

THE STICK HOLD

BEHOLD:

The Four "F"s for holding the sticks.



FULCRUM

Front Firm Fingers



FINGERS

Back fingers lightly



FRAME

Perfect Posture



FORM

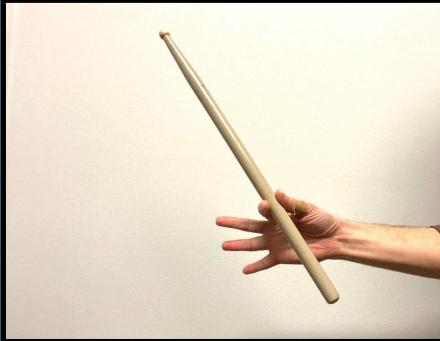
Tip Triangle

Presented by: Marcello Mangino

FOUR "F" FACTS

Review these four fundamentals before you start playing.

These Four "F"s will ensure the sticks are working for you so you can drum your best!



1

FULCRUM

The fulcrum is where the sticks bounce the best



2

FINGERS

The back fingers stay on gently, hugging the stick.



3

FRAME

Sit tall, with your feet flat.



4

FORM

Sticks make a 90 degree angle.

Presented by: Marcello Mangino

