

MATCHED GRIP HAND POSITION

For both hands of the Matched Grip and the right hand of the Traditional Grip

1. **Grip the stick** between the ball of the thumb and the second joint of the index finger of the right hand at a good balance point about three-quarters back from the tip of the stick.
2. **Curve all of the fingers** around the stick following the contour of the hand in a natural, relaxed manner without squeezing. Remember, if your hand turns white, you're gripping too tight.
3. **Keep the thumb flat and straight** on the side of the stick opposite the index finger. Make sure the tip of the thumb does not extend past the index finger or bend at the first joint.
4. **The index finger should be relaxed and curved.** The index finger controls the tension used to hold the stick. Releasing the tension applied on the stick by the index finger relaxes the hand. The grip should be firm enough for control, but not tight.
5. **The back of the stick** should be across the padded part of the palm of the hand. Make sure it is not under the wrist and forearm. This restricts downward motion and creates an angle that makes it easier for the stick to get caught on clothing and drum rims when playing drum set or multiple percussion.
6. **The back of the hand** should be up and as level as possible without tension, creating a natural extension of the arm.
7. **The arm should hang** naturally at the performer's side with no muscle tension. The elbow should not stick out. This indicates the drum is too high for the performer.
8. **The drum should be level.**
9. **The forearm should be angled slightly** down to eliminate tension. Make sure the drum is still struck by the side of the stick tip, not the very end of the tip.



10. **For matched grip** (see picture to the left), **repeat steps 1 through 8 with the left hand.** The left hand of the traditional grip is different. (See Appendix 9.6 – Traditional Grip)

11. **When using either matched or traditional grip, the sticks should form an inverted "V" over the correct playing area of the drum.** The tips of the sticks should be as close together as possible, but not touching, for consistency of sound. **The wrists**



- should bend up** to initiate the stroke. Do not let the wrists drop or turn.
12. **The best sound is produced** by striking the drum over the snare bed, slightly off center towards the side of the drum away from the performer. For softer playing, the tips of the sticks can strike over the snare bed, closer to the edge of the drum. For extremely soft playing, the sticks can strike over the snare bed and the actual shell of the drum. Some unwanted high overtones can be eliminated by striking closer to the center of the drum.