NMPAT

Northamptonshire Music and Performing Arts Trust

My Beginner Percussion Book



Inspire • Nurture • Excel

This book belongs to_____

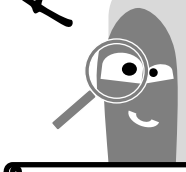
www.NMPAT.co.uk

NMPAT

Welcome to the Percussion Team!

Here's what you need to do to be BRILLIANT...

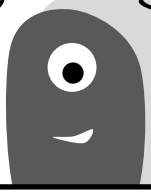
focus



To **'focus'** means you are choosing to pay attention to what is going on around you by listening and watching your teacher, and modelling good behaviour to others.

To be present at all times!

enthusiasm



'Enthusiasm' is an infectious quality! You are being enthusiastic when you show an active interest in what you are doing, helping others to enjoy the experience too.

Look for the positive in every situation!

perseverance



You show **'perseverance'** when you keep going until you've got the job done, even if it is challenging and hard work to do.

Keep going even when the going gets tough!

nurture



To **'nurture'** is to look after people and things to make sure they are safe and happy.

It is important to look after yourself as well as others.

Show care and attention to others.

excel



No one can do better than their personal best! If you are trying your hardest, and doing your best then you are a success.

Make sure you **excel** at being you!

Try your hardest, do your best

Check out www.NMPAT.co.uk/resources for more cool stuff

Hello! My name is: _____and I will be your percussion teacher.

I can be contacted by email:_____@nmpat.co.uk

Your lessons will normally be in school on _____

Remember to bring to *every* lesson:



1. This book
2. Your NMPAT practice diary
3. Your sticks
4. A pencil

To become a good player you will need to play at home as well as in the lesson. Ask your family to help you with this and look at your practice diary to see what you need to do each week.

Practice tips!

The best way to improve as a musician is to practise! It's a good idea to structure your practice too, whether your practice for 24 seconds or 24 hours, planning how your use your time will help you to improve.

Break up your practise into four parts:

- 1 part - warm up, rudiments, technical exercises
- 2 parts - studies and pieces
- 1 part - improvise, perform to your family, and have fun!

Some equipment that will help you to practice at home is:

- A metronome or smartphone app
- A practice pad - you ask your teacher for their recommendations
- A music stand

You can view our welcome video online: www.nmpat.co.uk/resourcesforschools#Lessons

Lesson 1: Snare Drum

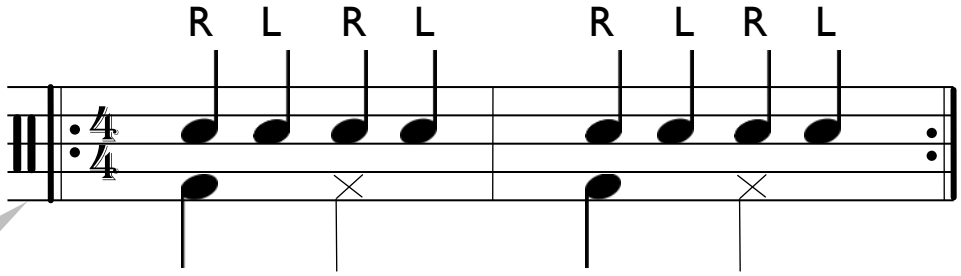
We will practice holding our sticks correctly so that you can make your first sounds and make sure you're moving each stick evenly.

We use sticking patterns to strengthen our stick technique - like an athlete we must train every day!

Rudiments

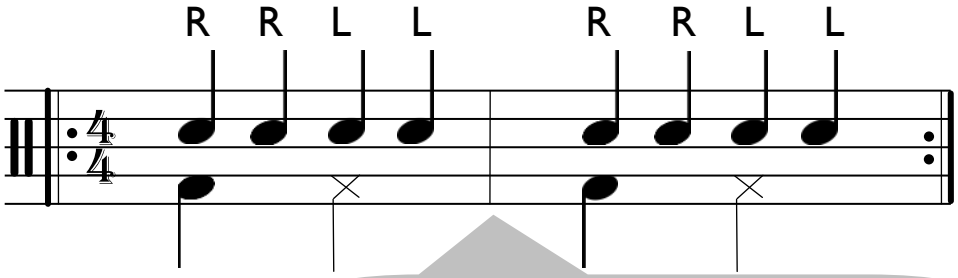
A rudiment is an exercise that we repeat to improve our skill and technique. We will introduce lots of rudiments along your musical journey - see if you can learn these ones off by heart. **Start with your metronome at ♩ = 60**

Single stroke



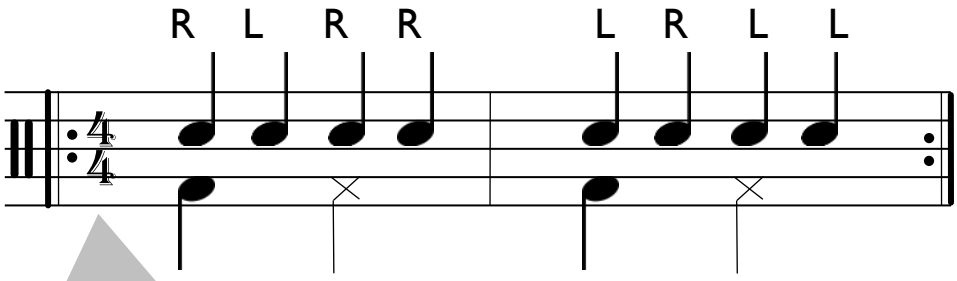
Music is written on 5 lines, called a **stave**

Double stroke



Most music is divided into **bars**. A **bar line** signals the end of each bar.

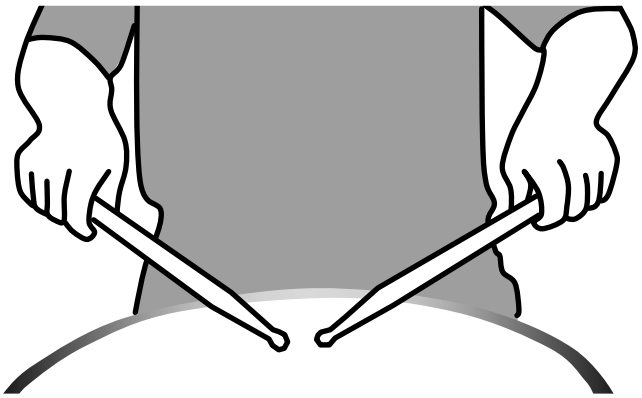
Paradiddle



The 'time signature' tells us that we count 4 crotchet beats in each bar

Technique checklist

Check your rudiments against the points below…



- **Finger and thumb position** - is your thumb on the stick? Where is your first finger?
- **Stick movement** - is the stick coming away from the skin?
- **Wrist movement** - are your sticks lifting above your wrist? Are you moving your arms too much?
- **Hand position** - Can you see the back of your hand? Is your palm facing the floor?
- **Sound** - are you producing an even and rhythmical sound? Listen very carefully to your metronome!

When you're feeling confident at ♩ = 60, try playing along with the backing tracks available at: **www.nmpat.co.uk/resources#Percussion**

How long can you play each exercise accurately for? Keep track of your progress here:

Singles:

Date											
How long?											

Doubles:

Date											
How long?											

Paradiddles:

Date											
How long?											

Feel the rhythm!

Music using lots of different note lengths to create interesting rhythms. Some of these notes and their names are below:



Minim 1/2 note 2 beats

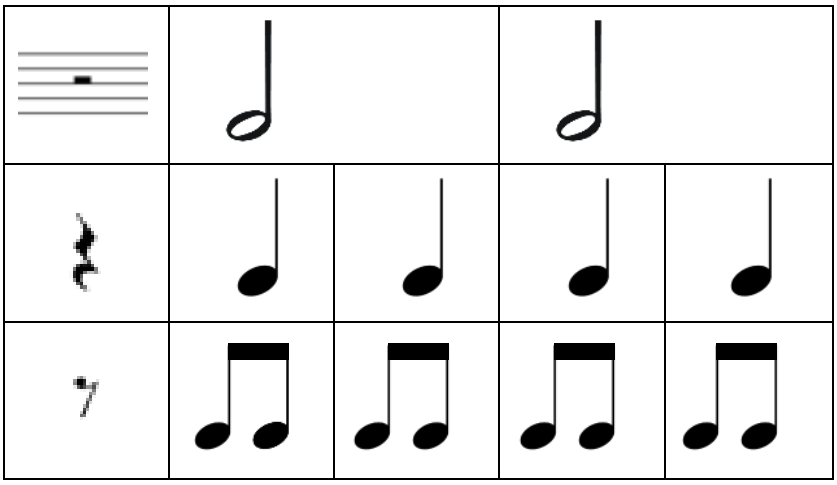


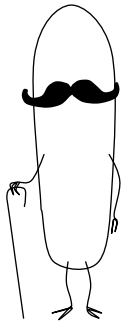
Crotchet 1/4 note 1 beat



Quavers 1/8 note Half a beat each

This table shows the different length notes alongside their equivalent rest symbols:
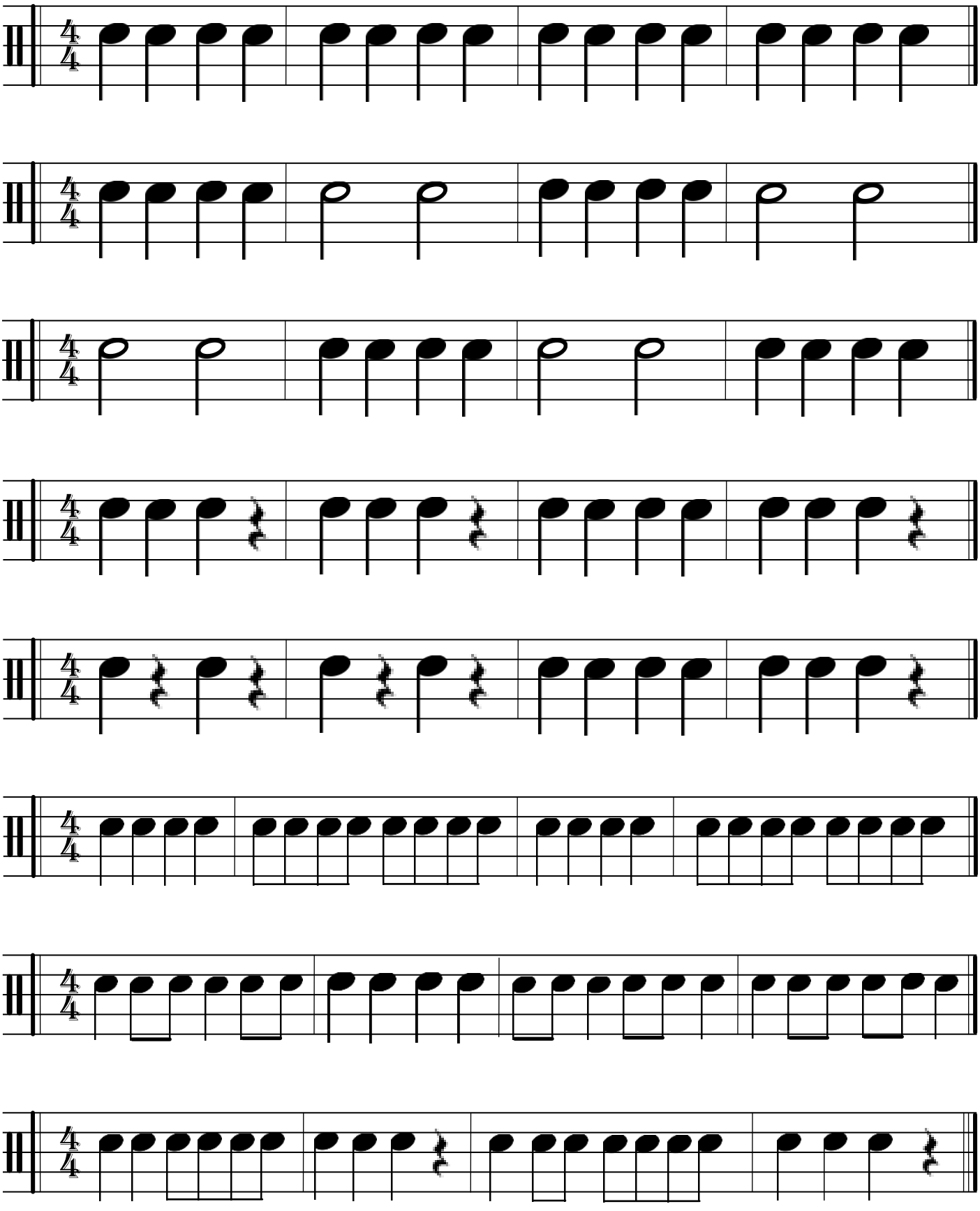




Try playing the patterns, on the next page which use these notes in lots of different orders. Start with your metronome at ♩= 60 and see if you can gradually increase it to ♩= 80.

Don't forget to keep your technique on point!

Try playing a duet with your teacher / lesson partner – each play a different line at the same time, then swap! Can you keep to your line without being distracted?

Play the rhythm!



Puzzle page

Test your knowledge… Complete the missing boxes:

		
	crotchet	
		two beats

Rhythm match!

Can you match up the words to their notated rhythms?



Fish and chips
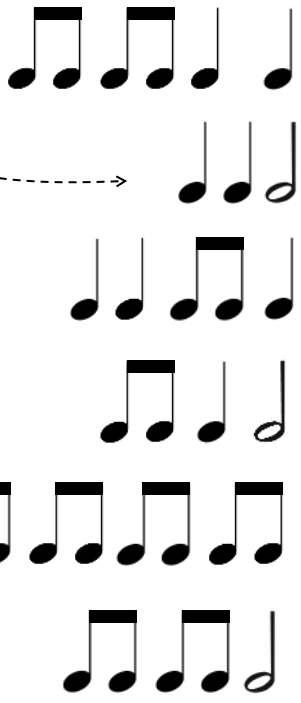
Salt and vinegar

Sausage and mash

Apple pie and custard

Indiana Jones

Pirates of the Caribbean



Listening games!

You could try some of these games at home and teach the rules to your friends and family! Don't forget to use a metronome or backing track to keep in time.

Call and response

- Listen to a four-beat phrase from your teacher and then play it back exactly the same
- **Next steps…** try longer phrases - how many beats can you repeat back without forgetting?

Question and answer

- Listen to a short phrase from your teacher and then play something different in response
- **Think about…** the rhythms you are using and whether you're playing loud or soft

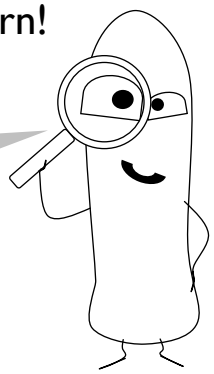
Plug the gap

- Decide on a new phrase with your teacher and play it together
- Take it in turns to play answering phrases in between
- Maybe you could use your favourite foods or films for rhythm inspiration!

Rudiment relay

- With your lesson partner / teacher, pass rudiments around the room
- Make sure you're concentrating so you know when it's your turn!

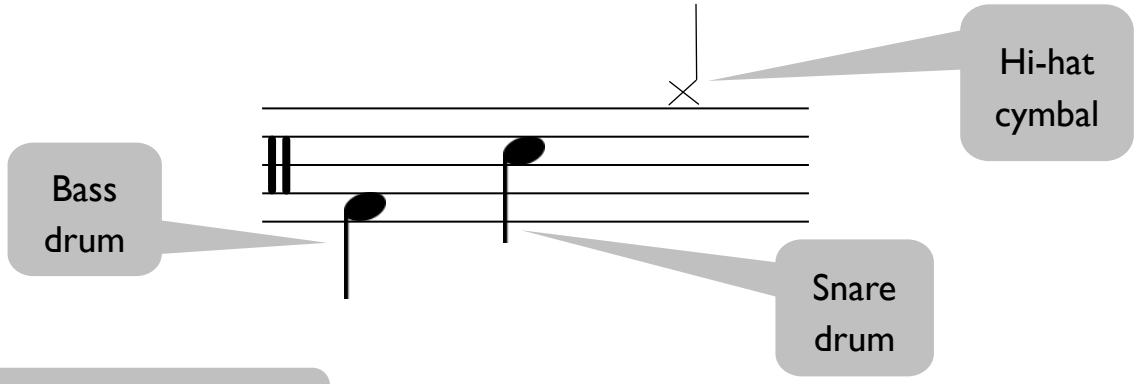
Don't forget to keep your technique in check, using the checklist on page 4!



Building a kit groove

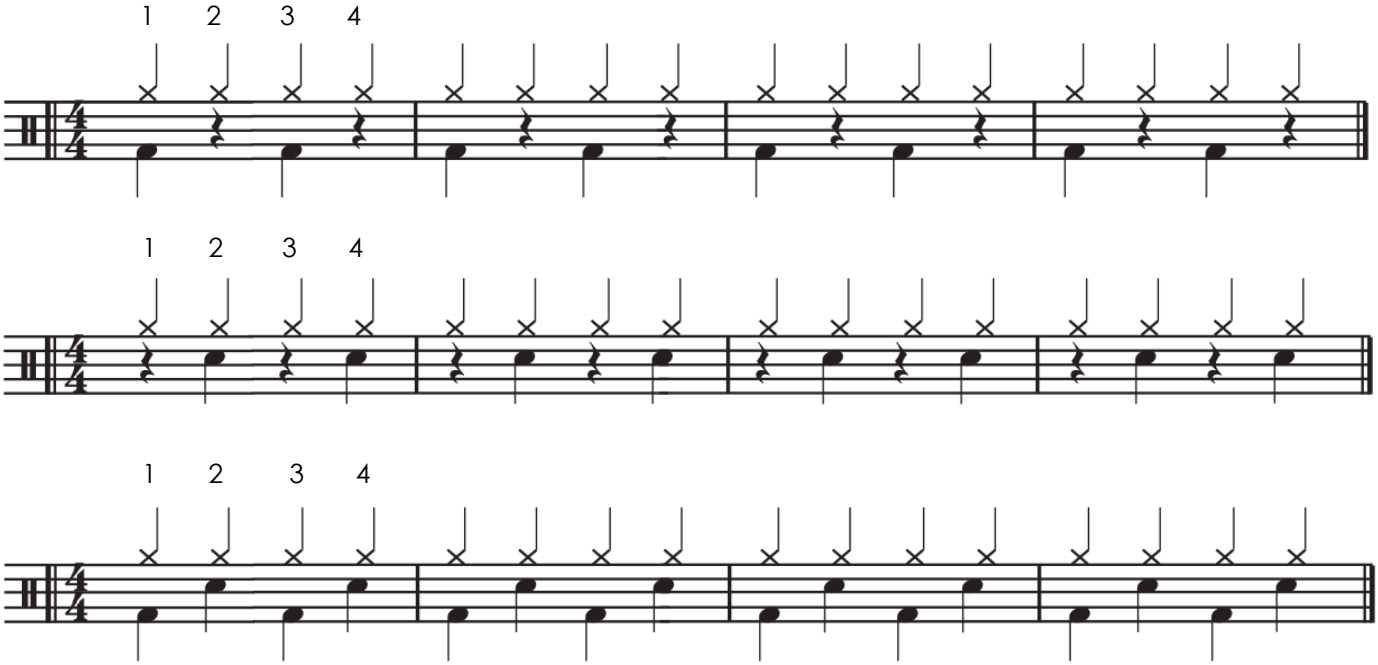
We're going to learn a bit more about notation to help us build a groove. Make sure you are confident in spotting a **snare drum** note, **bass drum** note, and **cymbal** note before moving on.

Drum notes are always shown by a full note head - as you have seen so far on the rudiments page. Cymbal notes are shown with crosses - like the example below:



Remember:

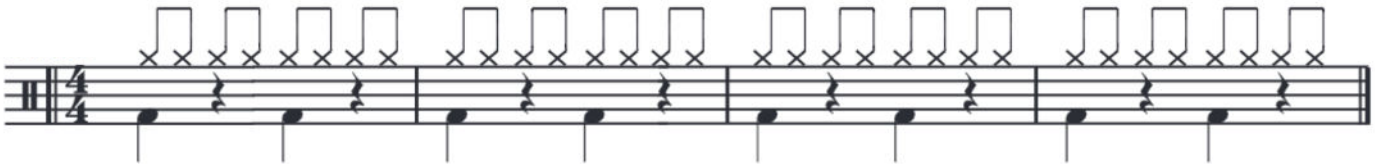
- Keep your left foot pressing down on the hi-hat pedal. Bounce your stick on the closed cymbals. Listen out for a clear "chik" sound!
- Play in the very centre of the snare drum to produce a big, clear sound
- Start each one at ♩= 60 and gradually build up your speed as you get more confident. Can you play each one for a whole minute?
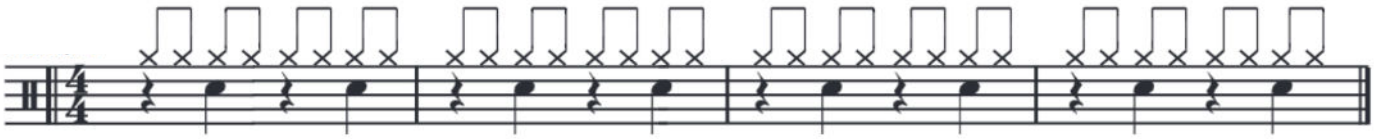


More kit grooves!

This time, we're including quavers! Don't forget to refer back to your checklist and keep your technique on point (p.4)
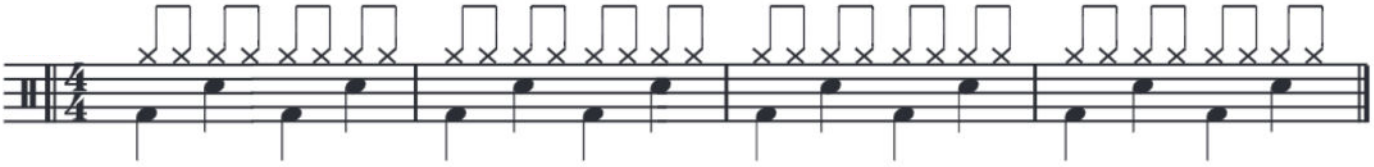
1 and 2 and 3 and 4 and



1 and 2 and 3 and 4 and

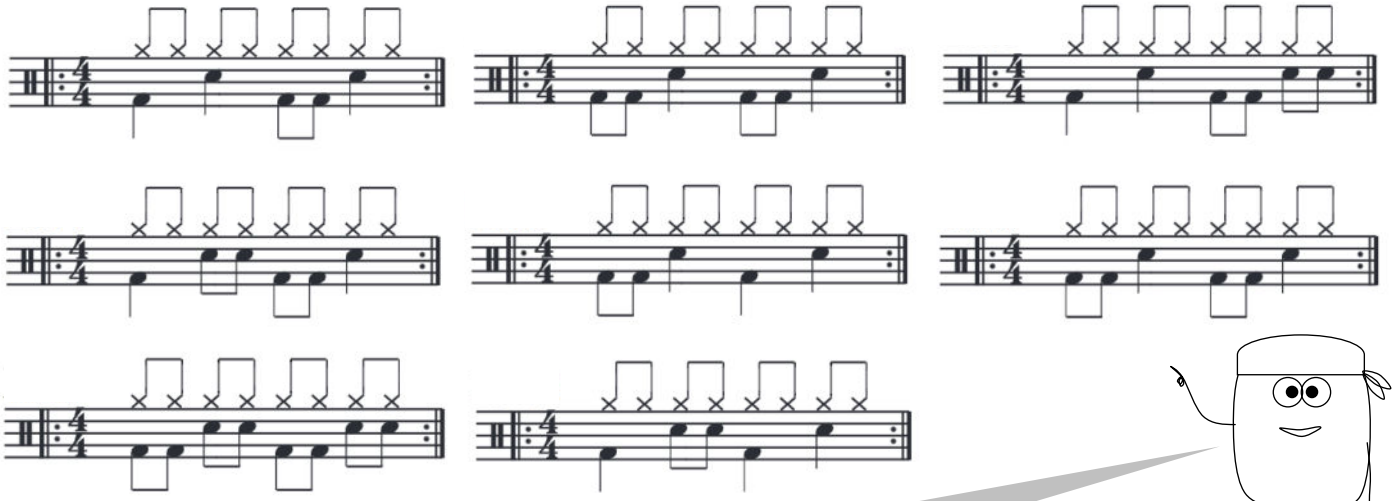


1 and 2 and 3 and 4 and



Kit variations

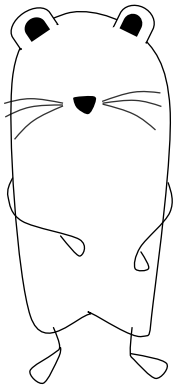
Play each of these phrases four times without stopping. Listen carefully to all three instruments and the sound you are producing. Again, start slow and gradually build up...



When the **snare drum** plays on beats **2** and **4** it is called the **back beat!**

Here's a new note...

					Minim
					Crotchet
					Quaver
					Semi-quaver



Here are some words to help remember these new rhythms...



coca-cola



blackcurrant



lemonade
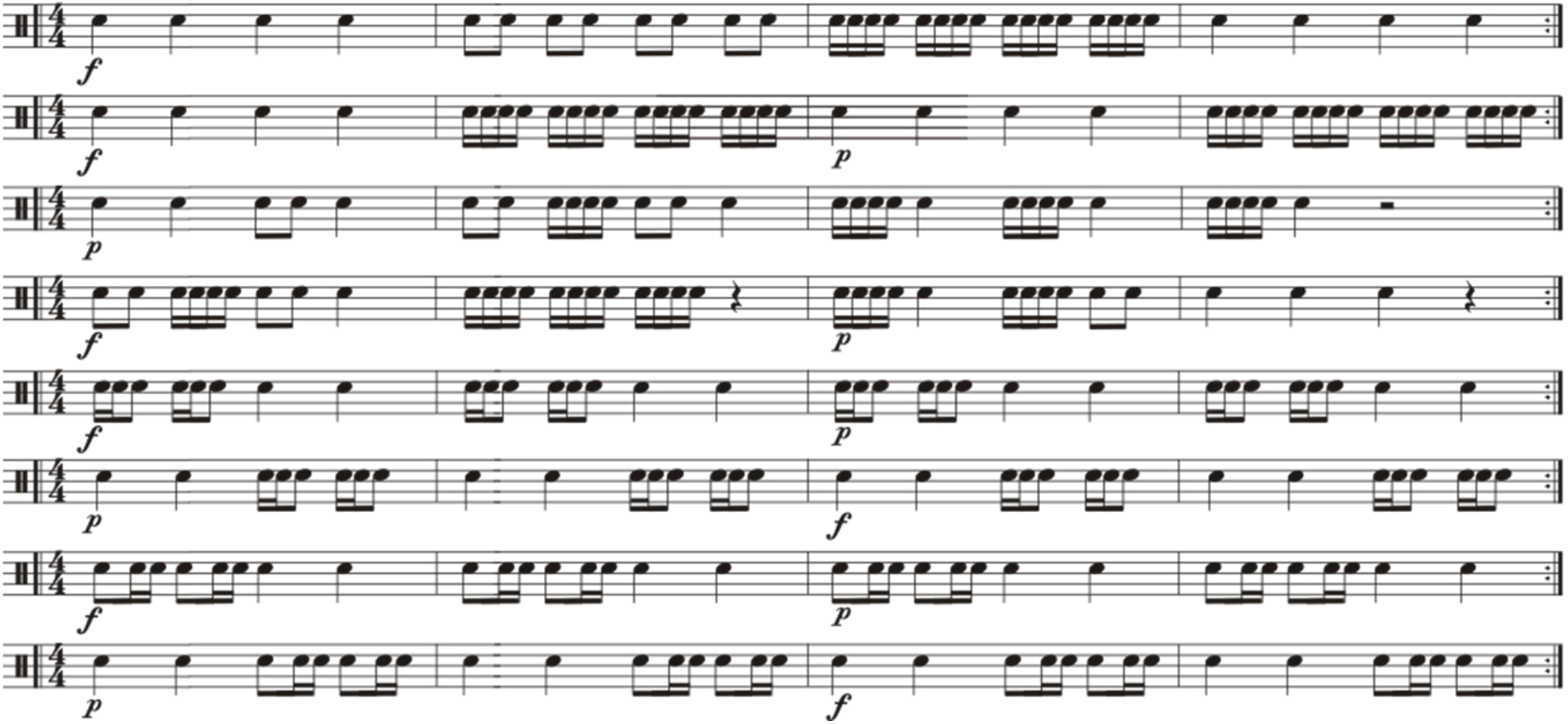
Dynamics

In music, we talk about dynamics in relation to how loud or soft we are playing. There are lots of different dynamic markings we can use, but for now we're going to focus on these ones…

- When you see a p on your music, this stands for "***piano***" which means to **play softly**
- When you see an f on your music, this stands for "***forte***" which means to **play loudly**

Using the semi-quaver

For these rhythms, remember to check your technique checklist on p.4, and refer to p.11 to help with the rhythms and dynamics. There is some space on the next page for you to write your own music, including all of the rhythmic elements you've learnt so far..!



My grooves

Good habits

- Each time you practice at home, mark it in your practice diary
- Share your practice diary with your parents and ask them to sign it at the end of each week
- Try to practice in a quiet room with no distractions - no TV!
- Use good posture and refer to your technique checklist (p.4)
- Use a music stand if you can, to make sure your music is at the right height for you to see it clearly while still having good posture
- Practice as often as you can - you could perform a mini concert to your family at the end of each week to share the progress you've made!
- Don't forget to structure your practice using the tips on p. 2

What are you listening to?

- Can you name five different songs or pieces of music you have listened to this week?
- What styles or genres of music were they?
- Who wrote the music?
- Who was the drummer / percussionist?
- What other famous or influential drummers and percussionists have you listened to recently?
- What did you think of the music you listened to?

Next steps…

Now you've taken your first steps in learning to play the drums, it's time to buy your first tutor book! This is the one I recommend:

Title: _____

By: _____

Publisher: _____

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Open the door to NMPAT and find **connection, creativity and opportunity**

Music and performing arts group lessons, ensembles, activities and events. For anyone age 3 upwards, on Saturday mornings in a venue near you.



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#FindYourPeople #TrySomethingNew #NMPositiviT

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