



# SHRED!!!

## PART 1 (warm-up routine)

[www.mikesammons.com](http://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
- Gyl / 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

**"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."  
- Michael Sammons**

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

<b>Shred Says: "You don't have time NOT to shred!"</b>
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<u>HOW TO SHRED</u>	<u>CLONING THROUGH GUIDED MOTOR THERAPY</u>
<p style="text-align: center;"><b>Improvise with outline below. No two days have to be exactly the same!</b></p> <ul style="list-style-type: none"> <li>• All exercises: Cloning (dominant and non-dominant hands played together simultaneously)               <ul style="list-style-type: none"> <li>○ Sticking notation: C = Cloning in written out exercises below</li> <li>○ Drum pad NOT snare drum</li> </ul> </li> <li>• All exercises - non-dominant hand only               <ul style="list-style-type: none"> <li>○ Drum pad and/or snare drum</li> </ul> </li> <li>• All exercises - alternating non-dominant hand dominant hand               <ul style="list-style-type: none"> <li>○ 3:1 Ratio (non-dominant hand / dominant hand)</li> <li>○ Drum pad and/or snare drum</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Optimal development of the non-dominant hand</li> <li>• 2 Drum pads</li> <li>• Mirror in between drum pads on music stand</li> </ul>



## 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
  - Smaller surface area (finer muscle skills / cursive writing)
  - BIG target
- Move to tennis ball on hand-drum (conga or djembe)
  - 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.



Gyl / Claw Grip - Finger Isolation

CYCLE

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

Finger Forearm (with sticks / under forearm)

Exercise 1:

Exercise 2:

STICK CONTROL SKELETON (♩=♩) triplet

Exercise 3:

1-2-3-4

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

$\text{♩} = 30 - 40$

## Dynamic Stretch

### Exercise 1:

### 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

#### Exercise 1:

1-2-3-4-5

#### Exercise 2:

1-2-3-4-5

#### Exercise 3:

1-2-3-4-5

#### Exercise 4:

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.

#### MICHİ'S

(by Brett Kuhn) - Note: Insert various rudiments

#### \$PREE

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



Check Pattern / Flam Accent > 3 > 3 > 3 > 3 ① Swiss Army Triplets > 3 > 3 > 3 > 3 ② Swiss Army Triplets > 3 > 3 > 3 > 3

③ Flam Tap / Hands Separate > 3 > 3 > 3 > 3 ④ Flam Tap / Hands Separate > 3 > 3 > 3 > 3 ⑤ Flam Taps > 3 > 3 > 3 > 3

⑥ Inverted Flam Taps > 3 > 3 > 3 > 3 ⑦ Pata-Fla-Fla > 3 > 3 > 3 > 3 ⑧ Chy-Ti-Chuh > 3 > 3 > 3 > 3

⑨ Alternating Flams > 3 > 3 > 3 > 3 ⑩ Cheese > 3 > 3 > 3 > 3

⑪ Flam Drags > 3 > 3 > 3 > 3 ⑫ Flam Fives > 3 > 3 > 3 > 3 ⑬ One-handed Flam Drags > 3 > 3 > 3 > 3

⑭ One-handed Flam Drags > 3 > 3 > 3 > 3

⑮ Inverted Flam Taps Cheese > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3

⑯ Patta-Drag > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 ⑰ Patta-Flam Five > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3

⑱ Cheese Chu-Ti-Chuh > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 ⑲ Inverted Chutra > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3

⑳ Inverted Cheese Chutra > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 ⑳ Inverted Cheese Chutra Cheese > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3 > 3