

Double Bass - Lesson One

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This lesson is designed to teach you the very basics of playing two bass drum pedals. The five exercises below only make use of the two pedals, so you are not distracted by trying to play other parts of the kit. It is important that you focus on playing even strokes from both pedals. Most drummers will find their right foot is significantly stronger from previous drumming experience, so it is vital that you focus on training your left foot to keep up.

Key things to remember include:

- 1) Practice the beats with a click track to train yourself to play in perfect time.
- 2) Count out loud - one, two, three four - and repeat each beat until you can play it perfectly 3x in a row.
- 2) Start out slow and slowly progress faster. Do not rush to a faster speed right away. Take your time.
- 4) Stay loose and relaxed while you play. Don't forget to breath in and out while you practice
- 5) Have fun and play some of these beats along with your favorite rock tunes.

1)



2)



3)



4)



5)

