




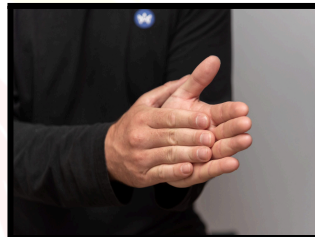


## ❖ Body Percussion “Drums are copied from the body”

Long before drums were drums, the original percussion instrument was the body. A great way to warm up is to transfer your low, mid, or high drum notes onto your body as percussion. This allows students to play if there aren't enough drums, and facilitates practice at home.

Connect	Low	Mid	High
<b>Drum Transfer</b>	Chest 	Lap 	Clap 
<b>Claps</b>	Cupped 	Full 	Fingers to palm 
<b>Rubs</b>	Hands	Shoulders	Lap
<b>Other</b>	Tummy	Lap	Shin
<b>Other</b>	Stomp	Butt	Snap

**What to Say:** “Just like our drums, and most other instruments, have low, medium and high notes, so too does our body. All the rhythms we learn on the drum we can learn on our body.”

### **NUGGETS:**

**AGE APPROPRIATE:** When facilitating body percussion for students under ten years of age, use mnemonics “Chest, Lap & Clap” to guide them toward the right notes. If they are learning a rhythm have them count the number of notes in the rhythm “1-2-3”

**DEXTERITY:** The main low note for the body is the chest so students can practice the hand dexterity needed to transfer the rhythms onto the drum.

**“I CAN’T SNAP”:** You couldn’t walk a few years ago either! You can replace the snap with a flick or you can encourage them to keep strengthening their fingers with the snapping motion until they get it.