

Get a Grip!

Maintaining a proper grip and learning proper motion while playing is critical to producing a good sound and reducing potential injury to yourself and your drum heads. A proper grip and motion technique will help to maximize the energy applied to the drum head while minimizing the amount of effort. The actual execution should be relaxed but confident, the stick should be allowed to rebound naturally and allow good resonance of the drum head which will produce the best possible sound. Poor techniques such as holding the stick down after sticking the head in a press fashion, do not allow for the head to properly rebound and forces most of the energy to stay contained in the drum head. The net result is a flat, heavily dampened sound. It also will produce unnecessary shock to the head and your hand. Failure to maintain a relaxed, confident technique will dent drum heads, but more importantly greatly increase your chances of developing a degenerative condition such as [carpal tunnel syndrome](#) and [tendonitis](#).



There is a lot of discussion (and hype) surrounding the issue of grip. You should always keep in mind that the grip should work for you and not the other way around. When trying different grips, always keep the net result is to produce the best possible sound with the least amount of effort while minimizing damage to the drum and yourself. The two most common grip techniques are traditional and matched. Each technique has its advantages and disadvantages. For example, learning the traditional technique may be necessary to play in regimented drum line. It is best to learn both and decide when to apply them. Listed below are several links that should help:

- [Rock Drumming Underground](#)
- [Drum Set Fun](#)
- [Vic Firth](#)
- [Mike Michalkow's Drumming System](#)