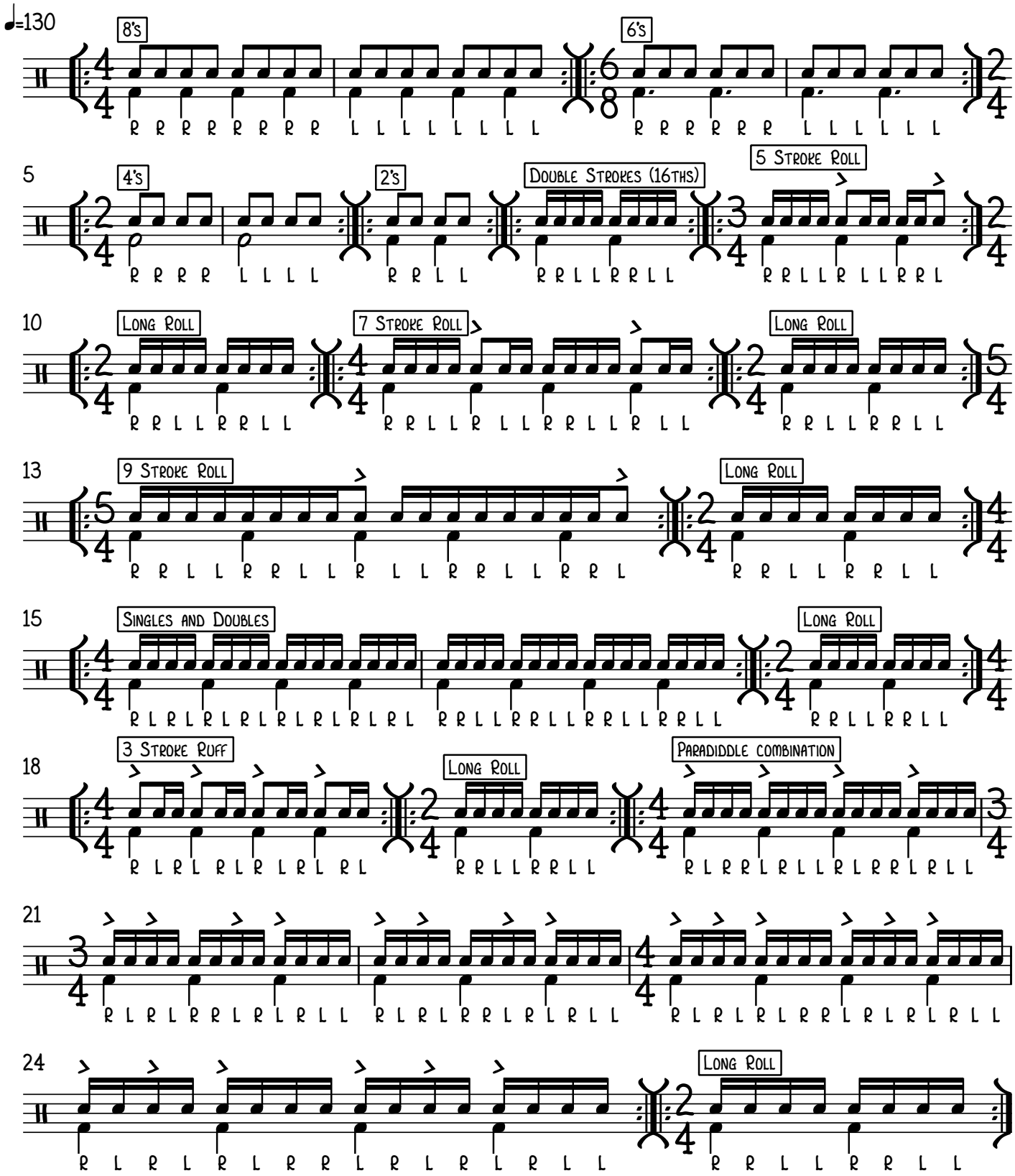
Top Notes are Played on Drum or Drum Pad,
Bottom Notes are your Feet.
Keep metronome on Quarter Note, Always!
Repeat Each Section Many Times.

BASIC WARM UP

FROM GREAT HANDS FOR A LIFETIME

Tommy Igoe