

ACADEMY LESSON 1 WORKSHEET

STANTON MOORE

THE 5 THINGS TO WORK ON TO DEVELOP YOUR BUZZ ROLLS

OVER THE YEARS I'VE BEEN ASKED A LOT ABOUT MY BUZZ ROLLS. IN CLINICS, MASTER CLASSES AND PRIVATE LESSONS, IT IS USUALLY ONE OF THE FIRST QUESTIONS PEOPLE ASK. I'VE DECIDED TO MAKE ACADEMY LESSON 1 ALL ABOUT MY BUZZ ROLLS AND THE 5 THINGS I WORK ON TO DEVELOP THEM.

THING 1. TRIPLES, DOUBLES, SINGLES. WORKING ON YOUR 3 STROKE ROLL WILL HELP DEVELOP POWER AND CONTROL WITH YOUR BUZZES. THE 3, 2, 1 EXERCISE WILL HELP WORK ON ALL YOUR ROLLS AT ONCE. IT WILL HELP STRENGTHEN YOUR TRIPLES (WHICH WILL HELP YOUR BUZZES) YOUR DOUBLES AND YOUR SINGLES ALL IN ONE SIMPLE EXERCISE.

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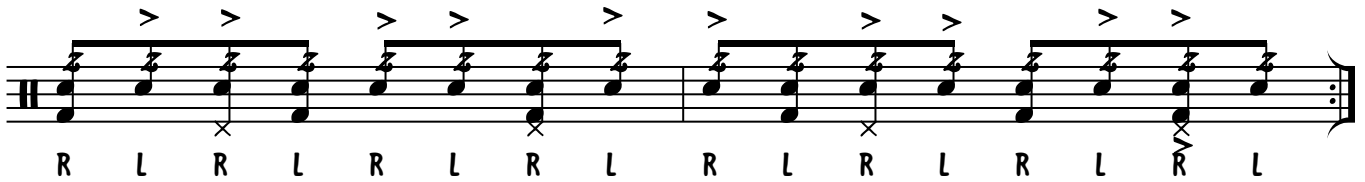
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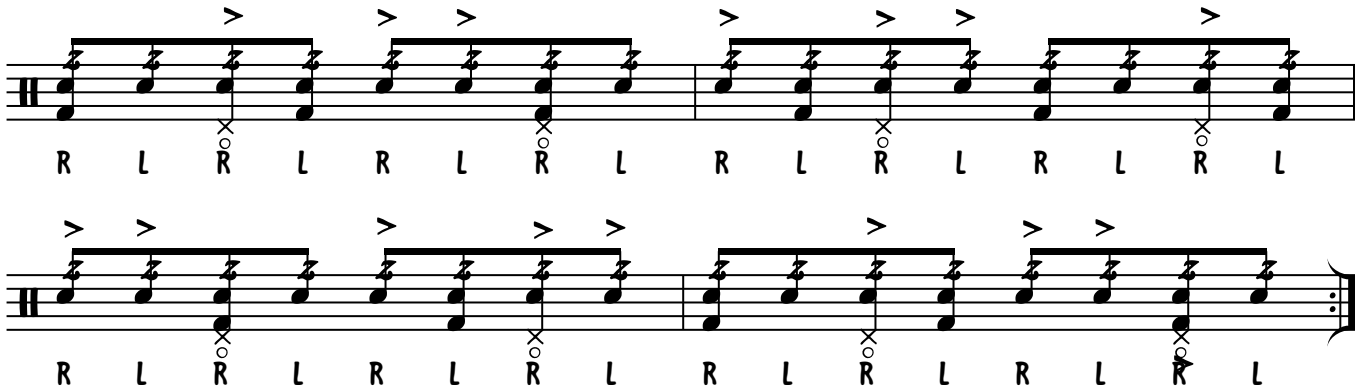
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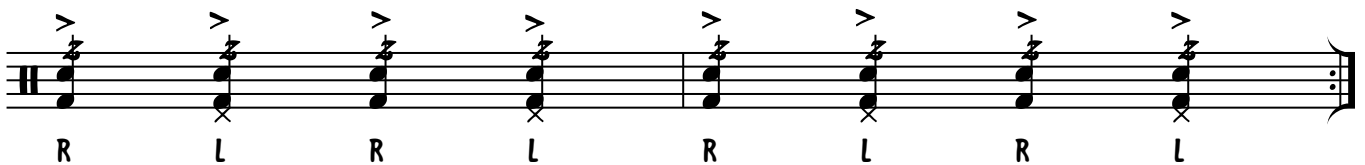


HERE'S A GREAT VARIATION THAT COMES FROM THE GREAT HERLIN RILEY.



ONCE YOU GET COMFORTABLE WITH ADDING ACCENTS TO BUZZES, YOU CAN START TO IMPROVISE AND COME UP WITH SOME OF YOUR OWN IDEAS THAT YOU CAN USE FOR GROOVES AND FILLS.

THING 4. POWER EXERCISE. THROW THE STICK INTO THE HEAD (OR PAD) TO GET THE MOST VOLUME AND THE LONGEST LENGTH OF BUZZ YOU CAN GET. THIS IS NOT THE MOST MUSICAL EXERCISE, BUT WILL HELP TO DEVELOP POWER IN YOUR BUZZ ROLLS. TRY THIS AT 60 BPM.



THING 5. ROTATING THE STICKS IN THE HANDS. WHILE SOFTLY BUZZING QUARTER NOTES AT ABOUT 60 BPM, LET THE STICK ROTATE IN YOUR HAND. ROTATE IN DIFFERENT DIRECTIONS AND WATCH THE LABEL ON THE STICK TO SEE IT ROTATE. THIS ISN'T SO MUCH TO WORK ON THE SOUND OF THE BUZZ, BUT TO BREAK YOURSELF OF THE HABIT OF OVER GRIPPING THE STICK. CONCENTRATE ON HAVING NO TENSION IN YOUR HANDS, FOREARMS, BICEPS OR SHOULDERS. RELAX AND MEDITATE ON LOOSENING UP. THIS WILL HELP YOU LOOSEN UP AND RELAX WHILE PLAYING. HAVING A LOOSE GRIP WILL HELP YOUR BUZZ ROLLS AND OVER ALL SOUND ON THE DRUMS.



I HOPE YOU ENJOY WORKING ON THESE EXAMPLES AND THEY HELP IMPROVE YOUR BUZZ ROLLS. HAPPY SHEDDING, STAY FUNKY AND HAVE FUN!