

HAND TECHNIQUE

LESSON TRACK 1



BY: **STEPHEN TAYLOR**

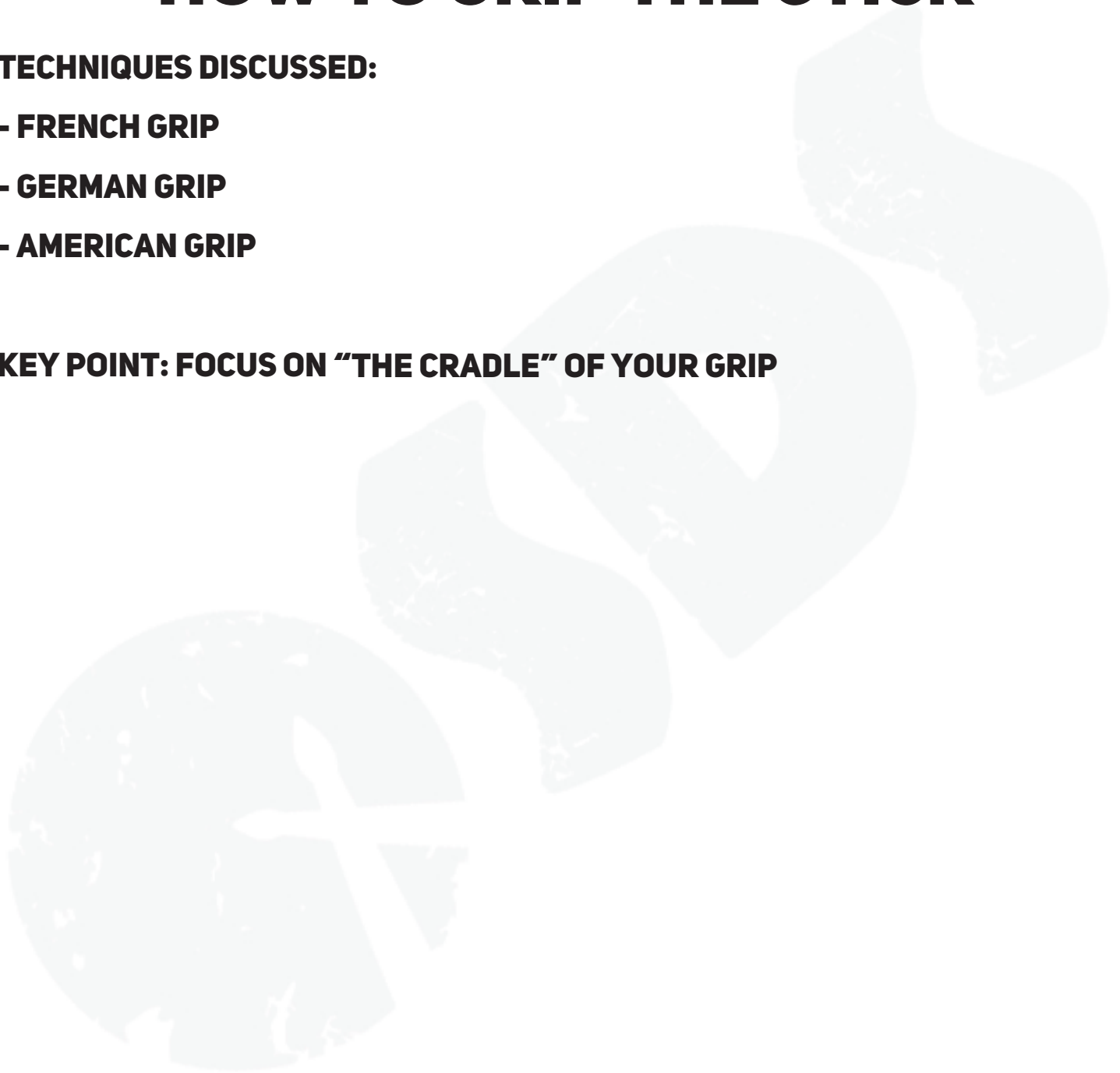
LESSON 1

“HOW TO GRIP THE STICK”

TECHNIQUES DISCUSSED:

- FRENCH GRIP
- GERMAN GRIP
- AMERICAN GRIP

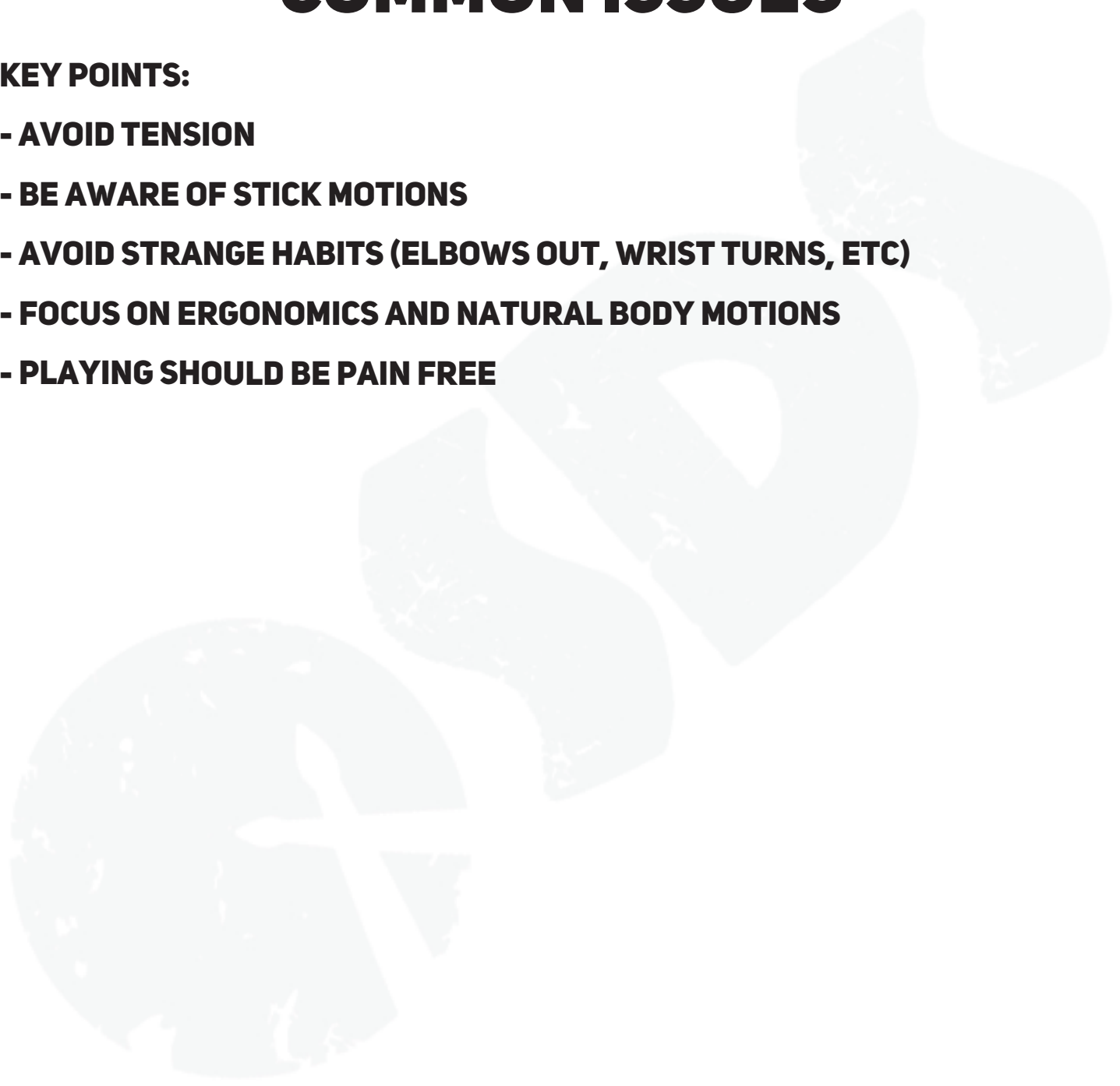
KEY POINT: FOCUS ON “THE CRADLE” OF YOUR GRIP



LESSON 2

“COMMON ISSUES”

KEY POINTS:

- AVOID TENSION
 - BE AWARE OF STICK MOTIONS
 - AVOID STRANGE HABITS (ELBOWS OUT, WRIST TURNS, ETC)
 - FOCUS ON ERGONOMICS AND NATURAL BODY MOTIONS
 - PLAYING SHOULD BE PAIN FREE
- 

LESSON 3

“GLADSTONE TECHNIQUE”

STEP #1:

- MAXIMUM STROKE
- NEWTONS LAWS OF MOTION (1, 2, 3 METHOD)

STEP #2:

- DROPPING STICK
- FOCUS ON FOLLOW THE NATURAL MOTION OF THE STICK

STEP #3:

- FULL REBOUND

Hand Technique Track 1: Lesson 4

#1081

Exercise #1: Uncontrolled bounce to loosen hand

② Mirror Hands

D U D U D U D U

③ Mirror Hands

U D U D U D U D

④

Right Hand Left Hand Right Hand Left Hand

D U D U D U D U D U D U D U D U D U D U D U D U

⑤

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

⑥

R L R L R L R L R L R L R L R L R L R L R L R L D U D U D U D U D U D U D U D U D U D U

#1082

D = Down

R = Rebound

$$U = U_p$$

Right Hand: D R U D D R U D

Left Hand: D R U D D R U D

2

Musical notation for exercise 2, showing a single staff with a treble clef and a key signature of one sharp (F#). The exercise consists of four measures, each containing a triplet of eighth notes. The first note of each triplet is marked with an accent (>). The triplets are separated by a whole rest. The piece ends with a double bar line and repeat dots.

Right Hand: D R U D R U D R U D R U

Left Hand: D R U D R U D R U D R U

3

3

Both Hands: D R U D R U D R U D R U

4

Musical notation for exercise 4, featuring a treble clef, a key signature of one sharp (F#), and a 2/4 time signature. The melody consists of eighth notes with accents, grouped in pairs and separated by rests.

R R R R R R R R R R R R

5

Exercise 5: A single staff with a key signature of one sharp (F#) and a common time signature (C). The melody consists of four groups of four eighth notes, each group starting with an accent (>) and a slur. The notes are: G4, A4, B4, C5; A4, B4, C5, D5; G4, A4, B4, C5; A4, B4, C5, D5. The piece ends with a double bar line and repeat dots.

R R R R R R R R R R R R R R R

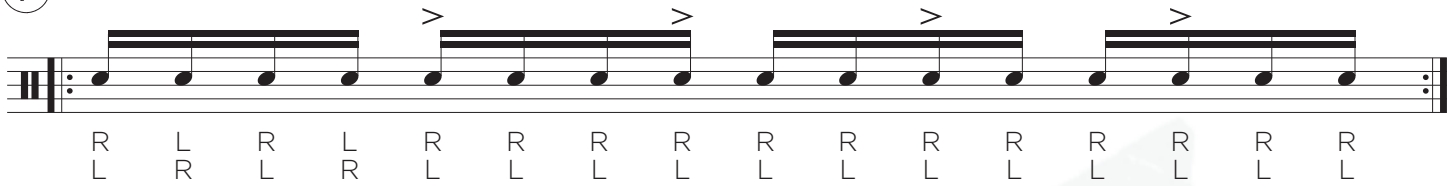
6

Musical notation for exercise 6, consisting of two measures. The first measure contains four groups of eighth notes, each with an upward bow stroke. The second measure contains four groups of eighth notes, each with an accent (>) above it.

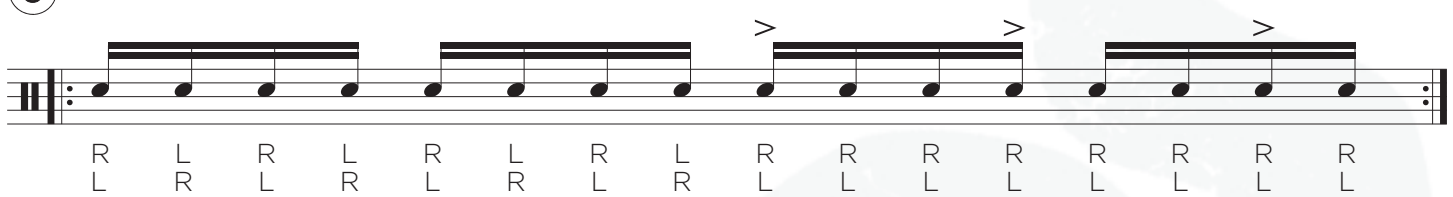
R L R L R L R L R L R L R L R R R R R R R R R R R R R R R R

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

7



8



Assembly Line:

1. Learn Exercises on Practice Pad
2. Take Exercise to Zone 1
3. Take Exercise to Zone 2
4. Take Exercise to Zone 3
5. Take Exercise to Zone 4
6. Take Exercise to Zone 5

#1083

D = Down

R = Rebound

$$U = U_p$$

①

Right Hand

2

Right Hand: D

3

Both Hands: D

4

R

5

R

6

Right Hand: D

7

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

8

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

Assembly Line:

1. Learn Exercises on Practice Pad
2. Take Exercise to Zone 1
3. Take Exercise to Zone 2
4. Take Exercise to Zone 3
5. Take Exercise to Zone 4
6. Take Exercise to Zone 5

Hand Technique Lesson Track - Lesson 7

#1084

U = unison (mirror hands)

①

R L U U R L U U R L U U R L U U R L U U R L U U R L U U

②

R L U U R L U U R L U U R L U U R L U U R L U U R L U U

③

R L U U R L U U R L U U R L U U R L U U R L U U R L U U

④

R L U U R L U U R L U U R L U U R L U U R L U U

⑤

R L U U R L U U R L U U R L U U R L U U R L U U R L U U

Repeat 3 times

⑥

R L U U R L U U R L U U R L U U R L U U R L U U R L U U R L U U R L U U R L U U R L U U R L U U R L U U

7

RRRRRRRRRRRRRRRRRRRR
 LLLLLLLLLLLLLLLLLLLL
 UUUUUUUUUUUUUUUUUUU

RRRRRRRRRRRRRRRRRRRR
 LLLLLLLLLLLLLLLLLLLL
 UUUUUUUUUUUUUUUUUUU

8

RRRRRRRRRRRRRRRRRRRR
 LLLLLLLLLLLLLLLLLLLL
 UUUUUUUUUUUUUUUUUUU

RRRRRRRRRRRRRRRRRRRR
 LLLLLLLLLLLLLLLLLLLL
 UUUUUUUUUUUUUUUUUUU

RRRRRRRRRRRRRRRRRRRR
 LLLLLLLLLLLLLLLLLLLL
 UUUUUUUUUUUUUUUUUUU

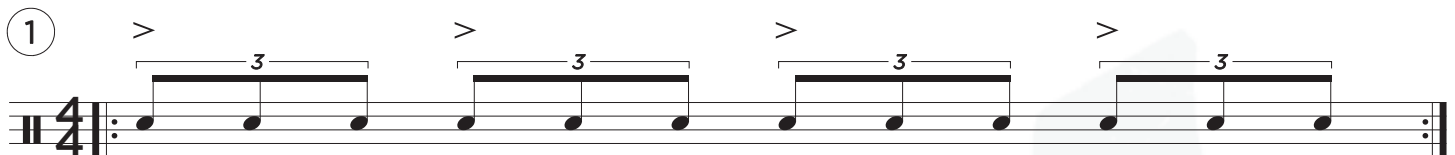
Assembly Line:

1. Learn Exercises On Practice Pad
2. Take Exercise to Zone 1
3. Take Exercise to Zone 2
4. Take Exercise to Zone 3
5. Take Exercise to Zone 4
6. Take Exercise to Zone 5

Hand Technique Lesson Track - Lesson 8

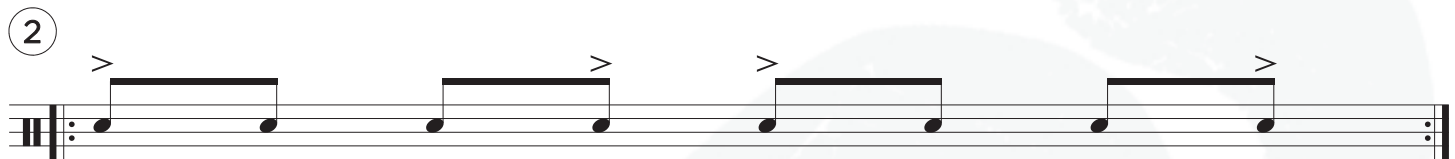
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①



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

②



R D L U R U L D R D L U R U L D

③



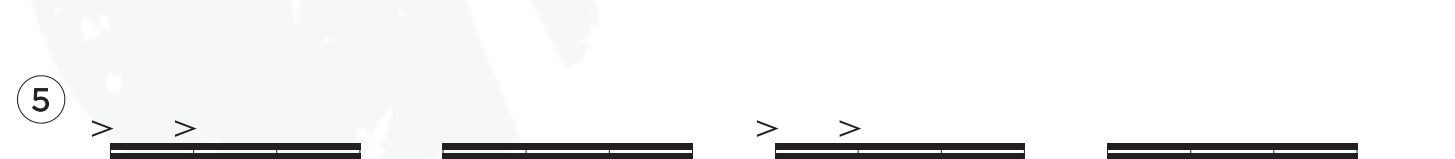
R L R L R L R L R L R L R L

④



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

⑤



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

⑥

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

⑦

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

⑧

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

⑨

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

⑩

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

⑪

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

⑫

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

⑬

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

⑭

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

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Assembly Line:

1. Learn Exercises On Practice Pad
2. Take Exercise to Zone 1
3. Take Exercise to Zone 2
4. Take Exercise to Zone 3
5. Take Exercise to Zone 4
6. Take Exercise to Zone 5