4 Mallet Exercises

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Four Mallet Exercises

When beginning to play with four mallets it is easiest to begin by playing **double vertical strokes**, or a basic wrist stroke with **two notes at a time**. The following exercise uses an interval of a fifth, which is probably the easiest to begin with. Practice using right hand alone and left hand alone, then progress to both hands together an octave apart. Once comfortable with this pattern, play in a variety of keys and experiment with different intervals.

**Play from the wrist and constantly check your grip.**
(see directors book, pages 117 - 121)

Double Vertical Stroke

*Play both notes with the right hand, then repeat with the left hand.*

![Double Vertical Stroke](image-url)
The following exercise works on alternating strokes one hand at a time. This stroke uses a wrist rotation much like turning a door knob. When one mallet strikes the bar, the other mallet will raise in preparation for the next note. It is important that the hand and wrist are relaxed. As with the previous exercise, practice with the right and left hand, then progress to both hands together an octave apart. As you become comfortable, experiment with a variety of keys and different intervals.

**Alternating Stroke**

*Play entire exercise with the right hand, then repeat with the left.*
The next exercise should be used to develop the **double lateral stroke**. At slow tempos, an alternating stroke can be used. As the tempo increases, you will need to play two notes with each wrist stroke. The numbers (1,2,3,4) refer to the mallets, beginning with the outside mallet of the left hand (1) and ending with the outside mallet of the right hand (4).

**Double Lateral Stroke**

[Musical notation image]

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- 4 -
Mallets

6 - 8 - 7

ATP

(Accent Tap Placement)

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- 5 -
Stick Control

Mallets
16th Timing
Mr. Brown's 16ths

Mallets

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- 9 -
Triplet Rolls

Mallets

16th Rolls

Mallets
Lassiter Flams

Mallets