

# 50 Essential Warm Ups For Drums

Are you a drummer looking to improve your playing skills and expand your technique? Look no further! In this article, we will be discussing 50 essential warm-ups for drums that will help you enhance your drumming abilities and ensure you start your practice sessions on the right foot.

Drummers often overlook the importance of warm-ups before diving into their drumming practice. Warming up is crucial as it prepares your muscles, improves blood circulation, and prevents injuries. Additionally, warm-ups help to enhance your drumming technique, coordination, and overall speed.

Without further ado, let's dive into the 50 essential warm-ups for drums:



## 50 Essential Warm-ups for Drums: Drum Exercises for Improving Control, Speed and Endurance (Learn to Play Drums Book 6)

by Henry Martin (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 8367 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 68 pages

Lending : Enabled



## 1. Single Stroke Roll

The single stroke roll is a fundamental drumming warm-up exercise that focuses on building coordination between your hands. Start slow and gradually increase your speed.

## **2. Double Stroke Roll**

The double stroke roll is another crucial exercise that helps improve hand coordination and control. Practice playing consistent and even strokes using both hands.

## **3. Paradiddle**

The paradiddle is an essential rhythmic pattern that incorporates both single and double strokes. It helps develop coordination, speed, and independence between your hands.

## **4. Flam**

Flams are drumming techniques that involve playing two consecutive strokes with one hand, with one being softer than the other. Practice playing flams to improve your precision and dynamic control.

## **5. Ratamacue**

Ratamacues are a drumming rudiment consisting of three alternating single strokes followed by a double stroke. This warm-up improves hand speed, control, and coordination.

## **6. Double Paradiddle**

The double paradiddle is an advanced drumming exercise that incorporates double strokes and paradiddles. It helps develop hand independence and coordination between your hands.

## **7. Single Pedal Exercises**

For drummers using a bass drum pedal, practicing single pedal exercises helps develop strength, control, and endurance on the bass drum.

## **8. Double Pedal Exercises**

If you are using a double pedal, practicing double pedal exercises improves your ability to play fast and complex patterns with both feet simultaneously.

## **9. Stick Control**

Stick control exercises involve playing various combinations of strokes, focusing on precision and consistency. These exercises help enhance your overall drumming technique.

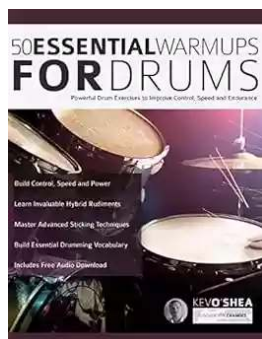
## **10. Ghost Notes**

Ghost notes are soft, non-accented notes played between accented notes. Practice incorporating ghost notes into your drumming to improve dynamics and groove.

These are just a few examples of the 50 essential warm-ups for drums. Remember, practicing these warm-ups consistently and with patience will yield tremendous results and take your drumming skills to new heights!

As drummers, our bodies are our instruments, and just like any other instrument, we need to ensure they are properly warmed up. So, next time you sit on your drum throne, take a few minutes to engage in these essential warm-ups before rocking out. Your drumming will thank you, and you'll notice significant progress in no time!

Get ready to revolutionize your drumming skills with these essential warm-ups.  
Happy drumming!



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# Warm up on drums the right way while building lasting drum technique

Discover 50 Essential Warm-ups for Drums

- Do you Struggle to Make the Most of your Practise time?
- Are you in need of an Organised Approach to Warm Up your Limbs Effectively?

- Do you want to apply Hybrid Drum Rudiments while building Drum Speed and Power?
- Would you like to Develop Essential and Limitless Drum Licks and Vocabulary?

50 Essential Warm-ups for Drums teaches you the perfect method to approach every practise session, gig, or drum lesson.

After covering the fundamentals of stretching, you will learn the essential drum techniques used in each exercise. Once the basics have been nailed you will embark on a concise set of warm-ups that will both loosen you up and build devastating drum technique.

Whether you want to work through the book from A to B, or just dip in and focus on specific warm-up ideas, 50 Essential Warm-ups for Drums is the perfect study guide.

### **Here's what you'll learn**

- Warm-Ups Developed by Session Pros to Get the Best out of Your Practise Time
- Learn Invaluable Hybrid Rudiments and Advanced Sticking Techniques
- An Instant “Shot in the Arm” for Drummers about to Step on Stage
- Master Drum Rudiments, Accents, Paradiddles, Snaps and Rolls
- Advice on how to Make each Exercise Musical – Get it off the pad and onto the Drum Kit

Bonus Download audio for every exercise in the book so you know you're playing it right

## Bonus Tips on Developing Effortless Drum Speed and Fluency

You will learn Drum Speed, Control and Power along with many invaluable Hybrid Rudiments and Advanced Sticking Techniques

Each exercise is carefully explained and there are plenty of ideas to help you move them from a single drum pad to the whole kit.

Throughout, the emphasis is on making music, so many creative tips are given to help you develop your musicality and get the most out of each drum warm-up. As well as being self-contained exercises, it is possible to expand each warm-up to become a life-time's study.

With tips on staying loose, speeding up, and getting the most from your practice time, 50 Essential Warm-ups for Drums is the go to guide for the modern drummer.

### **Here's What You Get:**

- 50 concise, effective warm-ups that will improve the way you play drums
- Advice on building Speed, Control, and Relaxation
- Learn many Hybrid Drum Rudiments to dazzle your audience
- Essential Drum Vocabulary you can use in your playing
- Download the audio so you can play along and know you're getting it right!

### **Hear it!**

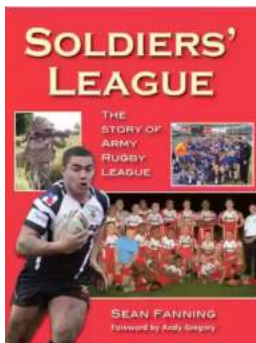
Reading music from paper is one thing, but once you hear how to apply it, it becomes music. 50 Essential Warm-ups for Drums contains many supporting

audio examples to help you get inside the music, and quickly apply every new concept in a musical way.

## **Fundamental Changes Bring you the Most Popular Music Books on Amazon!**

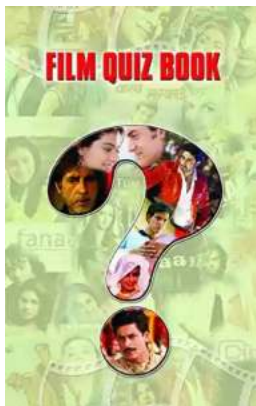
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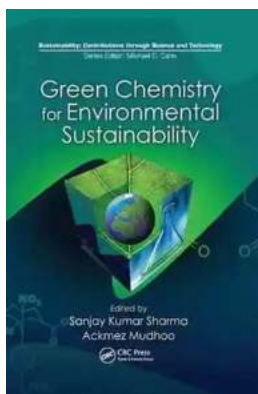
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