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A directory of all the topics covered in the Beginner Workbook.

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Rock Drumming System Overview

How to make the most of the Rock Drumming System!

Warning – the Rock Drumming System is NOT your average “learn to play drums” Book & DVD set. This unique training system was designed from the ground up to be a complete end-to-end solution for drummers of all skill levels to achieve complete mastery of the drum set. No longer will you have to struggle through various beats, fills, and patterns. With the unique smart-beat system – you will be learning things quicker, and with a higher level of retention.

Congratulations on your decision to use Rock Drumming System to give yourself the opportunity to achieve your musical goals! You now have in your hands everything you need to get started.

It is recommended that you start with the Beginner DVD first – using this book as reference material for each section. The videos have most of the training and information, while the workbooks are designed to be a resource for drummers that are unable to watch the DVD while sitting behind their kit. This way, you can watch the video to learn a pattern, and then take the book to your kit to start practicing.

Once you have completed the Beginner DVD – you can move on to the Intermediate section, or try some of the Play-along tracks to apply some of what you have learned. While it is suggested that you progress through each lesson in order – you can also feel free to jump around and learn specific beats or fills that you find interesting. That said, it is recommended you wait until after the Beginner section to do this sort of exploring.

Practice Tips for the Rock Drumming System

These tips apply to any drum lesson material, but are especially helpful when progressing through the Rock Drumming System. Some things may have already been mentioned in the training videos, but it is important that all the important tips are covered here in one place.

1. Take Your Time

When you start to learn something new - always start slow. Even if you think that you know the beat already, play it slow just to make sure that you are doing it right. Once you know that you are doing it right - then you can start to speed it up. Trying to play too fast at first will ultimately slow down your progress. It is important to learn to play things at a range of tempos anyway, so you might as well progress from slower to faster tempos instead of the other way around.

2. Count Out Loud

I remember when I first started playing drums, my teacher always told me to count out loud - even when I didn't feel it was necessary. Only later in my drumming career did I realize its importance when I was trying to learn more difficult beats and rhythms. Counting out loud is a great way to check and see if you are playing things right. If you are counting and your playing doesn't line up - you will know immediately that something is wrong.

3. Don't Play When You Practice, Don't Practice When you Play

Dedicated "practice" time should be focused. You should never jam or play things you have already mastered during this time. Likewise, you should never be practicing things when you are playing with a live band or in another setting that is focused around "playing" music.

This is a mistake that we have all made. I am just as guilty of this as anyone else. It is extremely important to stay on task during any formal practice time.

4. Sit up Straight - Be Ready to Play

I don't want to sound like your school teacher, but it is extremely important that you sit up straight during a practice or performance. Not only is this better for your body, but it also helps you stay more focused on what you are doing. You'd be surprised how much easier everything seems when you are in the "ready position" with your back straight and your arms loose and ready.

5. Don't Give Up - Always End with an Accomplishment

If you are having a hard time on a beat or a section of beats, don't give up! Take it as a challenge. All too often I see people get to the hard section of the beats and then give up. The whole reason you are practicing in the first place is to learn material that you don't know. The hardest beats, when worked out and mastered, will probably become your favorite.

When I practice - I will often set mini-goals to make sure I accomplish my objectives. If I am having significant trouble with a particular beat, I would make it my primary objective to master it. Often I will tell myself something like: "I will not stop until I can play this absolutely perfect 5 times in a row".

It's always important to end practices on a good note. Overcoming small obstacles is a great way to wrap things up and give yourself that added confidence to take your playing to the next level. Always remember to push yourself to catch that one beat, fill, or pattern that is giving you trouble. In drumming and in life, confidence based on accomplishment is everything.

6. Practice Does NOT Make Perfect

Practicing RIGHT makes perfect. I always stress the importance of this. If you are working on a beat and are not quite sure whether or not you are playing it right, then you need to find out. There are many ways to check your work: you can ask a more knowledgeable drummer than yourself, take one or more lessons from your local drum instructor (many teachers do casual lessons with students), or simply count out loud to make sure everything is lining up.

When you practice a beat wrong - you will only get better at doing it the WRONG way. When you finally do realize what you are doing it is going to be that much more difficult to change back to the right way.

7. Use a Metronome (aka - click track)

It's important to incorporate a metronome into your regular practice. Don't become reliant on it, but use it as a training tool instead. It will help you stay on beat when you are practicing at a wide range of tempos. Sometimes playing a beat extremely slow can be just as difficult as trying to play it really fast. It's important that you learn to be flexible enough to play virtually any beat in any setting. If you don't have a metronome - you can get one at your local music store for \$20-\$50.

8. Set a Practice Routine

Ideally you want to practice everyday of the week, but at very least you want to get into any form of routine. This will help you learn at a steady pace - spending more time advancing your skills instead of re-practicing things that you've already mastered.

A professional body builder doesn't go into the gym once a month. In the same way, you can't practice drums hard for one day and then go back several weeks later and expect to remember everything you went over. You might remember a few things, but ultimately you will have lost much of what you worked on. As drummers, we are trying to build muscle memory. Practice and repetition is vital towards achieving this.

9. Stay relaxed and loose

This was one of the hardest lessons for me to learn as a younger drummer. It is amazing how much faster and cleaner you can play just by relaxing and staying loose. A good way to make sure you are staying relaxed is by taking deep breaths while you are practicing. This is a great way to slow down your heart rate and calm your nerves.

10. Have Fun

I have to throw in the old "Have Fun" tip. I know it might sound lame or cliché, but it's true. Always take time to enjoy playing your kit. It's important to practice hard, but it's just as important to have fun with the skills you are working so hard to develop.

Beginner - Guide To Basic Drum Notation

Beginner Drum Theory > Guide To Basic Notation

Hi-Hat Open Hi-Hat Snare Drum Ghost Notes

Bass Drum Ride Cymbal

Hi-Tom Mid-Tom

Low-Tom Hi-Hat with foot Ride Cymbal Bell

Crash Cymbal Cymbal Choking Cross-stick on Snare

Beginner - Guide To Basic Drum Theory

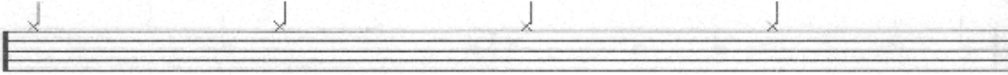
Beginner Drum Theory > Learning Note Values



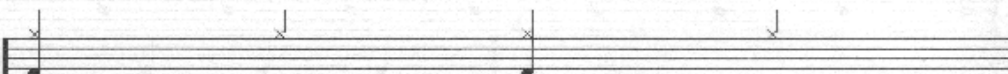
Beginner - Starting On The Kit

Beginner Drum Theory > Starting On The Kit

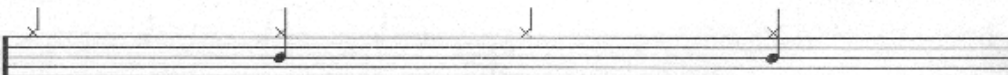
1) 1 2 3 4




2)




3)



4)



5)



Beginner - Quarter Note Beats

Beginner Lessons One > Quarter Note Beats

1)



2)



3)



4)



5)



6)

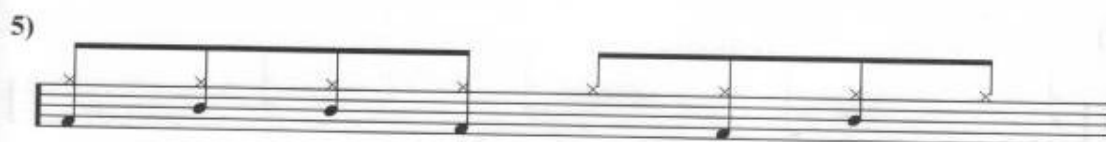


7)



Beginner - Eighth Note Beats

Beginner Lessons One > Eighth Note Beats



6)



7)



8)



9)



10)



Beginner - SNR System Explained

Beginner Lessons One > SNR System Explained

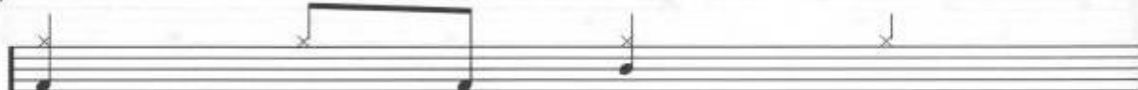
- 1) The first beat is played using the SNR System with the time cut in half. The second is the way it would look if it was written out in normal time using eighth notes or sixteenth notes.



2)



3)



4)



5)



6)



Beginner - SNR System Explained

7)



8)



9)



Beginner - Sixteenth Note Snare Beats

Beginner Lessons One > Sixteenth Note Beats

Each beat is first written using normal drum notation. It is then written below using the SNR system.

1)



2)



3)



4)



5)



6)



Beginner - Sixteenth Note Bass Drum Beats

7)



8)



9)



10)



Beginner - Sixteenth Note Bass Drum Beats

Beginner Lessons One > Sixteenth Note Beats (after the snare beats)

1)



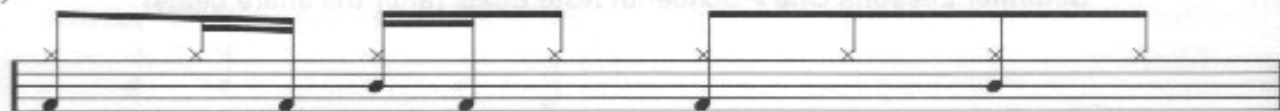
2)



3)



4)



5)



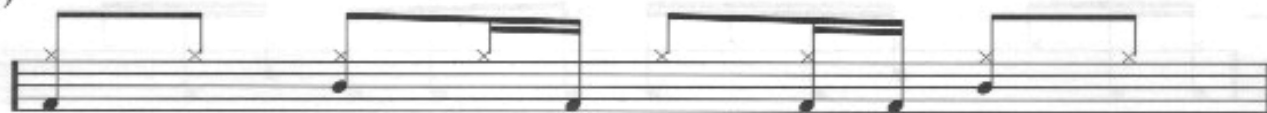
6)



Beginner - Half-Bar Fills

(01)

7)



8)



9)



10)



Beginner - Half-Bar Fills

Beginner Lessons Two > Half Bar Fills

1)



2)



3)



4)



5)



Beginner - Eighth Note Fills

Beginner Lessons Two > Eighth Note Fills

1)



2)



3)



4)



5)



6)



7)



8)



9)



10)



11)



12)



13)



14)



15)



16)



17)



18)



19)



20)



Beginner - Two Bar Fills

Beginner Lessons Two > Two Bar Fills

1)



2)



3)



4)



5)



Beginner - Sixteenth Note Fills

Beginner Lessons Two > Sixteenth Note Fills

1)



2)



3)



4)



5)



6)



7)



8)



9)



10)



Beginner - Single Stroke Roll Exercises

Beginner Lessons Three > Single Stroke Roll Exercises

1) - 8th notes



2) - 16th notes



3) - 16th note triplets



4) - 32nd notes



5)



6)



7)



8)

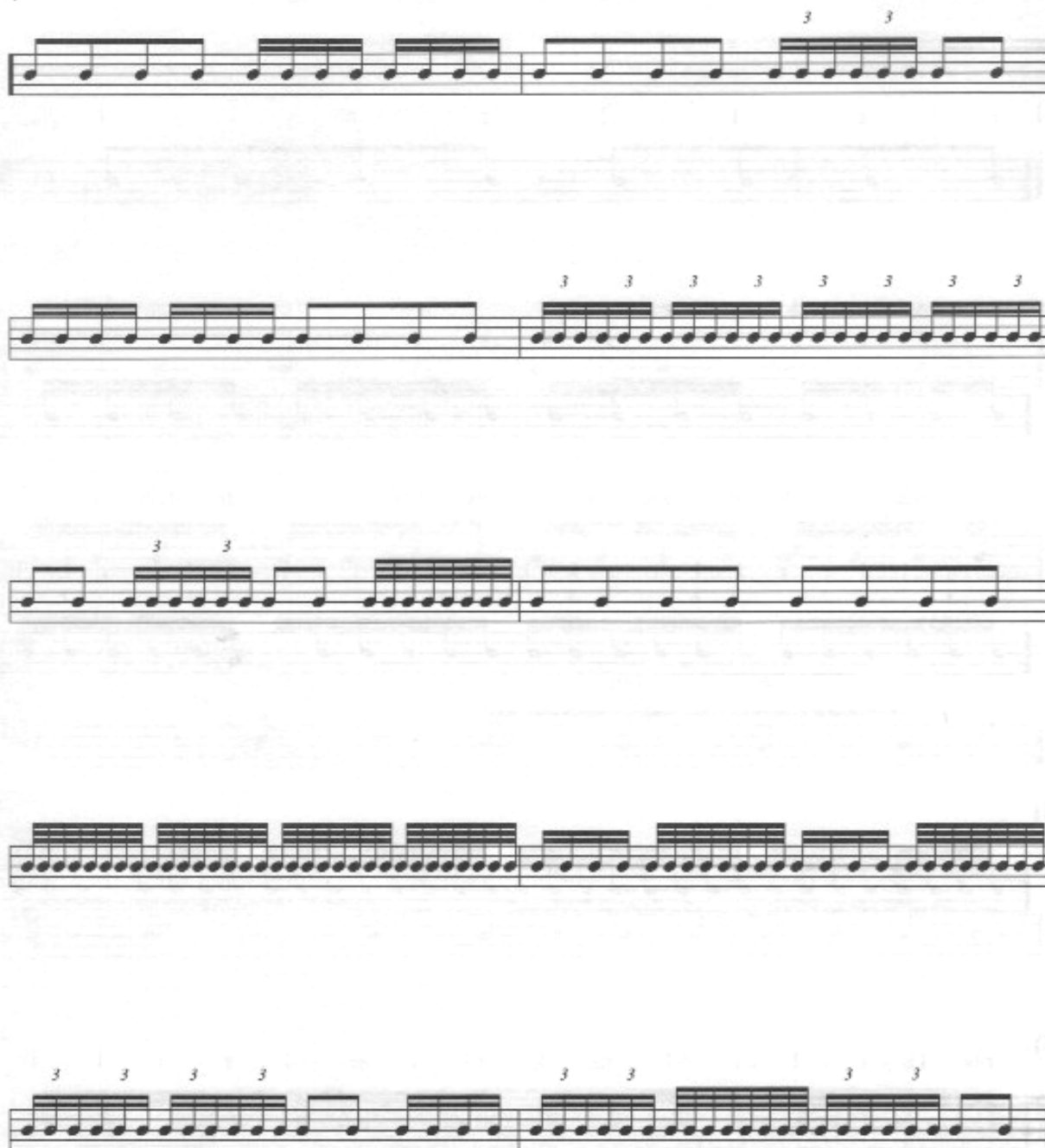


9)



This is the final exercise. Play through this continuously without stopping. Make sure you use a metronome. That's the only way you know whether or not you're in time.

10)



Beginner - Double Stroke Roll Exercises

Beginner Lessons Three > Double Stroke Roll Exercises



6) r l r l r l r l r r l l etc.



7) r l r l r l r l r r l l etc.



8) r l r l r l r l r l r l r r l l r r l l r r l l



9) r l r l r l r l r l r l r l r r l l r r l l r r l l



10) r r l l etc.



All - RR LL RR LL etc

10 Bar Exercise



Beginner - Single Paradiddle Exercises

Beginner Lessons Three > Single Paradiddle Exercises

Use the sticking R L R R L R L L for all of the following exercises.

1)



2)



3)



4)



5)





About the Author:

Jared Falk has been playing drums for over 10 years, and has studied under various instructors including: Mike Michalkow, Lionel Dupperon, Dave Atkinson, Brad Naylor, Chris Macalpine, Ron Janzen, Eran Vooy, and has taken a masterclass from Dom Famularo. He is known for his simplified teaching methods as demonstrated in his Bass Drum Secrets, One Handed Drum Roll, and Jazz Drumming instructional DVDs.

The Rock Drumming System is the complete training solution for rock drummers of all skill levels. It includes detailed training videos, exclusive practice materials, and added drum solo bonus footage - all put together and performed by Jared Falk. This revolutionary educational pack is quickly becoming a standard for drummers around the world.