



## Fantastic Hands (Bill's Music Shelf)

*Steve Fitch*

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## **Fantastic Hands (Bill's Music Shelf)** Steve Fitch

Fantastic Hands offers you many ways to achieve greater dexterity and control of the drum sticks and it will help any drummer playing in any style. It contains 515 carefully modulated exercises representing the root position and all of the inversions of the 5 different types of paradiddles (The Paradiddle Paradigm). It also shows 40 different ways (dexterity systems) to play all of these exercises—each one superimposed over and working with the paradiddle paradigm to push your control and dexterity farther. These systems cover the following aspects of snare drumming: Rolls (open and buzz), Flams, Drags, Paradiddles, Accents, Dead Strokes, Cheeses, Flammed Buzzes and combinations thereof. Each of these 40 different dexterity systems feels differently to your hands, giving you essentially a whole new set of exercises—this amounts to well over 20,000 exercises. It's like having 40 books in one! Also included are numerous suggestions on how to practice the patterns. Part Two of Fantastic Hands shows you creative ways to put different exercises from Part One together to spur on your creativity and help you with IDEA GENERATION for drum solos and fills—And they are FUN to play! For drum set players, we have added many foot underlays that can be applied to the patterns to help you with four limb fluency and coordination. At the end of this book is a special appendix of essential snare drum techniques to supplement the control and dexterity exercises of Part One and Part Two, that every serious drummer should work on to attain ultimate stick control and intuitive touch.

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