

# Rock Drumming - Lesson One

www.BreakSticks.com

This lesson is designed to introduce you to rock drumming. As the first in the Rock Drumming series, it starts you off with Rock beats in their simplest form. All beats are counted in 4/4 as quarter notes and should be counted out loud while you are first learning them. If you are unfamiliar with counting time, or reading notation, you can download the *Introduction to BreakSticks Notation* on [www.breaksticks.com](http://www.breaksticks.com).

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.
- 3 - 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.

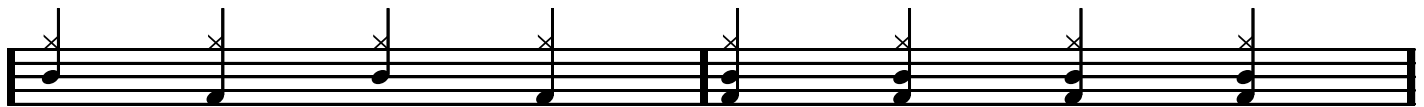
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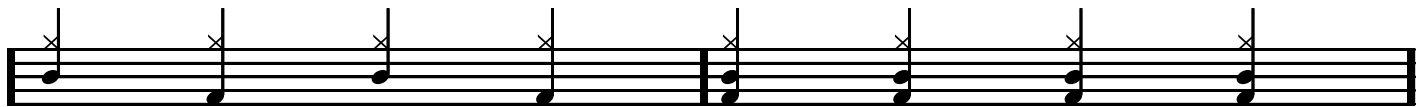
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