

Appendix 9.6

TRADITIONAL GRIP

The left hand of the Traditional Grip

See Appendix 9.5 for a description of the Traditional Grip right hand

1. With the thumb of the left hand up, **grip the stick in the bottom of the "V"** formed at the base of the thumb and first finger, about three-quarters of the way back from the tip of the stick. The tip of the stick will be pointing down at about a 45° angle.
2. **Curve the ring and index fingers** under the stick so the stick rests on top of the ring finger between the 1st and 2nd joint.
3. **Curve the fingers slightly** as if you were holding an invisible ping-pong ball in the palm of your hand. The pinky should be in line with the ring finger, not on top of it or pointing out.



4. **Place the index finger** over the stick. Place the thumb on top of the index finger between the first and second joint. Keep it straight. Do not let the thumb bend at the first joint. The thumb should touch the stick.
5. **Curve and relax the middle finger** so it rests on top of the stick.
6. **Keep the back of the hand straight** so it forms a natural extension of the arm. Do not let it bend back or fold in.
7. **Turn the wrist to the left, raising the tip of the stick in an arch,** away from the drum to initiate the stroke. This will turn the palm of the hand up.



8. **Turn the wrist to the right to strike the drum.** The thumb will be up when the tip of the stick comes into contact with the drumhead. Do not strike the drum by bending the wrist or dropping the hand.
9. Make sure the side of the tip of the stick strikes the drum. Usually the **drum is angled slightly higher on the players left** to make this happen.



10. **Make sure your arms are hanging naturally** at your side. Avoid bending the elbow out.
11. **Do not grip the stick too tightly.** There should be no tension in your hand or any of your muscles.
12. Remember, **the left hand of the traditional grip turns. The right hand** of the traditional grip is like the matched grip and **bends.**

