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## INTRODUCTION

The purpose of this book is to help drummers of all ages develop speed, endurance, and control, easily and naturally.

The most basic sticking pattern in drumming is the single stroke. Most drummers, however, have a difficult time playing singles fast, evenly, or with any endurance. This book will show you how to develop the speed and control you want to achieve. The key word to remember every day is *practice!*

The problem is that most of us “try too hard.” We push and push because we think effort will get us what we want, but most of the time it won’t. Rather than trying too hard, you must learn to “try easy,” especially when practicing. This will require you to slow down, relax, and concentrate on producing a good sound while playing evenly and with control. Listening is the most important skill. Your ear will tell you when you are relaxed.

Have fun!

**Roy Burns**

## PRACTICE TOOLS

I suggest using a pair of medium-weight drumsticks, such as a 5A or 5B. They should be matched as closely as possible to the same weight and pitch. Aquarian’s graphite practice sticks are also a good choice, as they are balanced with more weight in front of the stick for a good workout. Do not use metal drumsticks, as the response is not desirable for this type of practicing. The metal is just too springy and heavy for sustained practicing.

A metronome is both a great investment and a must-have. It will help make your practicing more productive, improve your timing, and help you learn to play rhythms with a better sound and a more consistent feel.


A good quality practice pad is also essential.

## FUN WITH SINGLE STROKES

1. 

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3. 

4. 

5. 

6. 

7. 

