

Step 1: Extend your left hand and pinch the stick in the v-groove between your thumb and palm ~4" from the butt of the stick. This is the fulcrum for your left hand. Apply enough pressure to keep it snugly in position—you should be able to play 8 on a hand by pronating your forearm as if you were turning a doorknob.

Step 2: Bring your bottom two fingers up to support stick. The stick should rest on the **CUTICLE** (not on your knuckle) of your ring finger. Your pinky finger should be tucked comfortably underneath your ring finger.

Step 3: Curl your first and middle finger naturally towards the stick. The first knuckle of your first finger should come to meet the pad of your thumb and **NEVER** loose contact. Your thumb should "peer" slightly over the first finger (smaller and bigger hands adjust accordingly). If the thumb and first finger become disconnected, the approach to the technique will be compromised and it will take LONGER to achieve speed and a full wrist turn. Your top two cuticles should rest upon the stick at an angle approaching perpendicular. There should be a gap between the stick and your first finger. Your fingers curve from the fulcrum to manipulate the stick. The involvement of your middle finger is analogous to the role your pinky finger plays in your right hand's grip—not much, but every little bit helps. The majority of your downward stroke comes from your thumb and first finger. Your ring finger should stay in contact with the stick allowing the weight of the hand to produce a full sound. At extremely fast tempos (or diddles) the ring and pinky fingers will "drop" slightly from the stick for an instant and the return.

Step 4: The point of this grip is to be relaxed. The only pressure you should feel is on your fulcrum.

Step 5: Grip the other stick with your right hand as if you were shaking hands. With your palm down, there should be ~1" of space to the butt. Notice that the stick does not follow the line of your arm.

Step 6: The thumb should extend out to the stick keeping the space between it and your palm ("your mouth") closed. This is your fulcrum. Keep all fingers on the stick. The wrist motion is similar to knocking on a door. Your back fingers manipulate the stick using the same motion as dribbling a basketball.

