

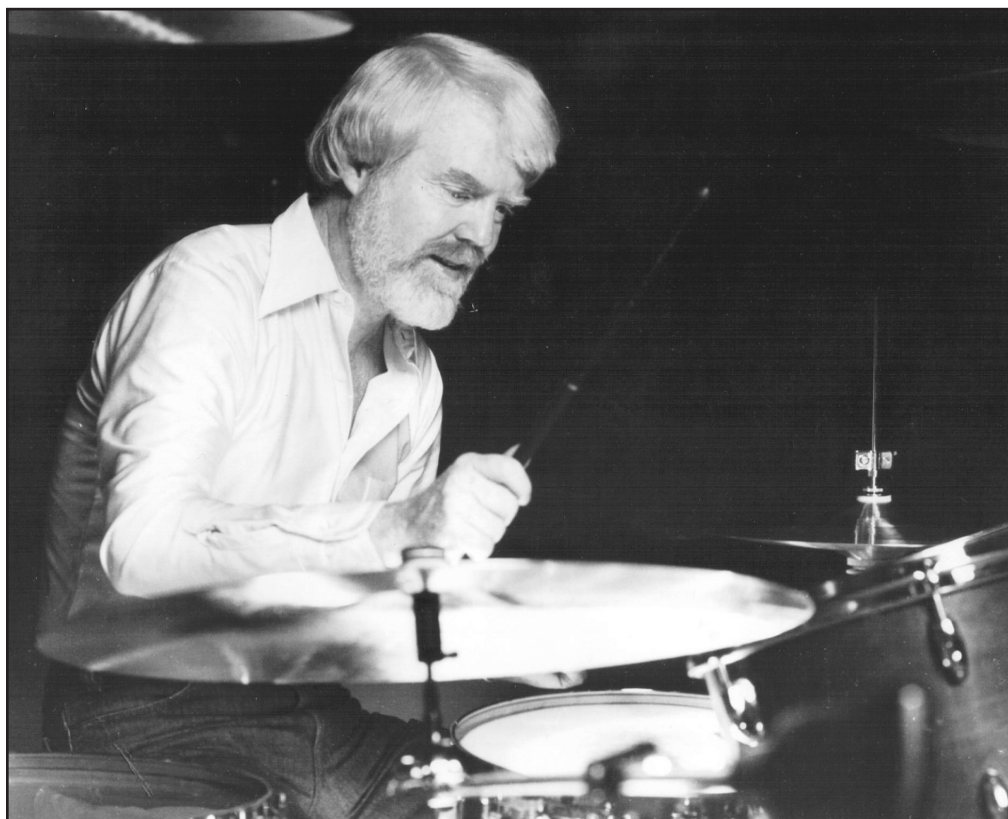
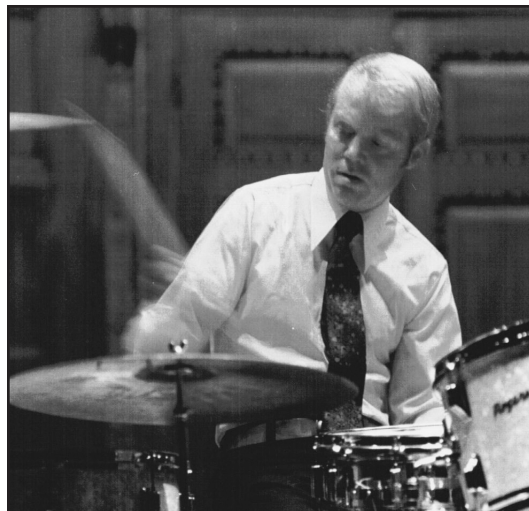
# Relaxed Hand Technique

by Roy Burns  
edited by Murray Houllif

## Contents

Foreword .....	3
Preface .....	4
Introduction .....	5
Section 1: Hand Exercises .....	7
Section 2: Single Stroke, Double Stroke & Paradiddle Exercises .....	12
Section 3: Accents .....	25
Section 4: Paradiddle and Diddle Exercises, Combination Sticking, Controlled Sticking, Triplet Sticking, 4 Stroke Ruff Exercises .....	32
Section 5: Compound Stroke .....	43
Section 6: Ostinato .....	55
Section 7: Rolls .....	62
Section 8: Extended Snare Drum Solo .....	75
CD Notes .....	78

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Roy Burns

# Foreword

I first met Roy Burns at a Music Educators National Conference (MENC) many years ago. I was a college percussion major and Roy was the featured percussion clinician for Rogers Drums. From the beginning of the clinic to the very end I was mesmerized by Roy's magnificent, musical drumming and, to me, his super-human technique all around the drum kit with all four appendages.

The aim/goal of this book is to help the drummer achieve a more relaxed technique which may be applied to all playing styles. With relaxed technique comes increased speed, power, endurance and finesse - the ability to play for long periods of time at full power and volume, if necessary, without tiring. Whether you are in the early learning stages or an experienced player, by diligently practicing the material herein, you will realize tremendous improvement and experience the benefits and joys of more advanced musicianship.

Murray Houllif

# Preface

When I was quite young I practiced the following exercise.

Repeat 8 or 9 times maintaining a steady tempo.



Then go to triplets. Repeat 8 or 9 times.



Then go to sixteenth notes. Repeat 5 or 6 times.



Then go back to the eighth notes and start again, maintaining a constant tempo.

I noticed that the sound changed when I went from the eighths into the triplets. I didn't change anything with my hands, or so I thought, but the sound did change.

I started again, staying relaxed, and continued repeating the exercise until I could play all three note values with pretty much the same sound. This took several weeks.

The goal was to stay relaxed when going from a medium speed to a faster speed and this meant that the sound was the key for not tightening up. In other words, if the sound was the same it meant that I had not tightened up. It meant I had maintained my relaxed approach at any tempo, slow or fast. Remember, you can't force relaxation; you have to let it happen.

That understanding is what ultimately led to this method. I know that this relaxed approach to the material in this book will help you as it helped me.

Good luck and have fun.

Roy Burns