



# Drop, Bounce and Roll

Nutmeg Dulcimer Festival November, 2024

## **Drop Bounce and Roll– Cliff Cole (Beginners, Intermediate)**

The hammered is a percussion instrument. Learning the basics of percussion theory will add more enjoyment to your playing. Learning to play rolls and other “rudiments” like paradiddles and flams can help improve your playing technique. And they are fun!

We will start with the “drop and bounce method” of percussion and then we will explore some rudiments. If we have time we will delve into syncopation.

# Drop and Bounce Method of Percussion

This will be demonstrated in the workshop:

- Hold the hammer with thumb and forefinger
- Relax your wrist and arm (If you are stiff and tight it won't flow)
- Hold your hammers 3 to 5 inches above the string
- “Drop” one hammer and let it bounce up
- Guide it back with your fingers and wrist to the starting position
- A “good bounce” is one that allows the string to ring
- Repeat with other hand: Try to make them sound the same
- Alternate left-hand and right hand, work on making it clean
- Work on making it so you can do this equally well with BOTH hands
- Go slowly and work the mechanics; do rudiment exercises

The physics of this is “simple harmonic motion”

- Its like bouncing a ball!

# Rudiments We Will Explore

- Single Stroke Roll
- Double Stroke Roll
- Paradiddles – *Totally Fun!*
- Flams (*and "dulcimer flams"*)
- PAS: Rudiments

## Other Related Topics:

- Basic Syncopation
- Some Other Time Signatures
  - Most exercises are shown in 4/4 time



# A Few Reason Why Rudiments Matter

- The HD is a percussion instrument (end of story)
- Knowing the rudiments helps you with sticking patterns on the tunes you learn
- Knowing rudiments helps leads the player down the road of left and right hand independence; the “holy grail” of percussion
- Rudiments are fun to learn!
  - Words like “paradiddle” and “flam” are cool...







# Rolls

- Carefully observe the sticking patterns
- Count out loud
- Go Slowly

## Single Stroke Roll



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

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

## Double Stroke Roll



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

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

# Paradiddles



- Keep the timing even; the notes are still eighth notes
- Don't speed up the "doubled" notes
- On a drums we say: "down-up-tap-tap, down-up-tap-tap"
  - The "doubled notes" have less emphasis, but are in proper time
- On the HD play notes on two sides of the bridge; Left and Right

## Paradiddle



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

## Double Paradiddle: Time Signature 6/8



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

# Flams



- A flam is a “grace note” that proceeds a “main” note
- The grace note has less volume and “accents” the main note
- Often on the HD a grace note is a separate note from the main note
- Sometime percussing a string in-between bridges to make two notes is called a “flam” (will be demonstrated)
  - In the author’s opinion this is a misuse of the term; perhaps its a flim-flam ☺

## Flams from the PAS Rudiments List

### 20. FLAM \*



### 21. FLAM ACCENT \*

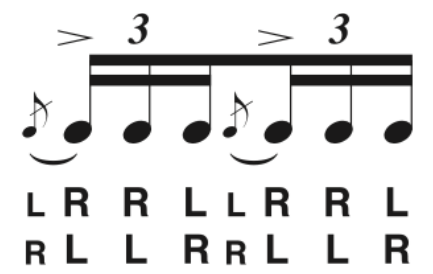


### 22. FLAM TAP \*



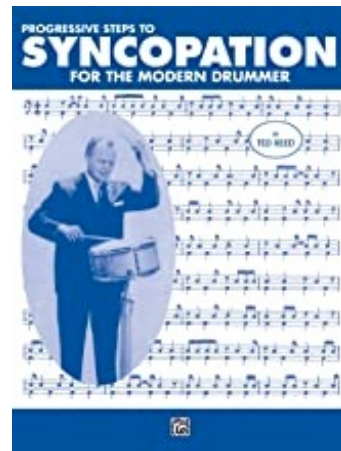
### More Advanced

### 28. Swiss Army Triplet





# Basic Syncopation



- According to Wikipedia, Syncopation is "a disturbance or interruption of the regular flow of rhythm"
- Put another way, syncopation helps make the timing in music much more interesting...
- "Progressive Steps to Syncopation for the Modern Drummer" by Ted Reed is a classic book used to teach drum students rhythm
  - This book is highly recommended

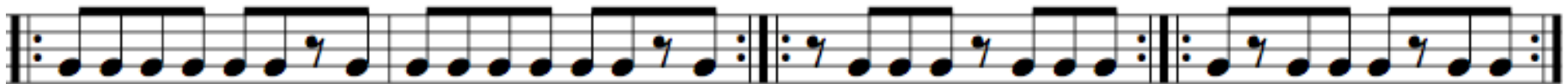
## Some Basic Syncopation Exercises

- Count: one and two and three and four and ...
- Alternate sticking Left Right Left Right hands

Skipping beat "4"

Skipping beats "1" and "3"

Skipping "and" beats



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

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

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

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

1 + 2 + 3 + 4 +

1 + 2 + 3 + 4 +



# More Advanced Syncopation

"and to and"

Watch out for sixteenth notes

A musical staff in 4/4 time. The first measure contains quarter notes on beats 1, 2, 3, and 4. The second measure contains quarter notes on beats 1 and 3, with eighth notes on the offbeats (1+ and 3+). The staff ends with a double bar line and repeat dots.

1 + 2 3 + 4    1 + + 3 4    1 + 2 + 3 E+a 4    1 + 2 E+a 3 E+a 4

A musical staff in 4/4 time. The first measure contains sixteenth notes on beats 1, 2, 3, and 4. The second measure contains sixteenth notes on beats 1, 2, 3, and 4. The staff ends with a double bar line and repeat dots.

A musical staff in 4/4 time. The first measure contains quarter notes on beats 1, 2, 3, and 4. The second measure contains quarter notes on beats 1, 2, 3, and 4, with eighth notes on the offbeats (1+ and 3+). The staff ends with a double bar line and repeat dots.

3/4 Time

A musical staff in 3/4 time. The first measure contains quarter notes on beats 1, 2, and 3. The second measure contains quarter notes on beats 1, 2, and 3. The third measure contains quarter notes on beats 2 and 3, followed by a quarter rest on beat 1. The staff ends with a double bar line and repeat dots.

1 2 3    1 + 2 + 3    1 2 + 3    2 + 3 1 3 +



# Triplets

In 4/4 time

3 3 3 3 3 3 3 3

# 6/8 Time

6/8 Time (Jig Time)

Alternate ways to count: Two sets of three; or count in twos

1 2 3 4 5 6 1 3 5      1 2 3 1 2 3 1 3 1 2 3 1 2

# Percussive Arts Society Rudiments


<https://www.pas.org/resources/rudiments>

A sample of the first few

## I. ROLL RUDIMENTS


### A. SINGLE STROKE ROLL RUDIMENTS

1. SINGLE STROKE ROLL \*



R L R L R L R L

2. SINGLE STROKE FOUR



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

3. SINGLE STROKE SEVEN




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

### B. MULTIPLE BOUNCE ROLL RUDIMENTS

4. MULTIPLE BOUNCE ROLL



5. TRIPLE STROKE ROLL

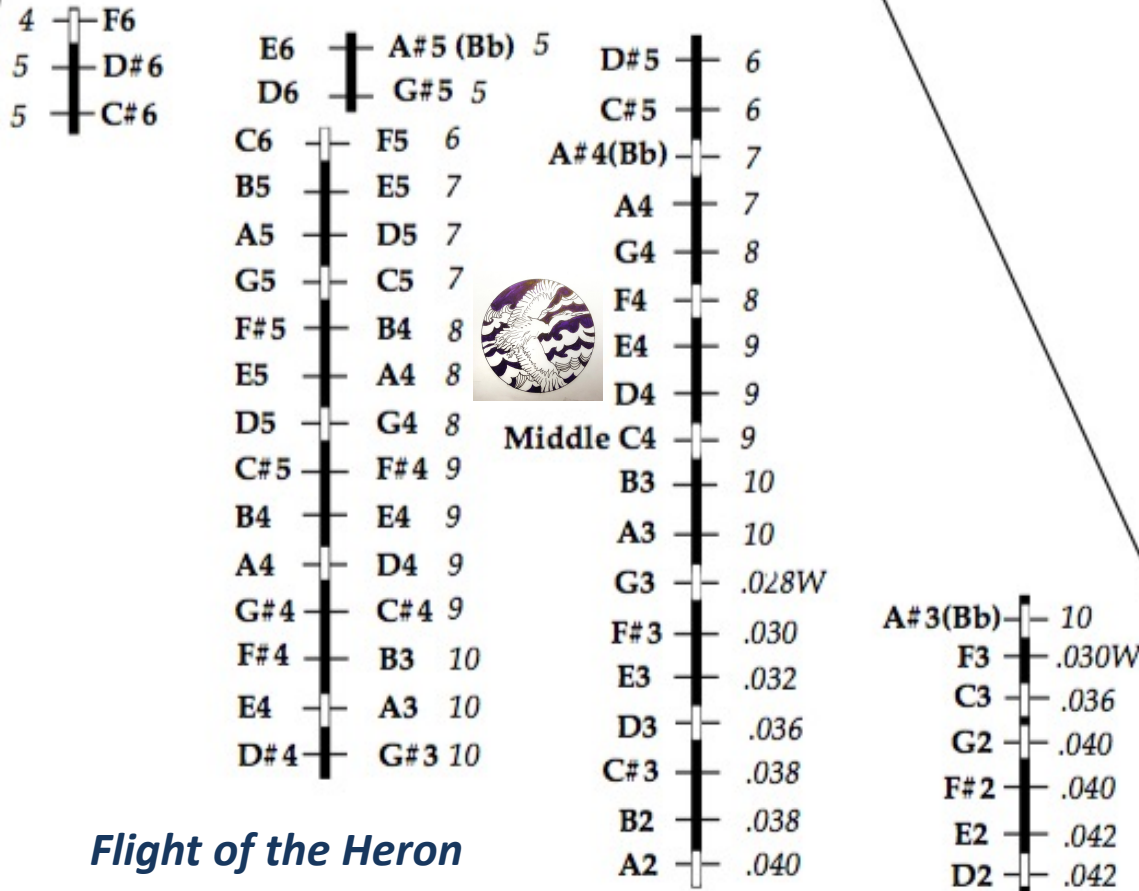


R R R L L L R R R L L L

# Tuning Chart and String Gauges

James Jones - Custom Performance

3/16/18/7 Four Octave Electric Hammer Dulcimer



*Flight of the Heron*

Treble 2

Treble 1

Bass 1

Bass 2



This material and other workshops Cliff has presented are on  
“Cliff’s Dulcimer Page”

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