

# Bass Stroke Guidelines

The following guidelines will provide bass drummers with a consistent approach for playing the drum.

1. **Grip Maintenance:** Constantly monitor all guidelines for setup and grip. None of these ideas should change when you start to play.
2. **Path of the Mallet:** The stroke path should be straight up and down. Avoid any slicing or circular motions.
3. **The Mallet Head Moves First:** All mallet motion is initiated from the mallet head. Avoid (for now) playing from the arm or forearm. When this is done correctly you will see an obvious bend in the wrist and rotation in the forearm during the stroke.
4. **Height Consistency:** Concentrate on duplicating the exact height of each upstroke. Our height system works in 3" intervals. Work on each exercise at 3", 6", 9", 12" and 15".



5. **Control the Opposite Mallet:** When one hand is playing, the other must remain in the starting (setup) position.

