



WEEKLY STRETCHERCISE

JANUARY 29, 2018

MIDAS WOUTERS



THIS EXERCISE IS AN EXTENSION OF A HI-HAT LICK THAT MICHAEL SCHACK SHARED ON HIS INSTAGRAM. EXERCISE 1 IS THE ORIGINAL LICK WITH A MINOR STICKING ALTERATION. LATELY I HAVE BEEN PRACTICING ON THE DEVELOPMENT OF MY WEAKEST LIMB, MY LEFT FOOT. MIRRORING STICKINGS, INCLUDING THE FEET, IS BECOMING A HABIT IN MY PRACTICE ROUTINE. EXERCISE 2 IS A GREAT EXAMPLE OF THIS. IN THIS CASE, PLAY YOUR LEFT HAND ON THE HI-HAT AND THE RIGHT HAND ON THE RIDE CYMBAL. REMEMBER TO ALWAYS COUNT OUT LOUD.

1

2

ANOTHER THING I'M WORKING ON THESE DAYS ARE ODD GROUPINGS. AFTER STUDYING THIS LICK I WONDERED HOW I COULD EXPAND THIS LICK IN A MORE CONCEPTUAL EXERCISE. I DROPPED THE LAST HI-HAT OF THE SIXTUPLET TO CREATE GROUPINGS OF 5. EXERCISE 3 IS THE COMPLETE CYCLE OF GROUPINGS OF 5 WORKED OUT UNTIL IT END AGAIN ON THE ONE. ALSO MIRROR THE STICKINGS AND FEET TO EXPAND YOUR VOCABULARY EVEN MORE!

3

AFTER YOU HAVE STUDIED THIS WITH BOTH THE ORIGINAL AND THE MIRRORED STICKING, YOU CAN APPLY THE SAME IDEAS TO THIS PHRASE AS I DID TO THE VINNIE COLAIUTA LICK IN MY PREVIOUS STRETCHERCISE TO CREATE NEW COMBINATIONS.

I WANTED TO CREATE SOMETHING MORE THAN JUST AN ADAPTATION TO A GROUPING OF 5 TO AN OLD IDEA, SO I STARTED THINKING ABOUT DIFFERENT WAYS TO TAKE THIS IDEA EVEN FURTHER. EXERCISE 4 IS AN INVERSION OF THE ORIGINAL RIGHT HANDED GROUPING OF 5. THE HAND AND FEET ARE SWITCHED. EXERCISE 5 IS THE MIRRORED STICKING. NOW YOU CAN COMPLETE THE WHOLE CYCLE ON YOUR OWN.

The image shows two musical exercises on a single staff. Exercise 4 is marked with a box containing the number 4. It begins with an accent (>) over a quarter note. This is followed by a group of sixteenth notes with an 'x' over each, bracketed under a '6'. Above this group are red letters 'R', 'R', 'L'. This is followed by another quarter note with an accent (>), then another group of sixteenth notes with 'x' over each, bracketed under a '6'. Above this group are red letters 'R', 'R', 'L'. The exercise ends with a double bar line with repeat dots. Exercise 5 is marked with a box containing the number 5. It begins with an accent (>) over a quarter note. This is followed by a group of sixteenth notes with an 'x' over each, bracketed under a '6'. Above this group are red letters 'L', 'L', 'R'. This is followed by another quarter note with an accent (>), then another group of sixteenth notes with 'x' over each, bracketed under a '6'. Above this group are red letters 'L', 'L', 'R'. The exercise ends with a double bar line with repeat dots.

AFTER STUDYING THESE 4 DIFFERENT INVERSIONS YOU CAN MAKE HUNDREDS, PROBABLY THOUSANDS OF NEW COMBINATIONS APPLYING THE SAME LOGIC I USED ON THE PREVIOUS STRECHER.

HAVE FUN CHALLENGING YOURSELF WITH THESE NEW IDEAS AND ALMOST ENDLESS POSSIBILITIES TO NEW COMBINATIONS!