

RHYTHMIC BEGINNINGS

A step-by-step guide to level up your DRUMMING



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BY COCH J.E

Beat Nation PH



COACH



Hello and Welcome!

Modern Drumming for Beginners is your complete guide to learning the fundamentals of drumming in a clear and easy way. Whether you're just starting out or looking to build a solid foundation, this guide covers everything you need—from reading drum notation to applying techniques on the drum set. You'll explore essential drum rudiments, foot techniques, groove and fill exercises, coordination and independence, various music styles, and much more. Start your drumming journey with confidence and develop the skills to play with creativity and control!

FUNDAMENTAL PRINCIPLES OF DRUM NOTATION

RHYTHMIC PATTERNS WITH GROOVE

BNPH BY COACH J.E

♩ = 70 - 100

QUARTER NOTE



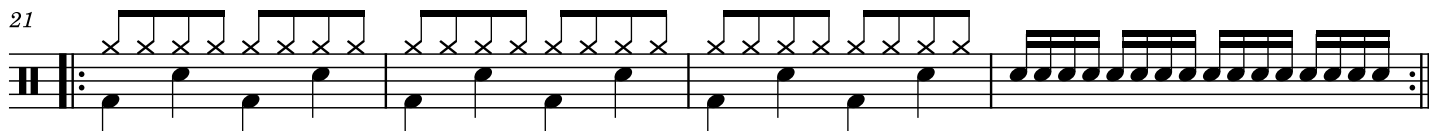
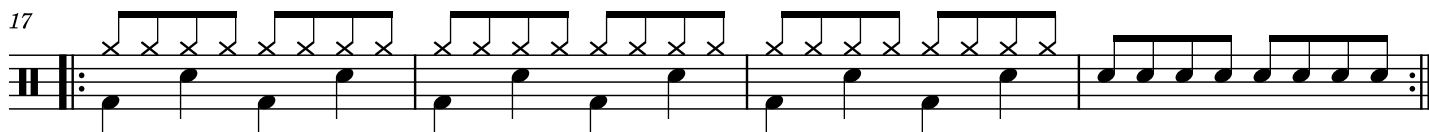
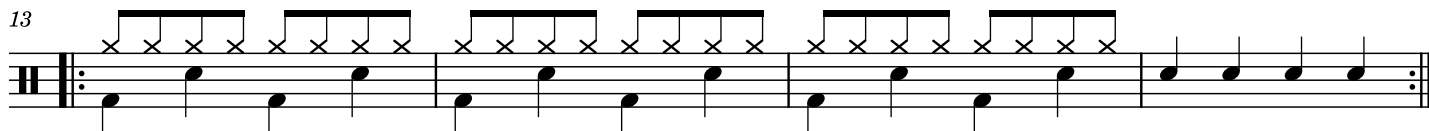
EIGHT NOTE



SIXTEENTH NOTE



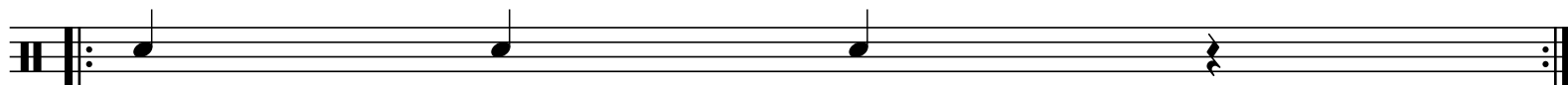
EIGHT NOTE TRIPLET



RHYTHMIC PATTERNS WITH REST

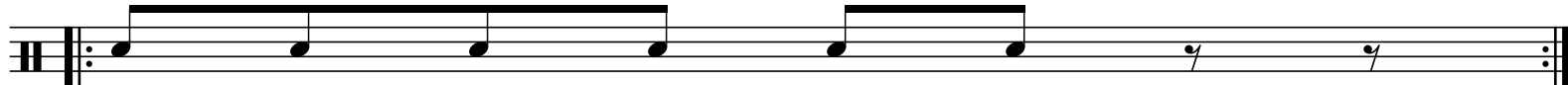
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QUARTER NOTE REST



32

EIGHT NOTE REST



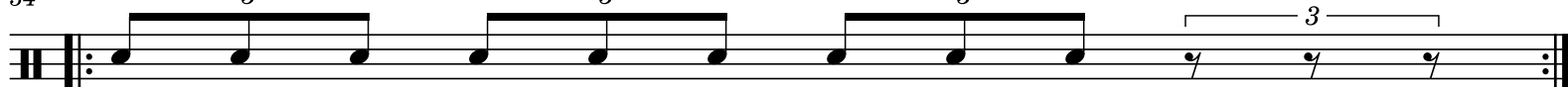
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SIXTEENTH NOTE REST

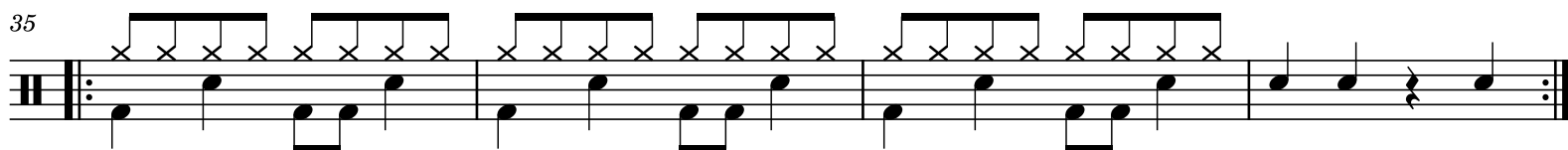


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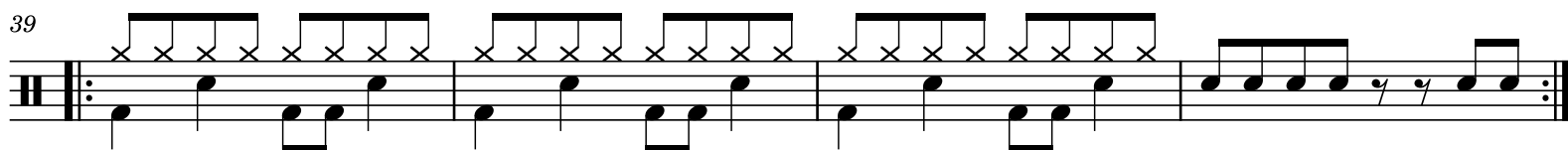
EIGHT NOTE TRIPLET RE



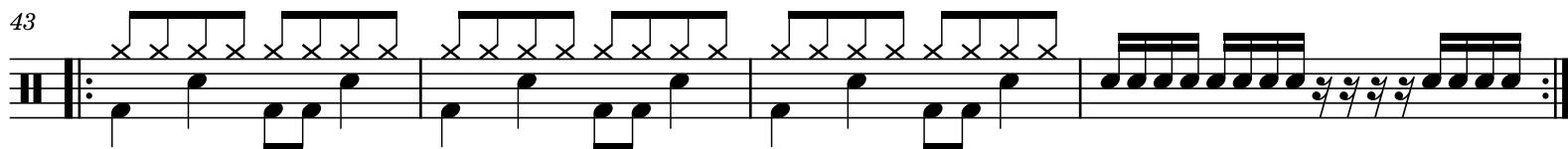
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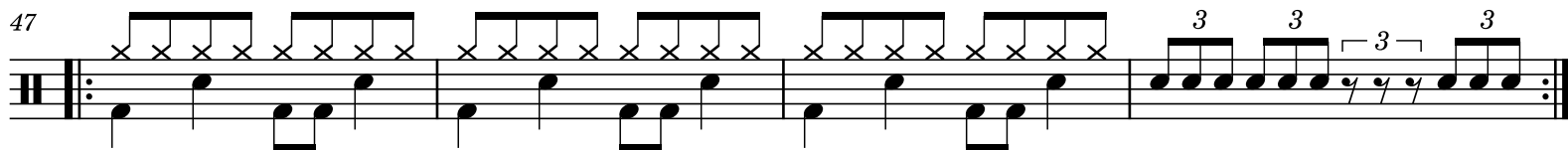
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51

SEXTUPLET HI HAT

64

DRUM FILLS

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68

69

DRUM GROOVE

CHOOSE FILLS ABOVE

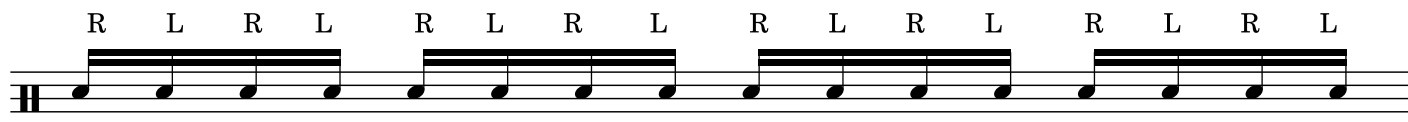
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DRUM RUDIMENTS

STICKING PATTERNS

SINGLE STROKE

DAY 2



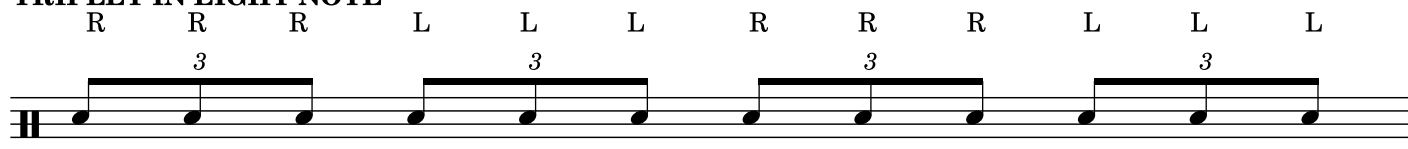
DOUBLE STROKE



SINGLE PARADIDDLE



TRIPLET IN EIGHT NOTE



1

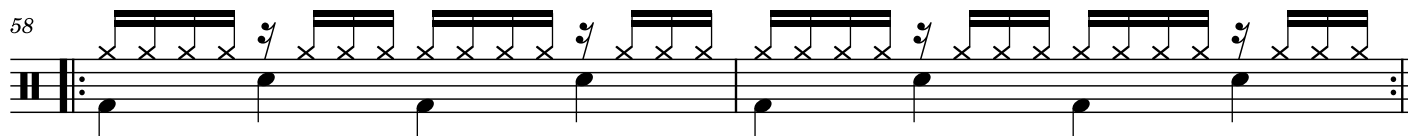
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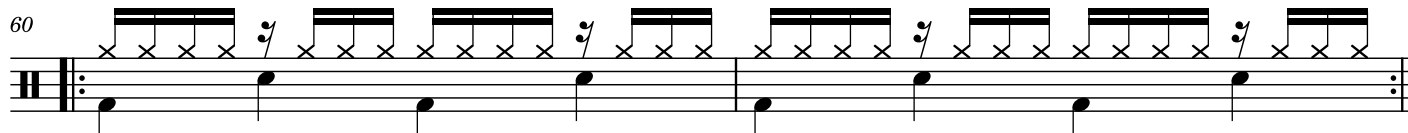
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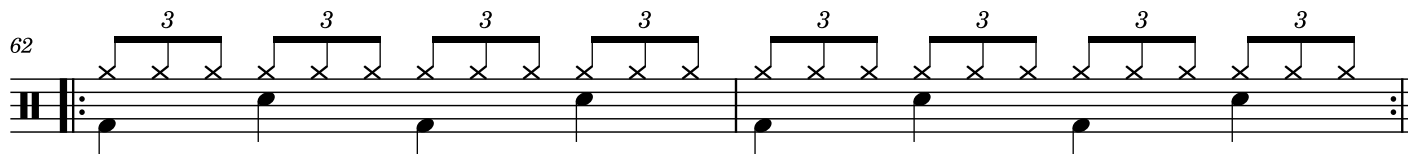
SINGLE STROKE HI HAT



DOUBLE STROKE HI HAT



TRIPLET HI HAT



HAND TECHNIQUE

1. MATCH GRIP VS. TRADITIONAL GRIP

- Matched Grip: Both hands hold the drumsticks symmetrically with palms facing down (German), slightly inward (American), or thumb up (French).
- Traditional Grip: Common in jazz and marching, the left hand holds the stick with an underhand grip, while the right uses a matched grip.

2. STICK CONTROL AND REBOUND

- Focus on letting the stick naturally rebound off the drumhead.
- Maintain a relaxed grip and use fingers to control dynamics.

3. WRIST vs. FINGER TECHNIQUE

- Wrist Technique: Ideal for power and control in slower tempos.
- Finger Technique: Used for speed and finesse, mainly in fast rudiments.

4. FULCRUM POINT

- The balance point of the stick where maximum rebound is achieved.
- Typically held between the thumb and index finger.

5. COMMON HAND TECHNIQUES

- The balance point of the stick where maximum rebound is achieved.
- Typically held between the thumb and index finger.

FOOT TECHNIQUE

1. HEEL-DOWN vs. HEEL-UP

- Heel-Down: Used for softer playing and better control.
- Heel-Up: Provides more power and speed, often used in rock and metal.

2. ANKLE vs. LEG MOTION

- Ankle Motion: Used for faster, controlled strokes.
- Leg Motion: Used for powerful strokes, especially in slower tempos.

3. SLIDE TECHNIQUE

- A method to achieve rapid double strokes by sliding the foot forward on the pedal.
- Common in fast-paced music genres.

4. TOE-DOWN vs. TOE-UP

- Toe-Down: Applies consistent pressure for controlled dynamics.
- Toe-Up: Allows for quick rebound and speed.

5. DOUBLE BASS TECHNIQUES

- Techniques like heel-toe and swivel motion help achieve rapid strokes on double bass pedals.

Groove & Fills

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

2
R.F./B.D.
L.H./S.D.
R.H./H.H.

5

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

3
L.H./S.D.
R.H./H.H.

9

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

R.H./B.D.

4
L.H./S.D.
R.H./H.H.

13

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

R.H./B.D.

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R.F./B.D.
L.H./S.D.
R.H./H.H.

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6
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L.H./S.D.
R.H./H.H.

21

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

7
R.F./B.D.
L.H./S.D.
R.H./H.H.

25

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

Groove & Fills

EIGHT NOTE & EIGHT TRIPLET

1 & 2 & 3 & 4

38
L.H./S.D.
R.H./FT.
B.D.
R.H./H.H./C.C.
H.T.

2

39
L.H./S.D.
R.H./FT.
R.H./H.T.
R.H./H.H./L.H.H.

B.D.

3

40
F.T.
S.D.
R.H./C.C.

B.D.

4

41
R.H./FT.
L.H./S.D.
R.H./H.T.
R.H./H.H./L.H.H.

B.D.

5

42
F.T.
B.D.
S.D.
L.H./H.H.

1 ta ta 2 ta ta 3 ta ta 4 ta ta

r l r l l r r l r

6

43
H.T.
R.F./B.D.
L.H./S.D.
R.H./L.H./C.C.

R.H./FT./R.H./FT.

7

44
R.F./B.D.
R.H./FT.
L.H./H.T.
R.H./H.H.

R.H./S.D./L.H./S.D.

8

45
R.F./B.D.
R.H./FT.
S.D.
R.H./H.T.
R.H./H.H./L.H.H.

1 2 ta ta 3 & 4 &

r l r

RIDE & HI-HAT

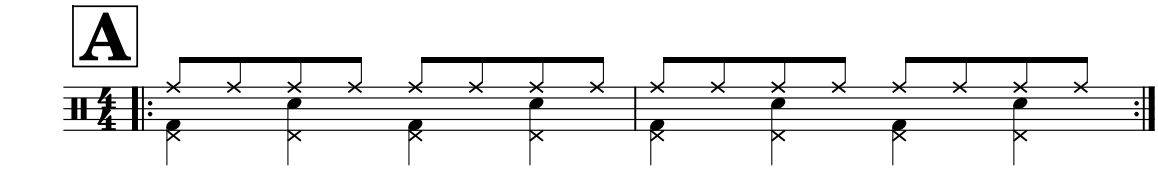
INDEPENDENCE

FIRST, SECOND, THIRD AND 4TH SIXTEENTH HI-HAT WORK OUT

♩ = 90 - 100

COACH J.E

A

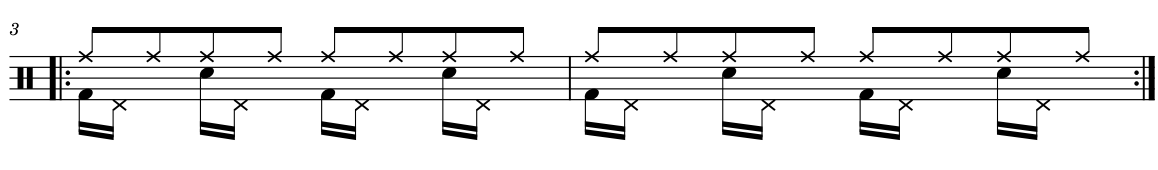


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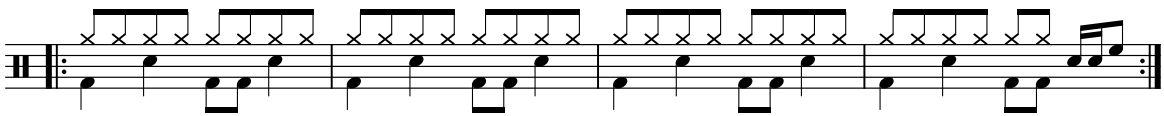
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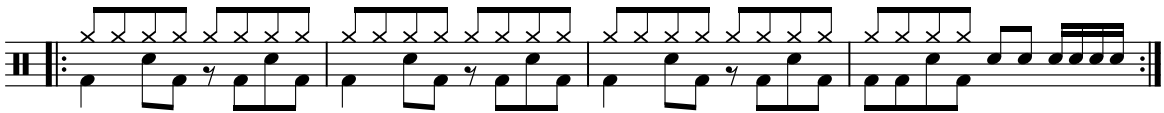
MUSIC GENRES

GROOVE & FILLS

POP



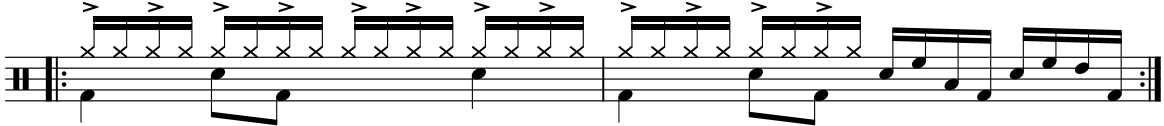
ROCK



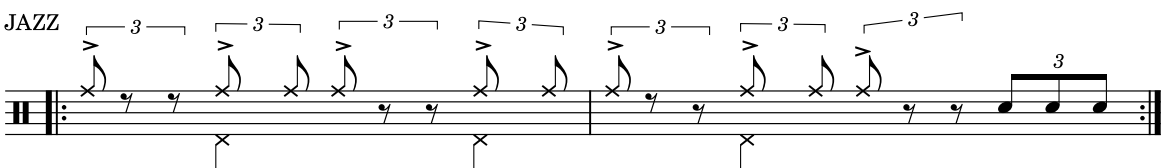
HOUSE MUSIC



RNB



JAZZ

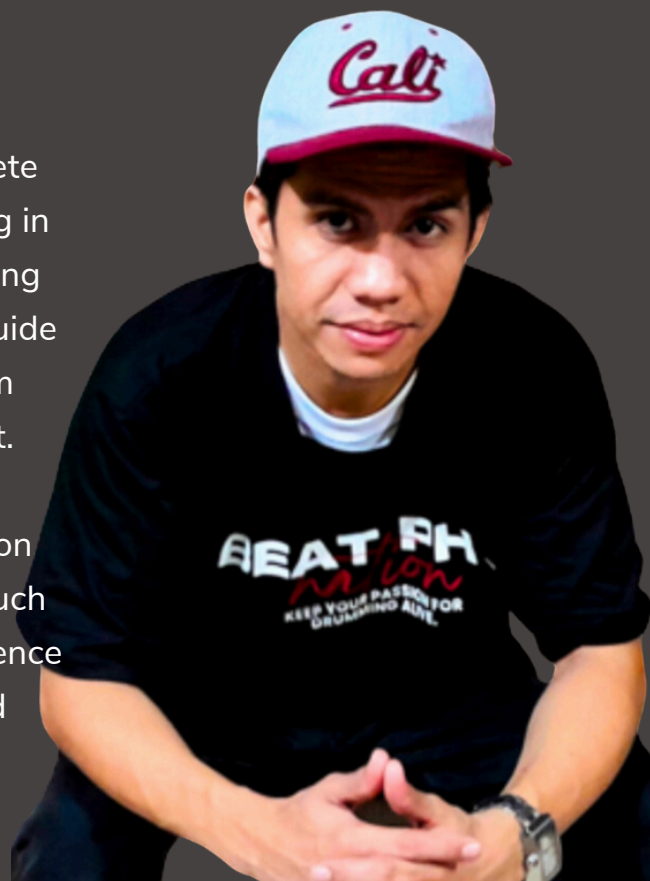


LATIN (songo)



Thank you!

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Take your drumming to the next level with
Beat Nation PH by Coach J.E. – your journey
starts here!

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BNPH DRUM **E**BOOKS

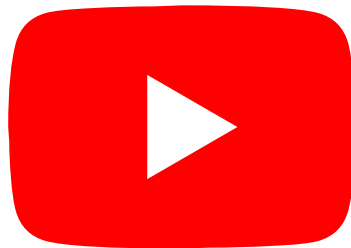


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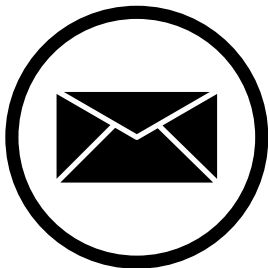
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