

Bass Drum Grip Guidelines

The following guidelines will provide bass drummers with a consistent approach for holding the mallets. Try to practice with a mirror or videotape yourself so you can check your grip and playing zones.

1. **Finger and Thumb Contact Point:** The thumb and index finger (at the first knuckle) will grip the mallet. Hold the mallet about 1/3 of the way up the shaft. The other three fingers should be relaxed and curved around the stick. Leave some “breathing” space between these three back fingers and the palm.

2. **Palm Angle:** When the mallet head makes contact with the drumhead, the palm’s angle should be very close to flat.

3. **Fulcrum:** This is where the mallet pivots. The fulcrum is between the thumb and index finger (first knuckle). The middle finger may be added to this for certain passages of music. *The fulcrum must be maintained at all times.* If you hang on to the stick with your back fingers you will lose all “fine” control.

4. **Pressure Points:** The pressure points are the same as the fulcrum. Fulcrum pressure will change depending on the demand of the music you are playing. Different speeds of rolls, flam passages, and accent patterns will require different amounts of pressure.

