

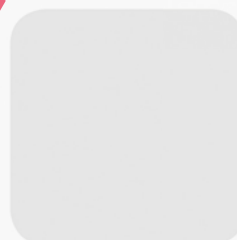
Richard Filz

Body Percussion Sounds and Rhythms

A Comprehensive Training System



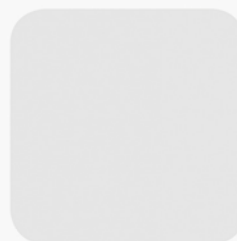
- Basics
- Warm-ups
- Sounds



- Grooves
- Fills
- Songs



- Body Percussion
Solo & Ensemble
Arrangements



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Body Percussion

DVD

1. Body Sounds








Slapping on the Chest		
	>> p. 9	
Slapping on the Hip		
	>> p. 10	
Slapping on the Left Thigh		
	>> p. 10	
Slapping on the Right Thigh		
	>> p. 10	
Slapping the Forearm		
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Slapping on the Cheek		
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Slapping on the Mouth		
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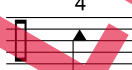










DVD

2. Clapping Sounds

Flat Hand Clapping		
	>> p. 20	
Finger Clapping		
	>> p. 20	
Hollow Hand Clapping		
	>> p. 21	
Clapping with the Back of the Hand		
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Clapping on the Back of the Hand		
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Pendular Clapping		
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Star-Shaped Clapping		
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Summary of Sounds

DVD 4. Rubbing Sounds		
Horizontal Hand Rubbing		
	>> p. 26	
Vertical Hand Rubbing		
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Pendular Rubbing		
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Rubbing with the Back of the Hand		
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Chest Rubbing		
	>> p. 27	
Thigh Rubbing (Right Thigh)		
	>> p. 27	
Thigh Rubbing (Left Thigh)		
	>> p. 27	
	Small note heads = quiet sounds	

DVD 3. Snapping Sounds		
Middle Finger Snapping		
	>> p. 24	
Ring Finger Snapping		
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DVD 5. Stamping Sounds		
Stamping with the Right Foot		
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DVD 6. Special Sounds		
Tongue Clicking (Low)		
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Tongue Clicking (High)		
	>> p. 32	
Mouth Clapping		
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Here we go! Let's start learning the most common body percussion sounds and playing techniques. Step by step, we will build a vocabulary that can be applied musically in the following chapters. Each sound is described in detail. Photos and extensive video material on the accompanying DVD will enhance the learning process.

It is important that you play in a relaxed, effortless manner. The quality and volume of the sounds will improve through continuous practice, which requires both patience and stamina! At the beginning, however, you should not practice too long. First, make sure your hands, arms, shoulders, and legs are used to these movements. Short, regular practice is more efficient than long, irregular practice.

For each exercise, use a starting tempo, a point of reference that can be adapted to your individual requirements and abilities. Initially, speed will not play a role; precise performance of the movements,

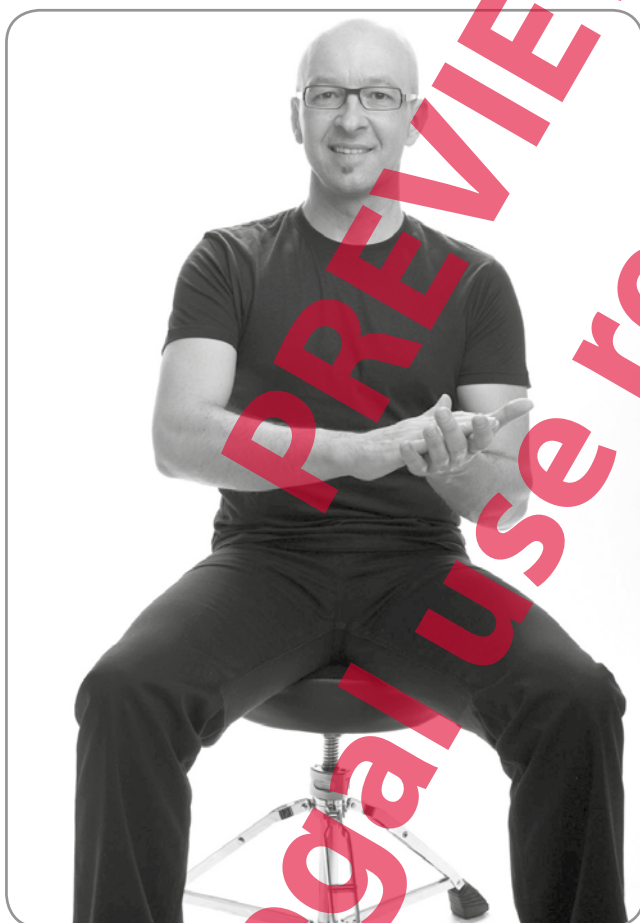
a balance between the left and right hands, and the most efficient transition between different sounds are far more important.

Playing Position

Body percussion can be played in almost any conceivable position. The most common playing positions are sitting and standing. Sitting is advised for longer practice sessions, and the most effective sitting position is on the front edge of your seat.

Keep your back erect and straight. Your neck and shoulders must be relaxed, and your arms should hang loosely at your sides.

Standing is not quite as simple. If your feet are involved, your weight must be transferred constantly from one leg to the other. More information on this topic can be found under *Stamping Sounds* on p. 30.



4. Rubbing Sounds

Rubbing Sound Exercises

In these first few rubbing sound exercises, the direction of rubbing is indicated with arrows. These arrows are intended as orientation and can be altered according to individual preferences. Larger and smaller rubbing movements produce different sounds—have fun experimenting!

Practice Tips

- Practice each bar separately, and then practice sequences.
- Set the initial tempo to **60 BPM**, and gradually increase the speed as you become comfortable.
- Practice with a metronome or musical accompaniment.
- Experiment with a variety of movement lengths to create different sounds.

Horizontal Hand Rubbing

1

2

DVD 3

4

5

DVD 6

DVD 7

DVD 8

Vertical Hand Rubbing

1

2

DVD 3

4

5

DVD 6

DVD 7

DVD 8

Shuffle Fills

Groove Examples

(Combine with fills as desired.)

Shuffle Version 1, #4



Shuffle Version 2, #1



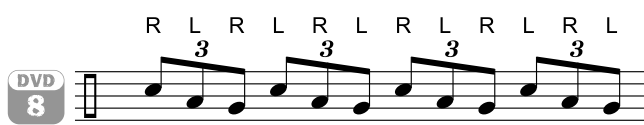
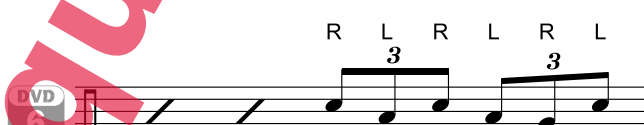
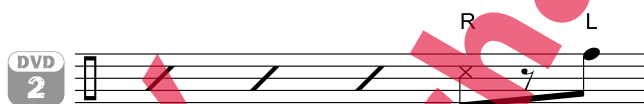
Shuffle Version 2, #7



Shuffle Version 3, #3



"Crossing Hands"



Song Examples

The shuffle rhythms and fills presented in this chapter go well with the following songs:

- "King of the Road" (Roger Miller)
- "Layla" (Eric Clapton)
- "Harvest Moon" (Neil Young)
- "See You Later Alligator" (Bill Haley & His Comets)
- "Far Far Away" (Slade)
- "Got to Get You into My Life" (Earth, Wind & Fire (The Beatles' cover))
- "Baby Jane" (Rod Stewart)
- "Let the Good Times Roll" (Ray Charles)
- "Yellow Submarine" (The Beatles)
- "La Grange" (ZZ Top)





R&B/Hip-Hop Song Accompaniment: '20 Days'

by Richard Filz

Intro

R L R R L R L R L R L R R L R L



Verse

R L R L R L R R L R L R L R L R R R



R L R L R L R R R L R L



R L R L R L R R L R L R L R R R R



R L R L R L R R L R L R



Chorus

R L R R L R L R L R L R R L R L



R L R R L R L R L R L R R L R L



R L R R L R L R L R L R R L R L



R L R R L R L R L R L R R L R L



R L R R L R L R L R L R R L R



R L R R L R L R L R



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Shaker (Ganzá) Sounds



Right Thigh



Left Thigh



Middle Finger Snapping



Rubbing the Hands



Agogo Bell Sounds

Tamborim Sounds



Slapping on the Cheek



Tongue Clicking (Low)



Tongue Clicking (High)



Tongue Clicking (Low)



Tongue Clicking (High)

Surdo Sounds



Slapping on the Chest



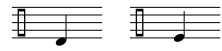
Right Foot Stamping



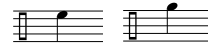
Left Foot Stamping



Samba Version 2



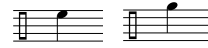
Surdo = Stamping



Tamborim = Tongue Clicking



Surdo = Slapping on the Chest



Agogo Bells = Tongue Clicking

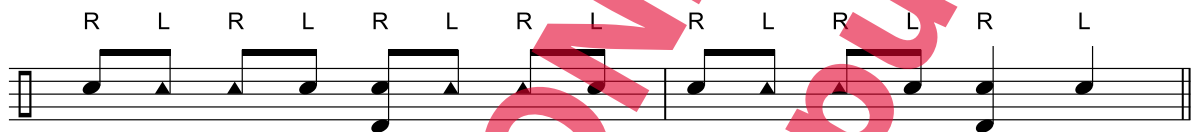


Shaker = Middle Finger Snapping

DVD
1



1a



1b



DVD
2



2a



2b



DVD
3



3a



3b



As an alternative, you can play stamping sounds at half the speed on beats 1 and 3.



Body Percussion Ensemble Pieces

'Get Funky!' (cont.)

[illegible]