



Required Audition Materials

> A folder with this packet, and following music material. This can be a 3-ring binder or documented on a phone or tablet of some kind. PLEASE attempt to have physical copies, and refrain from using phones during rehearsal. We do understand if you have to use your phone.

> Pencils/Pens/Writing utensils for annotations of music.

> A Metronome (Highly suggested, but not required). There are many types of metronome apps on phones to pull from.

> Sticks and/or Mallets, we will have mallets and sticks available, but having extra never hurt anybody.

> A practice Pad! You don't need the best one in the market, as long as it helps reflect fundamentals, then it works!

THE REST OF THIS PACKET WILL BE A STEP BY STEP OF TECHNIQUE, AS WELL AS DETAILS THAT WILL HELP YOU FIT RIGHT INTO THE SAINTS CULTURE.

TBAS!

~ SAINTS IPE 2024 STAFF



<u>Metronome Usage</u>

It also goes without saying that the metronome is an extremely common and useful tool in our activity. It is important to understand that a metronome is just a tool in your preparation versus a constant tempo crutch. It's common for players to use a metronome so often that they are not building their own sense of pulse control. This concept of pulse control is crucial when playing in an ensemble where multiple players are playing different, interlocking parts. Without independent control of pulse, it becomes very difficult to achieve intricate orchestration.

The metronome is an integral tool when learning and refining music. The metronome should absolutely be used on the quarter note or marked tempo of a given piece. However, there are many more variations that you can use to practice building your own internal sense of time. Once you feel comfortable with a passage, you can turn the metronome to half speed (half note met) in order to "check-in" with the metronome every two beats. Another variation would be to divide the tempo into four (whole note met) in order to "check-in" with the meteronome met) in order to "check-in" with the meteronome met.

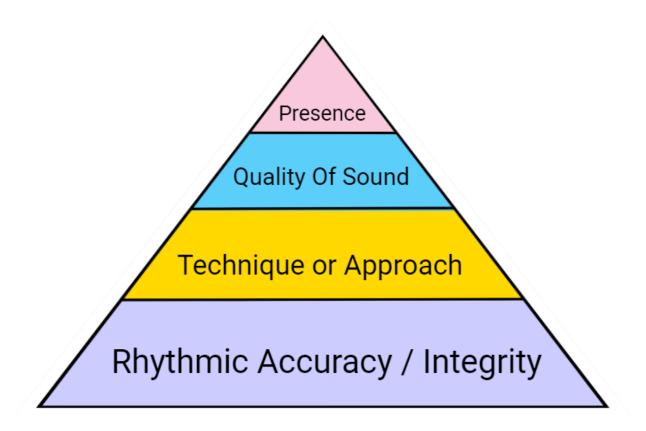
Below are common metronome variations that you can use to maximize your practice. Included are formulas to find the exact tempo to set your metronome to.

- Quarter Note Met (Written BPM)
 - \circ Learning music
 - Maintaining consistent pulse
- Half Note Met (BPM / 2)
 - Weaning off of the metronome
 - Maintain pulse with half as many references
- Whole Note Met (BPM / 4)
 - Further wean off of the metronome
 - Maintain pulse with a quarter as many references



The Four Building Blocks of Musicianship

Below is a pyramid style graphic that should help guide you, as you prepare and perform within this activity. The graphic is what we find essential towards being a musician. Each component takes up a portion of your attention. The name of the game is almost always Mental Perseverance.



A Pyramid, as a structure, finds its strength behind its foundation. Think of the bottom layer as 4/10 of the integrity of the pyramid. It contains the most attention to detail. Technique and approach 3/10's, Quality of Sound 2/10, and Presence 1/10. All of these pieces make the full pyramid. The full pyramid envelopes what it means to be a musician.



Dynamics

Within learning music, we learn about the volume of everything we play. Dynamics naturally are relative to our environments and execution. With our volume, we change our HEIGHTS to manipulate the volume we would like. That is always step one, before we ask to take a look at the style of note we want.

Some ensembles use percentages to gauge how a volume is portrayed. For the context of this packet, and for consistent numbers, we will describe this in more defined numbers.

>pianissimo

-also can be called "niente"

-basically as quiet as you can muster while making contact with your instrument

-0-1 inches

-marked as "pp"

>piano

-also can be called "quiet" or "low"

-1 inch stroke

-marked as "p"

>mezzo piano

-also can be called "medium quiet"

-3 inch stroke

-marked as "mp"

>mezzo forte

-also can be called "medium loud"

-6 inch stroke

- marked as "mf"

(continued on next page)

6

>forte

-also can be called "loud"

- -9 inch stroke
- -marked as "f"

>fortissimo

-also can be called "very loud"

-usually labeled as "full extension"

-12 inch stroke

-stroke will involve more arm to help support the weight of the volume

-marked as "ff"

>fortississimo

-maximum volume you can muster out of your instrument with still grasping at technique

-also can be called "very very loud"

-13+ inch stroke

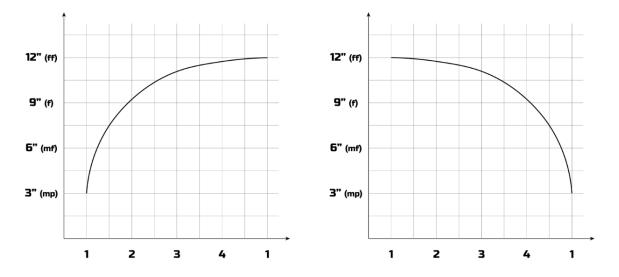
-involves more arm than fortissimo, in order to gain more height and volume

-usually used for visual effect

-marked as "fff"

As you learn our exercises in this packet, realize that we will expect everything to be marked as Forte, unless told otherwise.

With Nonlinear forms, there is another way to see crescendos and decrescendos. This is usually called a "Plateauing Crescendo" and "Waterfall Decrescendo"



The Linear forms of shaping involve a more pragmatic and mathematical approach to your dynamics, while the nonlinear forms take a more exaggerated idea.

It's important to practice all of your music with dynamics in mind, especially when your music involves "micro-shaping" when there might be some suggestive additional shaping within a longer phrase.



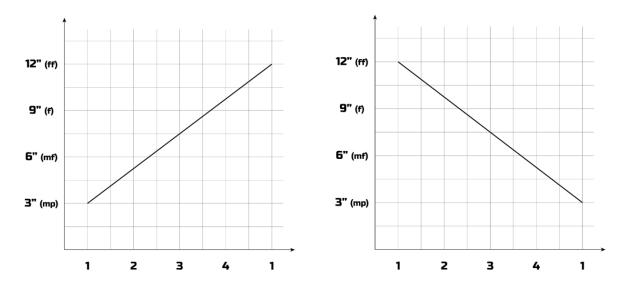
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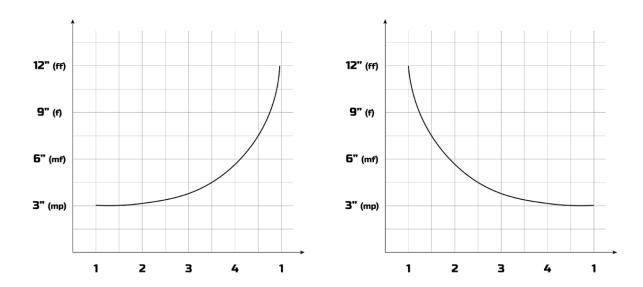
Interpreting Crescendos & Decrescendos

As we shape our dynamics, we use "shaping" to connect the dynamic key words together. There are mainly two types of crescendos and decrescendos, with one of the types having two versions of its rate of growth. Linear and Nonlinear.



Linear Crescendo and Decrescendo







"Ground Up Success"

We will define the battery technique from "The Ground Up". So, in order of importance, for the audition, you need to have clearly defined:

- A positive, driven, and respectable attitude
- Strong, well defined tempo in your feet
- All music memorized and executed at the highest level of detail
- Well defined hand technique and ability
- strong body posture, carriage, and control

So we will start with feet. You MUST be able to play in time with your feet to be successful in our group. *The Saints battery mind set should be "never practice without your feet moving"*. Your hands will never be better than your feet are, end of story.

The Saints "set" position definition will be as follows:

- feet start in First Position....heels together toes apart at a comfortable angle
- Upper body is held up straight and strong. Chest slightly out, "filling up the carrier"
- Head is "projecting" slightly up towards the audience
- Core is engaged, holding the entire body in a comfortable, but controlled position
- -

The Saints mark time definition is as follows

- feet start in First Position....heels together toes apart at a comfortable angle
- Left foot will be on beats 1 and 3, right foot on 2 and 4
- The feet will come off of the ground about a centimeter, with the whole foot lifting up as one.
- The lift of the foot will be more due a "forward break" in knee, rather than an actual lift. DO NOT lift up with stiff knees from the hip!!!
- The foot will come down to the ground as one, with a slight "stomp" feel, like you are kicking snow off of your shoes; you will make contact with the ground "leading with the ball " of your foot, but the whole foot should meet at the same time
- The TEMPO will come from the connection your arch makes.
- You must pretend like your foot is making the sound of the metronome, not following it. We call this ACTIVATING THE PULSE

** it is recommended to practice the mark time in front of a mirror, to make sure that you are getting the "audience eye view" of you pulse control!!!

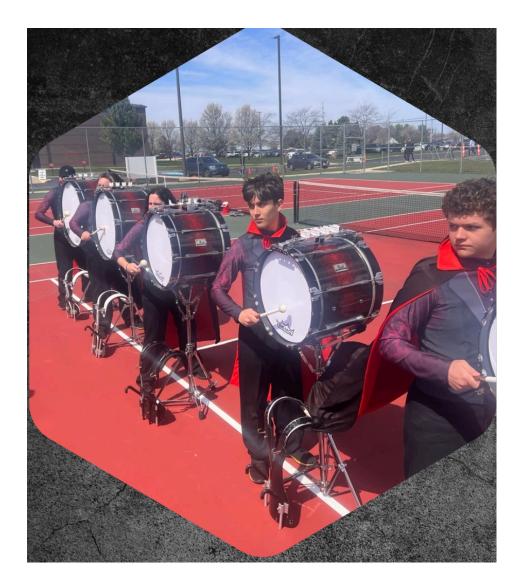
** DO NOT practice without a metronome going. The best tempo to learn feet definition is probably around 90bpm



The Saints Overall Hand Technique

This information is for all SNARE, TENOR and BASS players.

This season, we will use a **Fully Rebounded**, through the drum, stroke mentality. The goal is for the players to have a stroke that is rooted in the ergonomical use of their muscle groups, and also for the best use of the physics of the natural rebound the drum heads give. As a performer, your sticks should always feel like they are moving unimpeded in space.





Stroke types

There are four stroke types to briefly go over, before we dive into technique. These stroke types are called:

>Full

- Start up, end up

>Down

- Start up, end down

>Tap

- Start down, end down

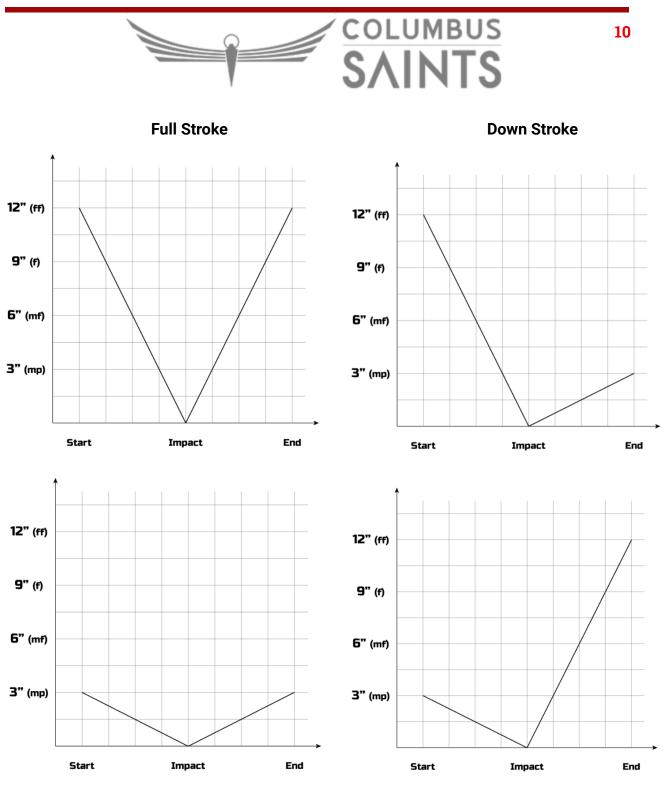
>Up

- Start down, end up

Each of these stroke types are crucial to utilize in the context of this activity. This will be easier to understand as a concept, with a visual example, as you will find on the next couple of pages.



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Tap Stroke

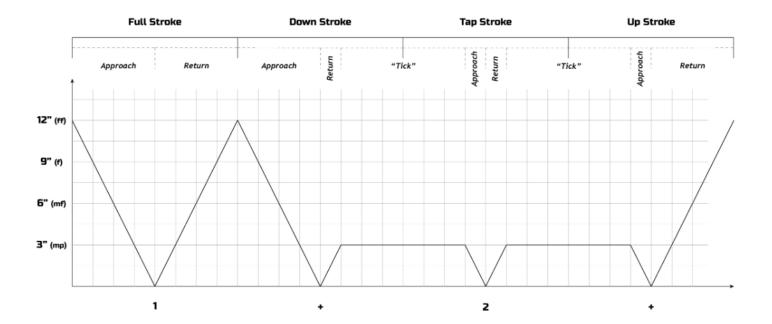
Up Stroke



As we Combine these ideas together, we can string each stroke type together in a simple exercise, stimply called "Full Down Tap Up"



To help understand this concept further, here is a graph-like graphic of the exercise F.D.T.U.





Snares:

We will use TRADITIONAL GRIP in the snare line, as is the expectation in the activity. The RIGHT HAND will be in the standard "matched grip" position with:

- 1. the palm comfortably flat to the ground
- 2. The index finger/thumb fulcrum will have the thumb parallel to the stick, and "pinching" against the middle part of the index finger
- 3. There should be VERY LITTLE SPACE in between the thumb and index finger
- 4. The stick will rest comfortably along the "smile line" of your hand
- 5. Your back 3 fingers will be comfortably wrapped around the stick, and should be loose and flexible as you play. Generally, at any point in the stroke, the back 3 fingers should be keeping the back of your stick about a quarter inch away from the palm of your hand
- 6. When moving up to play *from your wrist* you DO NOT want the back of the stick to travel away from the palm of your hand by letting the fingers extend out. (We call these "fly-away fingers") NO fly-away fingers!!!
- 7. The back three fingers will act as a "trampoline" to catch rebound from the drum, especially for faster, more intricate strokes. Fly-away fingers will hinder your ability to play fast and through the drums!!!

LEFT HAND TRADITIONAL

In order to set up your left hand for the best success for traditional grip playing, we ALWAYS WANT TO FOCUS ON PLAYING AS ERGONOMICALLY AS WE CAN!!! Traditional grip is already an awkward way to play, so these steps will allow you to play with the most relaxed version of this technique.

The first step is drum height. We will use non-tilted snares, so the rim of the drum should be about 2 fingers below the belly button. We want to avoid a drum that is too low, becasue it compromises the natural rotation and flow through the drum

- 1. Put your left hand out like you are going to shake hands
- 2. Place the stick in-between your thumb, and *first finger knuckle*, with the stick placed as far back in the curve of the thumb (where your thumb meets your hand) as possible
- 3. Wrap your index finger around the stick, and form a "T" by touching your thumb to the middle part of your index finger
- 4. Rest the stick in between the TIP and FIRST KNUCKLE of your ring finger. DO NOT let it slide further down your ring finger into "drum set" traditional
- 5. Your middle finger and ring finger should just be relaxed and curved. We DO NOT use our middle finger as part of the motivation for the left stick!!
- 6. ROTATE the stick back, as far as you can WITHOUT breaking the T of the thumb and index finger, and WITHOUT USING ARM. The rotation should be "centered" around your middle finger knuckle



Tenors:

Tenors will use MATCHED GRIP as is the expectation in the activity. Here is our definition of matched grip:

- 1. the palm comfortably flat to the ground
- 2. The index finger/thumb fulcrum will have the thumb parallel to the stick, and "pinching" against the middle part of the index finger
- 3. There should be VERY LITTLE SPACE in between the thumb and index finger
- 4. The stick will rest comfortably along the "smile line" of your hand
- 5. Your back 3 fingers will be comfortably wrapped around the stick, and should be loose and flexible as you play. Generally, at any point in the stroke, the back 3 fingers should be keeping the back of your stick about a quarter inch away from the palm of your hand
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Moving Around The Drums

For Drums 1-4, the beads of your sticks should follow a straight line across the playing zones of each drum. The grip DOES NOT change when moving from drum to drum.

Tenors Hand Positions/Playing Position

Drum 1 playing position



Drum 3 playing position



Drum 2 playing position



Drum 4 playing position





Basses:

Sound/Technique

The SIPE Bassline philosophy for sound quality is adjacent to the rest of the battery's philosophy. We strive to create a full, open sound using weight and velocity behind the stroke. We also achieve this idea through a uniformed approach in our technique, which will be explained below:

Technique Break Down: The bassline uses wrist break technique, akin to playing how you would on a pad normally, just on a vertical plane. It sounds simple, however, there are many working parts and concepts that need to happen in order to achieve this idea. Make sure you are bending, or "breaking" at the center of the wrist with the pathway initiating from the bead of the mallet. The contact point is the front fulcrum, the 'T-shape' the thumb and the forefinger make around the stick. The key to mastering this technique is to get both of these ideas working

together in unison while also using weight and velocity behind the stroke no matter what height. A relaxed but secure grip on the mallet is essential to maintaining good sound quality; avoid squeezing the mallet. On top of focusing on sound, we all want to approach the drum the same way to produce the same sound. Technique and stature when standing behind the drum may be slightly different depending on each person, however the quality of sound we get from hitting the drum the same way as a bassline is what we strive for. Following is an in-depth breakdown of the heights and grip.

Grip:Wrap your fingers around the mallet naturally making sure the thumb is straight down the center of the mallet, basically forming a "T" with your index finger. Wrap the rest of the fingers around the mallet loosely while making sure there is some "wiggle room" between the mallet and the palm of the hand. This allows us to create an open sound without choking off the

resonance of the mallet and the drum itself. It also allows us to stay relaxed while playing harder, choppier passages. The point of highest contact is the front fulcrum and is the pivot point of the mallet. To clarify, the front fulcrum is achieved and felt from the thumb, index finger, and occasional support from the middle finger. Make sure the back fingers do not come off the stick and rather "cradle" the stick in order to keep a "pocket" between the fingers and the stick. The butt of the stick should not stick out beyond the outer edge of the palm



Cymbals:

Welcome to cymbals! This packet is meant to be a brief introduction to the Saints Indoor Percussion Ensemble approach to marching cymbals. There is lots of information that will not be covered in this packet so be sure to come out to a clinic or to auditions. Each section of the packet will be accompanied by a video from the Seavine Cymbal Educational Series. These videos are a great resource for beginner players and can help you get a better idea of what the words on the page are describing. But be advised that they may include some information that is distinct from our technique and some of their terminology may differ from ours.

Getting Started

How to tie a cymbal strap

The knot we use to tie our straps to our cymbals is known as a box knot. The straps come through the cymbal after and are laid out in an X stretching as far as possible, with each end given a number (1,2,3,4). To begin, take 1 over 2 and then 2 over 3 and 1. Next take 3 over 2 and 4 and 4 over 3 and under 1 to complete the knot.

Video for help: https://youtu.be/JiQtlgTZnDI?si=jEVKV2lbWWhGhJnZ

How to wear the cymbals

To put the cymbals on your hands, slip your hand through the small end of the loop. Then, rotate your hand so that the back of the grip rests on the back of your hand, towards your wrist. The strap travels between your thumb and first finger. Keep your thumb and fingers spaced out to maximize the contact you are making with the cymbal. To make sure your strap is tight enough once your hand is in, lift your fingers off of the cymbal and allow it to dangle. The inside of your knuckles should still make light contact with the pad or bell.

Video for help: https://youtu.be/oc3OkI7Kev0?si=TfT5oSsZqGYPJnHs

Basic Positions

Set

The set position is the default position when not playing. Cymbals at your sides, with the tip of your thumb at the seam of your pants. The plates are held 2 inches off your body, oriented straight up and down, with slight pressure on the cymbals to help control them. Your arms should be relaxed with a slight natural bend in a parentheses shape. When establishing this position, it is very important to ensure that the plates are at a right angle to your body. When someone views you straight on, they should only see the thin edge of the plates.

Video for help: https://youtu.be/mO7JbG4KOBY?si=PrGkE31-VxhxFjxK



Flat

In this position, the plates are held directly in front of your sternum. The plates are held parallel to each other, with about 2 inches of space between them. They are held on the angle between your left shoulder and your right hip. Just as with set, the plates must be parallel to each other and perpendicular to your body, with only the thin edge visible to the audience

Video for help: https://youtu.be/QUjvU1asfEo?si=TJ3VZi-246_cu4-f

Vertical

At Vertical, your plates are held straight up and down in front of your face, forearms bent at an approximately 45 degree angle, shoulders back, biceps parallel to the ground and knots at eye level. Again, the plates must be parallel to each other, with only the thin edge visible to the audience.

Video for help: https://youtu.be/EvQqssJmyCE?si=sEX9EKZQqj5p1rNy

Choke Position

The bottom edge of each plate should be touching your body near your hips and the top edges should be touching your armpits. The plates should be perpendicular to the ground. The plates should make contact with as much of your torso and arms as possible, and there should be a 2 inch gap at the front of the plates.

Video for help: https://www.youtube.com/watch?v=zod7pwEcGF

Crashes

To create a full crash sound, we will use a flam technique from one end of the cymbal to the other at the time of the crash. Unlike a drummer's flam, there should be no audible grace note. At the point of attack using a standard crash, the cymbals should not meet exactly edge to edge, but rather one edge will make contact before the other. An edge to edge contact point creates an air-pocket, a momentary vacuum that locks the cymbals together and kills most of the sound.

Crash

Starting at flat, one count before the crash you will prep. Opening both plates using pressure from your fingertips. This will cause the back edges to open towards your body and the front edges to come closer together at an angle. The right plate should be placed at an angle about 2 inches from the front edge of the left plate. To crash, drive your right plate into the left, contacting the left plate. At the same time, let go of the tension in your left hand and allow your left plate to relax. Drive the right plate though, ending with your arm almost fully extended and your cymbals having a 2 inch space in between them. Two counts following the crash, pull the right are in to return to flat.

Video for help: https://youtu.be/dv5iLKw4L18?si=nq_T5EJ1ZsXliCPu

Crash Choke

Instead of fully driving the right plate through and allowing the plates to ring, the crash choke gives a moment of full volume crash that is immediately muted. One count before



the choke, prep for and perform a crash as normal. As soon as the plates have made full contact, rather than pushing the right cymbal forward, pull the plates back into the crash choke position. Two counts after the crash choke, push out back to the flat position.

Video for help: https://youtu.be/zod7pwEcGFo?si=uqRm-L_F9SkLZJ6e

Implements

There are actually lots of different sounds you can make with cymbals! We will cover more as needed during the season, but here are some that we will use commonly.

Tap-Choke

A tap-choke is a short implement that involves bringing the edges of the plate together in a controlled smack. From Flat, one count before the tap-choke, go to the tap-choke prep position by bringing the left plate down, hovering over the body at its' flat crash choke position, between the ribs and the forearm. At same time, bring the right plate down so that half is overlapped and parallel to the left plate. To make the sound, rotate the right cymbal inward so that it becomes perpendicular to the left. The space about 2 inches in from the edge of the right cymbal should hit the edge of the left. Then quickly bring the cymbals into the choke position. Two counts after the tap-choke, return to the flat position.

Video for help: https://youtu.be/2ea7TzBDzcc?si=CxraWy8_IBEdRgrq

Sizz

This implement involves allowing the plates to vibrate against each other, balancing between being too far apart (thin, incomplete sound), and too close (choked off sound). We can make this sound in any position where the cymbals are parallel, but regardless of position, the fundamentals are the same. There is NO prep for a sizz. The plates are brought together, retaining the original angle. The right plate contacts the left, with the right plate being offset by about 2 inch to the right from the left plate. As the plates contact, you should control them with your palms and the inside of your knuckles, and all fingers should be released from the plate. The plates cannot be pressed together too hard, or else the sound will die; the plates also require sufficient pressure to sustain sound, or else the sizzle will be thin or rattle-like. At the conclusion of the sizz, pull the plates apart and return them to the previous position.

Video to help: <u>https://youtu.be/KfLZFxOo50k?si=Mxj2DK3v5TPV_B4v</u>

Press

A press creates a sound much like a hi-hat click for a drumset. To play a press, literally press the plates straight into each other, contacting all plate surfaces simultaneously. The plate edges should overlap approximately 2 inches. Two counts after the press, separate the cymbals returning them to their previous position.

Video to help: https://youtu.be/KfLZFxOo50k?si=Mxj2DK3v5TPV_B4v



The following exercises are to help you refine the technique we are looking for. Please have these prepared for audition.

<u>8-8-16</u>

This exercise is used to establish the sound and approach we are going for as a battery. All variations should be prepared at the listed tempos and at all dynamics.

Paradouble Decker

This exercise is used to establish paradiddle timing and interpretation. It should be prepared at the listed tempos and dynamics

Double Espresso

This exercise is used to establish a good fundamental double stroke and triple stroke. It should be prepared at the listed tempos and at all dynamics.

Saints Gallop

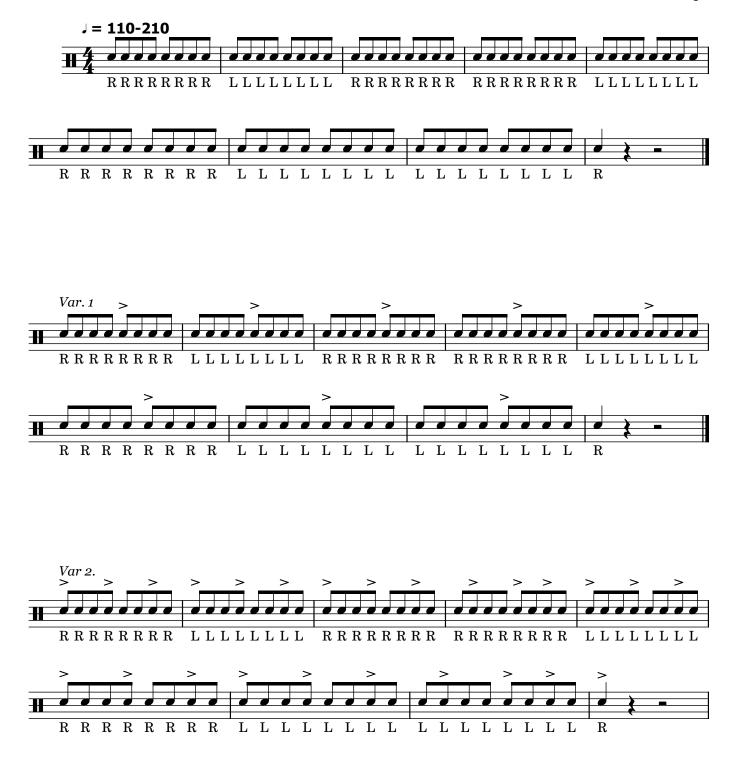
This exercise is used to establish duple roll timing and control. It should be prepared at all listed tempos and at all dynamics

Short-Short-Long

This exercise is used to establish triplet roll timing and control. It should be prepared at all listed tempos and the listed Dynmaics

Snare Line

8-8-16

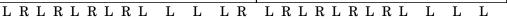






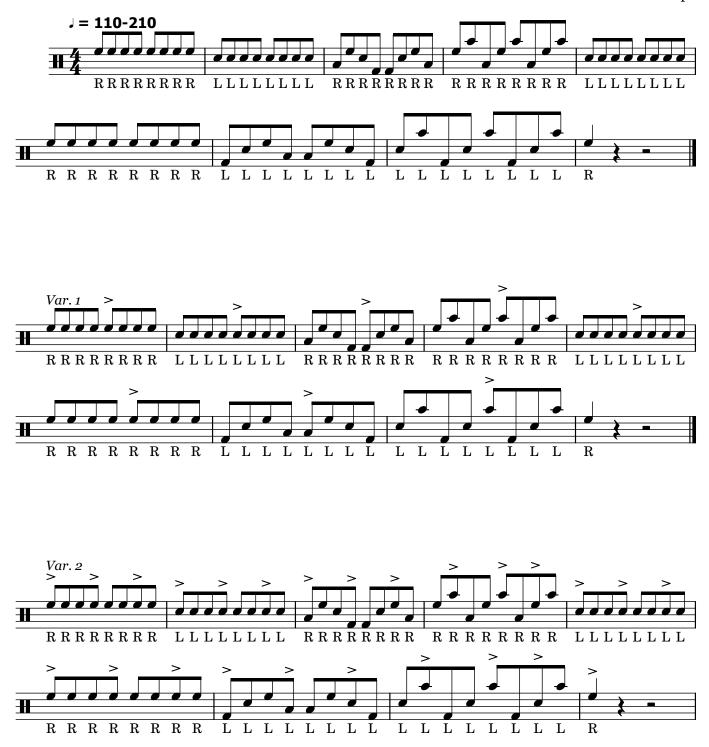


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Tenor Line

8-8-16













8-8-16











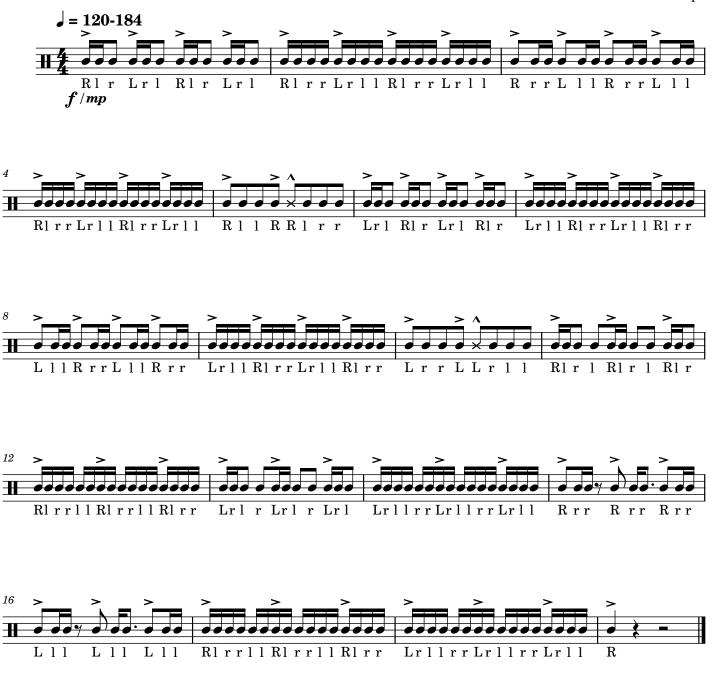








Paradouble Decker



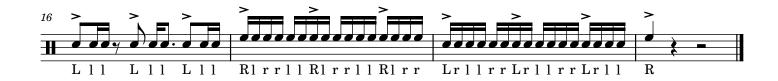
Paradouble Decker











Paradouble Decker









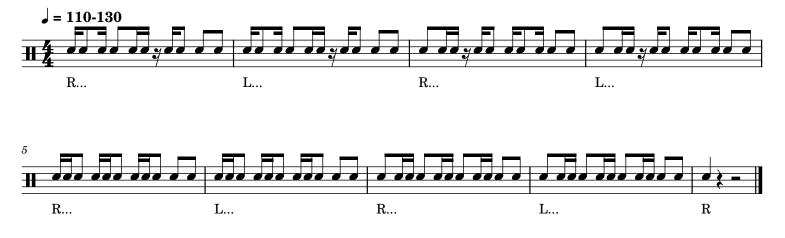






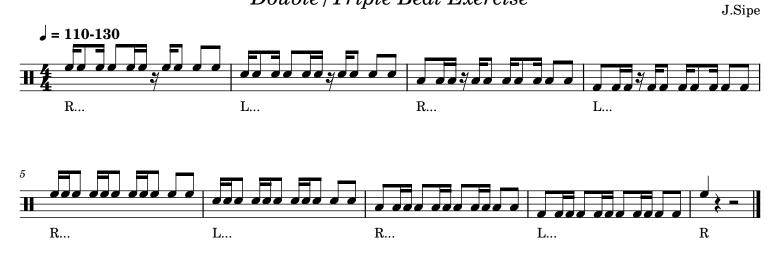
Double Espresso

Double / Triple Beat Exercise



Double Espresso

Double / Triple Beat Exercise



Double Espresso

Double / Triple Beat Exercise

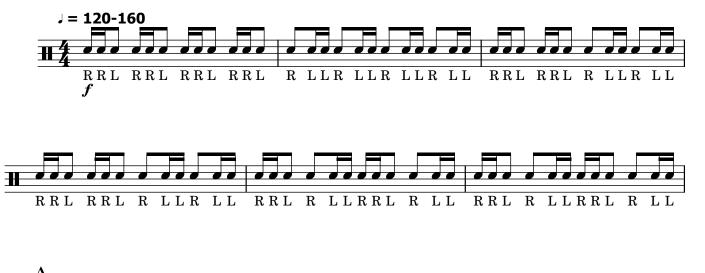
J.Sipe

Saints Gallop





Saints Gallop





Saints Gallop







Short Short Long



Short Short Long



Short Short Long

