

Unleashing the Power: Super Drum Set Warm Ups by Kevin White

Attention all drummers! Are you tired of feeling rusty and unprepared before gigs or jam sessions? Look no further, because we have the ultimate solution - Super Drum Set Warm Ups by Kevin White. In this article, we will delve into the world of drumming warm ups, the importance of incorporating them into your routine, and how Kevin White's revolutionary method can take your drumming skills to new heights.

The Significance of Drum Set Warm Ups

Just like athletes warm up before a game or a run, drummers need to warm up before they tackle their kits. Engaging in drum set warm ups before diving into practice or performing has various benefits that should not be underestimated.

Firstly, warm ups help increase blood circulation to your hands, wrists, and arms, preparing them for the physical demands of playing the drums. This prevents injuries and ensures that you can play with ease and fluidity.



Super Drum Set Warm-Ups #1

by Kevin White([Print Replica] Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

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Secondly, warm ups improve your coordination and control. By gradually increasing the intensity and complexity of your warm up exercises, you train your muscles and mind to work together in perfect synchronization.

Additionally, warm ups enhance your overall playing technique and tone production. They act as a bridge between your regular daily activities and the intense physical and mental focus required for drumming. By including warm ups in your routine, you will notice a remarkable improvement in your drumming skills.

The Kevin White Method: Unleashing the Power Within

Renowned drummer and educator, Kevin White, has developed a groundbreaking warm up regimen that has revolutionized the drumming community. His Super Drum Set Warm Ups have proven to be a game-changer for drummers of all skill levels.

What makes Kevin White's method so special? For starters, it focuses on both physical and mental warm ups. By incorporating exercises that engage your entire body, including stretching, limb coordination, and breathing techniques, Kevin White's warm ups prepare you holistically for an intense drumming session.

But that's not all - Kevin White's warm ups are also designed to improve specific aspects of your playing. Whether you struggle with speed, dynamics, independence, or endurance, there are dedicated warm up exercises tailored to address your weaknesses.

Another key aspect of Kevin White's method is the emphasis on proper technique. Through his warm ups, he guides drummers to develop a solid foundation, ensuring that they are not only warming up but also reinforcing correct posture, grip, and stroke mechanics.

Moreover, Kevin White's warm ups are structured to simulate real-world drumming scenarios. By incorporating patterns and grooves that you commonly encounter in various musical genres, you become better equipped to handle them effortlessly during performances.

Sample Super Drum Set Warm Ups

Now that you know the benefits and features of Kevin White's Super Drum Set Warm Ups, let's take a closer look at a few sample exercises to give you a taste of what awaits you:

1. Limb Coordination Warm Up

This exercise focuses on improving your limb independence and coordination. Start by playing a steady hi-hat ostinato with your left foot while simultaneously playing a 16th-note pattern on the snare drum with your right hand. Gradually increase the tempo while maintaining accuracy.

2. Speed Builder Warm Up

If speed is your goal, this exercise is perfect for you. Play single strokes on the snare drum at a comfortable tempo, gradually increasing the speed. Focus on maintaining a consistent rhythm and clean strokes even at higher speeds.

3. Dynamics Control Warm Up

This exercise targets your dynamics control and touch sensitivity. Start by playing a simple groove on the drum set, gradually increasing and decreasing the volume. Pay attention to maintaining a smooth and controlled transition between different dynamic levels.

The Verdict: Elevate Your Drumming Skills with Super Drum Set Warm Ups

Kevin White's Super Drum Set Warm Ups are a game-changer for drummers looking to elevate their skills and performance abilities. By incorporating his holistic approach, focusing on physical and mental warm ups, and addressing specific playing challenges, Kevin White has created an invaluable resource for drummers of all levels.

So, if you want to unleash the power within you and take your drumming to new heights, make Kevin White's Super Drum Set Warm Ups an integral part of your practice routine. Get ready to wow the crowd with your improved technique, speed, and control!

Remember: don't just settle for mediocrity. Embrace the Super Drum Set Warm Ups by Kevin White and witness the transformation in your drumming prowess. The stage is set - it's time to rock!



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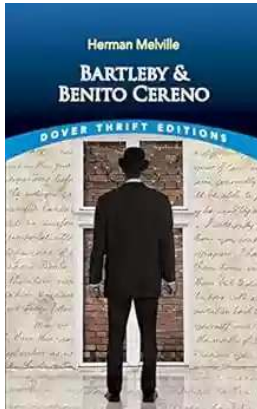
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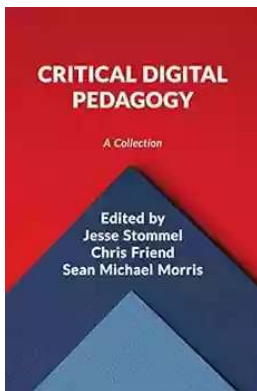
“Super Drum Set Warm-ups #1” was created to help drum students of all ages and levels to develop coordination and confidence behind the drum set. It is the perfect accompaniment to students also working out of the “Breaking It Down” drum book series. The book is meant to provide the teacher with warm-up

exercises that help the student get comfortable using all 4 limbs of their body. This book can also be used independent of working with an instructor.



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