



# Speed Stamina and Independence

An Introduction – Richard Grindon

# Legend

♩ = 120

Drums

*mf*  
Cymbal Cymbal2 HiHat OpenHiHat Edge Ride RideBell Tom1 Tom2 Snare Tom3 Tom4 Tom5 Kick FootHat

R – Right Hand  
L – Left Hand

RH – Right Hand  
RF – Right Foot  
LH – Left Hand  
LF – Left Foot

D – ‘Down’ Motion on Pivot Roll Exercises  
U – ‘Up’ Motion on Pivot Roll Exercises

RD – Right Hand ‘Down’ Motion on pivot Roll Exercises  
RU – Right Hand ‘Up’ Motion on Pivot Roll Exercises  
LD – Left Hand ‘Down’ Motion on Pivot Roll Exercises  
LU – Left Hand ‘Down’ Motion on Pivot Roll Exercises

Welcome to My introduction to building speed, stamina and independence on the drum kit. Here you will find tutorials and lessons to help you gain confidence in your technique, and build speed, stamina and independence. Accompanying these scores is a set of video tutorials detailing all the exercises covered, and My Beat Detection software, ‘Speed Dial’. ‘Speed Dial’ is an all in one beat counter and metronome. Use your PC mic or plug in any electronic trigger or pad to your PC or Android Device.

To download the Video tutorials please go to: [www.RichardGrindon.com/tutorials](http://www.RichardGrindon.com/tutorials)

To download a free version of ‘Speed Dial’ Please go to:  
[www.Richardgrindon.com/speeddial](http://www.Richardgrindon.com/speeddial)

## Section 1) Grip Exercises

## Section 2) Pivot Roll Exercises

## Section 3) Blast Beat Exercises

## Section 4) Kick Drum Exercises

All Sticking’s on section 4 are for kick drum only. If you have any questions or comments please email me.

[Richard.Grindon@gmail.com](mailto:Richard.Grindon@gmail.com)

Or visit my website  
[www.RichardGrindon.com/contact](http://www.RichardGrindon.com/contact)

