



Snare Drums
Quints
5 Bass Drums
Cymbals

Promoting the Arts throughout Nevada

This exercise is designed to be played with a metronome while marking time.

eNVision 2-Heights

This exercise is meant to isolate the hands and assist the development of consistent 2-Heights. It should be played second in your fundamental warm-up block. Do repetition at ALL Dynamic levels and mix up the tempos. Start out slow and gradually get faster while changing the dynamic being focused on. Developing consistency on this exercise is a percussionists "Bread & Butter." Without this basic foundation, advanced rudiments and skill levels will suffer.

*Note: This exercise should be focused on every time you practice in and out of rehearsal. This is not an exercise that comes easy. It will take years of development to get the control needed to have consistent "Highs" and "Lows".

For all sections, there should be a High and a Low. Make sure to squeeze the stick after your high stroke so the stick stops and you can attack the low note from the correct height. Heights play a role in not only quality of sound, volume of sound but also visually enhances this to your audience.

Snare Drums - Make sure quality of sound, volume and height match from hand to hand. Also check contact points and be sure you are playing in the center of the head.

Tenor Drums - Make sure quality of sound, volume and height match from hand to hand. Also check contact points and be sure you are playing in the correct "zone" and using the correct path on rounds.

Bass Drums - Make sure quality of sound, volume and height match from hand to hand AS WELL as player to player. Also check contact points and be sure you are playing in the center of the head.

You can always contact us with questions or
comments: info@envisionarts.org

eNVision 2-Heights

Snare Drums

Advanced Exercise

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1 $\text{♩} = 112$

2 3 4 5 6 7 3

RH LH R B B

8 9 10 11 12 3

R R L L R R L L R R L L R R L L R R L L R B B

f

13 14 15 16 17 R

RH LH

18 19 20 21 22 3

RH LH RH LH RH LH RH L R L

23 24 25 26 27 RH

RH LH RH

28 29 30 31 R

LH RH LH R