

## **STICK GRIP.**

Grip the stick between the flat of the thumb and the first knuckle on the index finger, 1/3rd of the way from the back of the stick. This seems to be the perfect balance point for most sticks, if you hold it too far forward or back, you won't get optimum rebound. Depending on the sticks weight and length, you may have to vary ever so slightly from 1/3 the way from the back.

This grip between the thumb and index is called the **fulcrum**. The fulcrum is what allows the stick to pivot up and down from many of the strokes we use. Make sure the gap between the stick and the finger webbing is always open, if you close this gap, the stick won't be able to move or rebound efficiently.

From here the back 3 fingers come around and cradle the stick, and during finger strokes like the rebound technique, they produce the sticks motion by moving together as **1 unit**. They move together, not individually.

## **BASIC MOTION - Rebound Stroke.**

From vertical start position, drop the stick into motion using a combination of wrist and fingers. After the stick makes contact on the drum, release the fingers and let the stick naturally rebound back to the start position. This is the crucial part of the technique - you **MUST** let the stick naturally rebound back, don't lift the stick back yourself, let it rebound of its own accord.

Here you are utilizing the natural rebound of the drumskin to get your upstroke, and from there you can just throw it down again and make another stroke.

The Rebound Stroke is fantastic because as explained, you get twice the result from half the effort. You only produce the down motion, the drum produces the up motion. This along with the fact that the fingers are a small muscle mass (and hence easy to train up to speed) are two factors that explain why you can get so much speed from the rebound stroke.