation

#### CYCLE

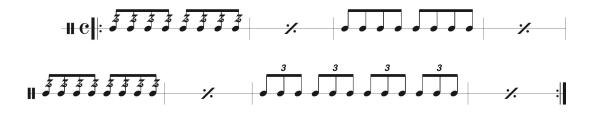
- 1-minute: middle finger
- 1-minute: index finger
- 1-minute: pinky finger



# Finger Forearm (with sticks / under forearm)



## Buzz / Tap



# **Short Eights**



# Continuous Eights

### CYCLE:

- Hold for 30 seconds
- Goals: Control and speed
- Buzz in (before) and out (after) of the 30 second continuous cycle



# Dynamic Stretch





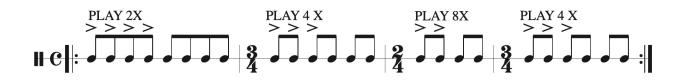
### Exercise 2:



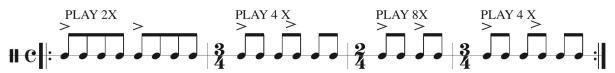
### Shred says:

Exercises can and should be tailored and applied to various styles / "touches" including rudimental, orchestral, drum-set, marching percussion.

# 2-Height Countdown



# 2-Height Accents



### Shred says:

Exercises should be played at various tempos and dynamics / stick heights.

Tempo variations for each exercise:

- Medium Slow Fast
- Medium Slow Medium Fast
  - Slow Fast

### 1-2-3-4-5



### Shred says: GO SLOW, LEARN FAST!

Slow tempos are imperative to the development of fast tempos Deliberate motions

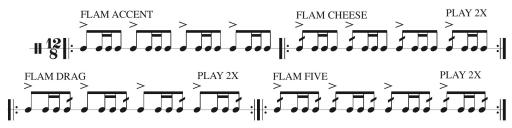
Large muscle movements (arm, wrist primarily)

Medium tempos

Balanced use of all muscle groups (arm, wrist, fingers)
Fast Tempos

Finer muscle groups (fingers primarily) / push for speed

### Flam Breakdowns



### Warm-Down

### NOTES:

- Medium to Slow Tempos / Balanced use of all three muscle groups (arm, wrist fingers)
- Recap / Summary of all exercises / Routine in reverse order

### **BONUS EXERCISES**

I always like to play a few exercises at the end of the routine that involves coordinating both hands.

### MICHI'S

(by Brett Kuhn) - Note: Insert various rudiments



### **SPREE**

I love to work on this exercise at soft dynamics...ala Delecluse Snare Drum Etudes

