

#6 - HAMMER DOWN

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This exercise practices alternating hand 16th notes and left hand note "jump" accuracy.
Begin playing at 30 bpm on your metronome with 16th subdivisions.

1. Clap and count the rhythm only. (First dimension - Rhythm)
2. Starting with your left hand and alternating, play notes while counting 16th notes outloud - all notes at forte dynamic. (Second dimension - Pitch)
3. Once comfortable with the counting and notes, try the exercise at both p and mf dynamics. (Third dimension - Dynamics)
4. Speed up by 5 bpm per day until you get this up to 60 bpm with 16th notes subdivisions.

Marimba

1 e & a 2 e & a 3 e & a 4 e & a

L R L R L R L R

f - *mf* - *p*

Mrb.

3

Tips and common challenges:

- make sure your prep stroke is in time with the metronome on the "&" of 4
- make sure all notes are equal in volume and stick height
- make sure your back fingers stay loose
- many students struggle with the left hand (moving hand) being too loud, so be mindful of your stick heights.....
- make sure your last notes come up off the bar!

Need a challenge? Try these Mods:

1. Play exercise keeping either the right or left hand in front of the other straddling the center of the bar. Many students only get comfortable with one variation.
2. Play with four mallets using inside mallets and then switching to mallet 4 to play the "jump" note for all notes F and below.
3. Play with four mallets alternating all left hand notes starting with mallet 4 make your left hand interval bigger to hit the higher notes.
4. Play exercise starting at piano dynamic, and then crescendo up to forte by the end of measure 2 and then decrescendo back down to piano by the last note.
- 5-15. Play exercise through all 12 major keys
- 16-27. Play in all 12 natural minor keys