

GRIP TECHNIQUE

WHAT IS A FULCRUM?

A **FULCRUM** IS A PIVOT POINT (AXIS) ON A LEVER. IN OUR PURPOSE - A **FULCRUM** IS THE PIVOT POINT ON A DRUMSTICK. IF YOU'RE PLAYING MATCHED GRIP YOUR FULCRUM IS FOUND BETWEEN YOUR THUMB AND INDEX FINGER (OR MIDDLE FINGER: 3RD FINGER FULCRUM).

GRIP CHECKLIST

MATCHED GRIP

1) THUMB AND FOREFINGER AROUND THE FULCRUM

THE THUMB SHOULD BE FLUSH AGAINST THE STICK WITH THE TIP OF THE THUMB POINTING TO THE TIP OF THE DRUMSTICK
THE STICK SHOULD BE RESTING BETWEEN THE THUMB AND INDEX FINGER (SOMEWHERE BETWEEN THE 1ST OR 2ND JOINT OF THE INDEX FINGER)

2) THE REST OF YOUR FINGERS (3, 4, 5) TOUCH THE STICK LIGHTLY WITH THE TIPS

3) BACK OF THE HAND SHOULD BE FACING UP TOWARDS THE CEILING

4) HOLD YOUR STICKS IN A PYRAMID FORMATION WITH THE TIP OF YOUR STICK MEETING IN THE MIDDLE OF THE PAD OR DRUM

5) THE BUTT END OF THE DRUMSTICK POINTS DOWN THE PALM OF THE HAND

6) OPEN UP THE MOUTH OF YOUR GRIP

7) KEEP YOUR SHOULDERS DOWN AND ELBOWS HANGING COMFORTABLY AT YOUR SIDE

REMEMBER TO STAY FOCUSED AND RELAXED AT ALL TIMES. LOOK AT YOUR HANDS TO MAKE SURE YOU'RE PLAYING WITH PROPER TECHNIQUE. I ALWAYS RECOMMEND PRACTICING IN FRONT OF A MIRROR TO CHECK YOUR POSTURE AND GRIP TECHNIQUE.