

RICHARD WILSON STYLE WRIST TURN EXERCISE

Richard invented myriad exercises involving the three major ways of moving the sticks. His creations are really legendary and I'm proud to say I carry on his legacy in my small way.

We've looked at singles and doubles so far so now we can investigate an interesting exercise that incorporates these two stickings using Wrist Turns only. Stay on each level for as long as you can. Relax and concentrate on the reasons why you're doing the exercises.

When possible, lead with the weak hand. Richard and Murray both stressed this concept. Lead with the left hand 70% of the time.

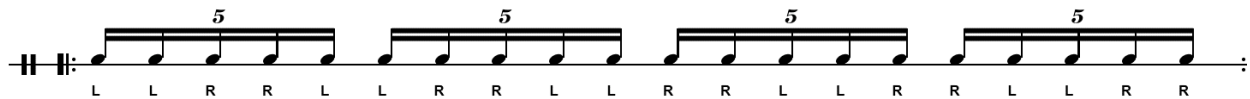
Since we'll be making transitions between different note groupings, there are some things to remember. Keep the grip constant no matter the speed and when you make the transitions, maintain the grip! Also, when you make the transitions make them smoothly.

Metronome will be set at 40 beats per minute (bpm). With Richard and Murray, most of our exercises started at 40 bpm.

Play 16th note triplets using alternating singles.



Now we'll play five notes per beat, or quintuplets. But we're playing doubles on the wrist. This means that the doubles will be split when the metronome strikes. And, you must play evenly throughout.



Back to 16th triplets, 6 notes per beat, alternating singles.



