

DAVE MAJOR

A STRONGER WEAK HAND IN 30 DAYS

Hi there, thanks for grabbing this course! I know over the next 4 weeks you are going to get a lot of benefit from these exercises.

But first...why should you work on your weak hand?
Well IMO there are 2 reasons.

Firstly we are only as strong as our weakest element and so evening out our hands can only be good for our overall drumming.

Secondly and more excitingly it opens up creative possibilities. With a faster, stronger, more dynamic and dexterous weak hand your fills, grooves and solos will come to life.

Each of these exercises is to be done for 5 minutes per day, any longer and there are limited returns.

Always work with a click and write down the tempo you achieve each day so that this can be your new starting tempo the next day.

So go grab your pad, your sticks and a drink and let's get started

Happy practising

Dave

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WEEK 1 - SPEED

Musical notation for Week 1 Speed exercise, first line. The staff is in 4/4 time. It features two groups of four eighth notes each, with an accent (>) over the first note of each group. The notes are on a single line. Below the staff are the letters L, L, L, L, L, L, L, L.

Musical notation for Week 1 Speed exercise, second line. The staff is in 4/4 time. It features four groups of four eighth notes each. The notes are on a single line. Below the staff are the letters R, L, L, L, R, L, L, L, R, L, L, L, R, L, L, L.

Musical notation for Week 1 Speed exercise, third line. The staff is in 4/4 time. It features four groups of four eighth notes each. The notes are on a single line. Below the staff are the letters R, L, L, R, L, L, R, L, L, R, L, L, R, L, L, L.

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WEEK 2 - DYNAMICS

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

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

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

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

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

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WEEK 4 - KIT

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

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

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

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