
HUEI-YUAN PAN | MUSICIAN

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Huei-Yuan Pan
Los Angeles, CA

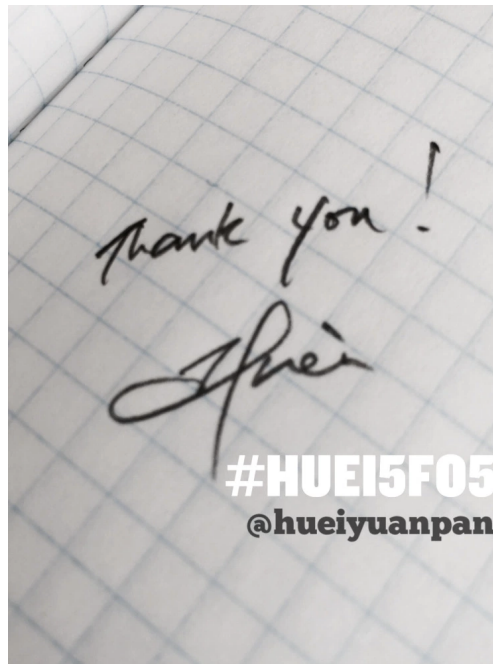
Dear Grid Book Nation,

Thank you for checking out the interview and visiting my website! I hope you find this free PDF gift valuable and useful on your musical journey to becoming a better musician.

These are intended as supplements as you continue to "Practice like the best. Play like the best." - *The Grid Book Series*

Let me know if I can ever help. You can find me on all my social media platforms @hueiyuanpan. Look forward to connecting with you soon.

Huei



PRACTICE JOURNAL



1. At the end of each practice session/lesson, write down the date and time of your next practice session.
2. List which "Items" you'll practice and the "Targets" you'll zoom in on while everything is fresh on your mind.
3. In a specific tempo column(s), e.g. 120 beats per minute, list the number of **correct repetitions** you'll perform each Target. "Slow & Correct is better than Fast & Wrong!" -Huei

[illegible]

Month/Year: _____

PRACTICE JOURNAL

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Periscope Lesson 1

4-2-1

4-2-1 is a framework of practicing. It can be applied to a number of exercises to help you with hand to hand transitions. By taking a 4 beat pattern or grouping (called the 4's), we play the 4's once, 2's twice, and the 1's four times. The systematic approach helps you organize your practice and build a solid foundation in your playing.

Below are some examples of how they can be applied to your beginning exercises - give it a shot, I hope it helps!

Huei-Yuan Pan

Eight on a Hand

4's 2's

1's

R R R R R R R R L L L L L L L L R R R R L L L L R R R R L L L L

R R L L R R L L R R L L R R L L R

Bucks 2's

4's 2's

1's

R r R r R r R r L l L l L l L l R r R r L l L l R r R r L l L l

R r L l R r L l R r L l R r L l R

Bucks 3's

4's 2's 1's

R r r R r r R r r L l l L l l L l l L l l L l l R

Bucks 4's

4's 2's 1's

R r r r R r r r L l l l L l l l L l l l L l l l R

For show notes and a video lesson, visit: hueiyuanpan.com/periscope/lesson1

Periscope Lesson 2

Timing is the foundation in which all drummers build their playing. It affects the groove, feel, and flow of the music. This is especially important when communicating and playing with other musicians and the audience.

In this lesson, we cover the first two dupe timing exercises I teach all my beginning students. Although basic, I am regularly surprised at the cracks in the fundamental timing of young drummers and even experienced musicians. Building and strengthening their sense of time and groove is a lifelong process for musicians. For young players, a strong foundation is necessary to build the house! For advanced players, these are two of my "go-to" exercises I use for my own timing maintenance. Think of it like taking a daily vitamin!

Advanced concepts to keep in mind include 1) Right Hand and Left Hand Flow 2) Burying the Met 3) Feet coordination

Use the "Drill" sections to practice and gain reps. Once consistently accurate, use the "Exercise" sections for quick check-ups.

Huei-Yuan Pan

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16th Note Timing EXERCISE #1

Drill: 16th Note Timing #2

[illegible]

Pattern 3: (1 e _ a)

1 e + a 2 e + a 3 e a 4 e a

R L R L R L R L L L R L L R L R L R L R L L L L

Pattern 4: (_ e + a)

1 e + a 2 e + a (3) e + a (4) e + a

R L R L R L R L L L R L R L R L R L L L R L R L R L R L L L R

16th Note Timing EXERCISE #2

[illegible]

For show notes and a video lesson, visit: hueiyuanpan.com/periscope/lesson2

