

# ACCENTING THE WEAKER SIDE

By Nina Pará, Stephane Chamberland and Dom Famularo

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## About the Authors

### Nina Pará

Born in São Paulo, Brazil, Nina Pará started her interest in music as a teenager. She began guitar lessons at 15 and, by the age of 18, she had changed to drums after watching the Mike Stern Band with the legendary Dennis Chambers on drums. Since then, Nina's focus has been totally on drums. At first, her teachers were Jorge Aniello, Ronald Turnbull, and later Douglas Las Casas, Aquiles Priester, Christiano Rocha, Cuca Teixeira, Stephane Chamberland, and Dom Famularo.

Nina's influences in music are rock, with a particular taste for heavy metal and progressive rock. Brazilian music is also part of her universe.

At the beginning of her professional life, Nina played in local São Paulo rock bands. In 2002 she joined Barra da Saia, an all-female band. During her stint with this group Nina had the opportunity to tour throughout Brazil, performing in various cities of the states of São Paulo, Minas Gerais, Espírito Santo, Paraná and Rondônia.

Since then, Nina has joined various projects and bands – all very important for her musical growth – Illustria, Kavla, LACME, and Punkake. She had the opportunity to record and release albums with these groups. Another highlight was working with singer-songwriter Landau, with whom Nina played between 2009 and 2011, playing shows in São Paulo, Rio de Janeiro, Minas Gerais, and Rio Grande do Sul.

In December 2014, Nina released her first solo album. *HeartBeat* has seven instrumental tracks that include a roster of great musicians such as Lucas Bittencourt, Tatiana Pará, Fernanda Horvath, Geraldo Vieira, Bozzo Barretti and Sintia Richard Fermino.

Nina created the online course Guia das Mãos (The Hands Guide in English – [www.guiadas-maos.com.br](http://www.guiadas-maos.com.br)) in partnership with fellow drummer Felipe Drago. The course teaches the techniques and concepts they both learned from Dom Famularo.

Nina endorses Pearl Drums, Vic Firth Sticks, Sabian Cymbals and Dudu Portes Luen Drumheads. For more information go to [www.ninapara.com.br](http://www.ninapara.com.br)



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## About the Authors

### Stephane Chamberland

Stephane is an internationally recognized drummer, clinician, educator, and author. He is currently freelancing with numerous bands, touring, and recording. Steph has also presented hundreds of drum clinics and master classes in the United States, Canada, Taiwan, Europe, Brazil, and China. He has performed at the Canadian Cape Breton Drum Festival, the Taipei International Percussion Summer Camp (Taipei National University of the Arts), the Da Dong Tian Xia Music Concert (Shanghai Grand Theatre), the Batuka International Drum Festival in Brazil, the Shanghai International Percussion Camp, the Benny Lim SG Drum Academy in Singapore, the Quebec Capitale DrumFest, the Chris Lesso Drum School in Toronto, the Drumming Lab in Paris, DRUMEO in Vancouver, and at KoSA 24 Drum & Percussion Camp 2019, just to name a few.

Stephane maintains a busy private teaching schedule, coaching students from many countries online and at his studios, located in Quebec City (Canada) and New York City (USA). Students from all over the world come for intense, unique, and personalized programs. Stephane has studied drumset with many renowned teachers from around the globe including Dom Famularo, Jim Chapin, Paul Brochu, Rick Gratton, Robby Ameen, Jeff Salem, Paul DeLong, Joe Bergamini, John Favicchia, Aldo Mazza, Memo Acevedo, Eduardo Guedes, Richard Irwin, Claus Hessler, and Frank Belluci. He attended the Manhattan School of Music to study with John Riley and Bobby Sanabria, and also studied at the Conservatory of Music in Quebec City.

Steph's interests in writing and education have led him to become highly active in the music publishing world. He is the co-author of the books *The Weaker Side*, *Drumset Duets* and *Pedal Control* (Wizdom Media – Alfred Publishing). Stephane also edited the latest editions of the worldwide number-one drum books: *Stick Control* and *Accents and Rebounds*, by George Lawrence Stone. He remains a contributing writer for *Modern Drummer*, *Canadian Musician*, and *Percussive Notes*. Steph endorses Yamaha Drums, Sabian Cymbals, Remo Drumheads, Prologix Percussion, and Vic Firth Sticks.



## About the Authors

### Dom Famularo

His sensational drumming and brilliant communications skills have earned Dom Famularo the reputation of being the world's foremost motivational drum set artist / educator. Through history-making tours of China and the Far East, and with standing ovations to capacity audiences at virtually every major drumming event in Europe and the Americas, this vibrant performer from Long Island, New York is renowned for delivering entertaining and awe-inspiring performances unlike any other.

Tutored by legendary greats Joe Morello, Jim Chapin, Al Miller, Charlie Perry, Colin Bailey, Shelly Manne, Papa Jo Jones, and Ronnie Benedict, Dom combines the masterful techniques of the past with the parameter-pushing concepts of today's music for a highly creative and uniquely personal style of drumming. With hands powered by the famous Moeller technique and feet dancing through high-speed double-pedal bass drumming patterns, he delivers performances that dip and dive through dynamics and styles with energy and ease. Elements of jazz, funk, fusion, and Latin rhythms permeate his sound, while every stroke speaks to the inventiveness that makes his drumming so exciting, entertaining, and inspiring.

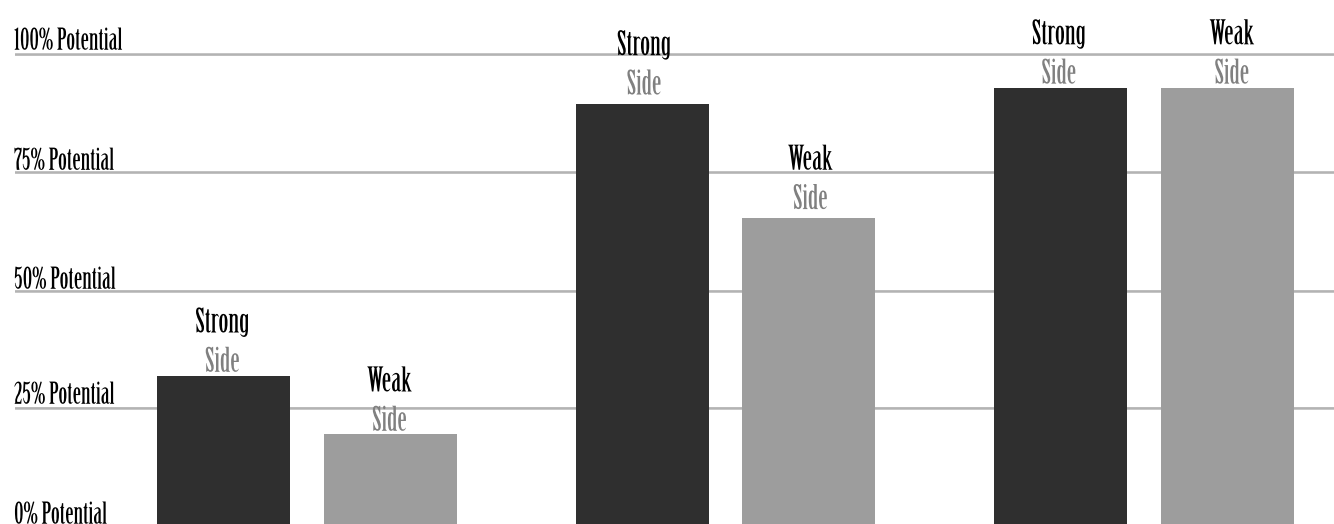
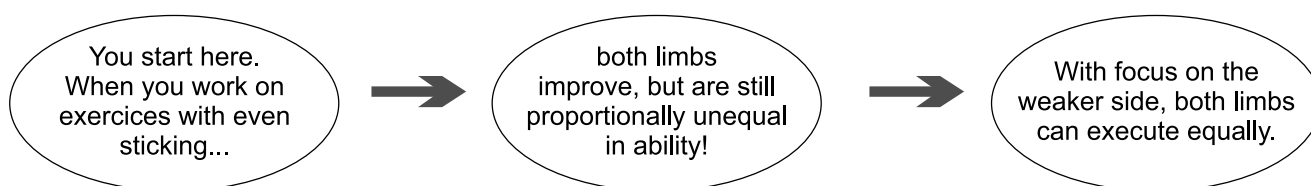
The first Western drummer to perform clinics in China, Dom is accustomed to making headlines. He was a special guest performer at the first-ever Buddy Rich Tribute Concert, an event which he helped organize. He was a highlight as host and performer at the Pacific Rim Drum Invitational (the first drum event to be simulcast live on the Internet), and he's a primary attraction at star-studded drumming events such as the LaRioja Drumming Festival, Koblenz International Drummer Meeting in Germany, the Florida Drum Expo, the Paris Music Show, the massive Ultimate Drummers Day in Australia, the Heartbeat World Rhythm spectacle for Canadian TV, the Montreal Drumfest, and the Modern Drummer Festival!

Dom doesn't rely on major band affiliations as a claim to fame, but performances with the Buddy Rich Big Band, B.B. King, Lionel Hampton, Chuck Leavell (Rolling Stones), T Lavitz (The Dixie Dregs), and the Louie Bellson Big Band reveal the pedigree of his playing. He has shared the stage with Dave Weckl, Steve Gadd, Vinnie Colaiuta, Simon Phillips, Billy Cobham, Bernard Purdie, Rod Morgenstein, Chester Thompson, Terry Bozzio, Will Calhoun, Deen Castronovo, Russ McKinnon, Chad Smith, Mark Schulman, Denny Carmassi, Liberty DeVitto, and Jim Chapin in worldwide drumming events. Dom fondly remembers performances with Jeff Porcaro and Larrie Londin, both of whom he is proud to have also had a friendship.

In addition to large drumming expos and clinic tours, Dom is an active educator at colleges, drum schools, and camps. He has performed at the Percussive Arts Society Convention (PASIC), Percussion Institute of Technology (PIT) in Hollywood California, Drummers Collective in NY, KOSA Camp in Vermont USA, North Texas State University, the Graham Cole Percussion Camp in England, and Drummers Camp in Germany's Black Forest, as well as many others. In addition, he is an in-demand consultant to major music corporations, and serves as Education consultant for Sabian Cymbals, Vater Drumsticks, Mapex Drums, Remo Drumheads, SE Microphones, and Wizdom Media for whom he oversees programs worldwide.

Visit Dom's website at: **[www.domfamularo.com](http://www.domfamularo.com)**

## Systems for Practicing Accenting The Weaker Side



This book is designed as a long calisthenic workout to develop your weaker side. We suggest that each exercise be played for one minute. There are 30 exercises per page, so each one-page practice session will take 30 minutes to complete. Work on each page for one week, then move on to the next page. There are 52 pages of exercises, thus this book provide a one-year focus on accenting your weaker side.

**Routine #1:** Play with hands only (no feet). Play each exercise for one minute, then move directly to the next exercise without stopping. Choose a tempo which allows you to play each exercise for one minute comfortably. At slower tempos use full strokes and at medium tempos use half strokes. Relax and use the stretching and strengthening your muscles (see Dom's book *It's Your Move*) to let the rebound assist in completing the stroke.

**Routine #2:** Play each exercise with the feet only. Keep the heels down to isolate the ankle muscles. The tempo should allow you to feel a slight burning in your muscles but no tension or pain. Do not pull your feet up—think down and play down. Relax!

**Routine #3:** Play the exercises using your hands and feet together. This will lock in your feeling with all your limbs.