

Correct Posture and the Matched Grip

The Matched Grip is recommended for the Rhythms in this unit. The stick should be gripped about one third of the way down, between the thumb and the first joint of the index finger. The other fingers should be placed lightly around the stick. Position the hands palms down with the thumb nails of both hands facing one another.



This grip in relation to the Snare drum and the Hi-hat:

