

Inhalt / content

CD index & download	11
Über den Autor / <i>about the author</i>	12
Positives Denken / <i>positive thinking</i>	13
Musikerlebnisse / <i>music experiences</i>	14
Notenlegende / <i>notation key</i>	15
Noten & Pausen / <i>notes & rests</i>	16
Musikzeichen / <i>musical symbols</i>	17
 Kapitel 1 Practice Tools (basics) / chapter 1 practice tools (basics)	18
Improvisation 1 / <i>improvisation 1</i>	19
Notenlesen 1 / <i>reading music 1</i>	20
Notenlesen 2 / <i>reading music 2</i>	21
Groove & Fill Kombination 1 / <i>groove & fill combination 1</i>	22
Notenlesen 3 / <i>reading music 3</i>	23
Groove & Fill Kombination 2 / <i>groove & fill combination 2</i>	24
Unabhängigkeit 1 / <i>independence 1</i>	25
Koordination & Unabhängigkeit 1 / <i>coordination & independence 1</i>	26
Notenlesen 4 / <i>reading music 4</i>	27
Groove & Fill Kombination 3 / <i>groove & fill combination 3</i>	28
Notenlesen 5 / <i>reading music 5</i>	29
Groove & Fill Kombination 4 / <i>groove & fill combination 4</i>	30
Notenlesen 6 / <i>reading music 6</i>	31
Groove & Fill Kombination 5 / <i>groove & fill combination 5</i>	32
Improvisation 2 / <i>improvisation 2</i>	33
Notenpyramide 1 / <i>note pyramid 1</i>	34
 Kapitel 2 Practice Tools (intermediate) / chapter 2 practice tools (intermediate)	35
Koordination & Unabhängigkeit 2 / <i>coordination & independence 2</i>	36
Unabhängigkeit 2 / <i>independence 2</i>	37
Koordination & Unabhängigkeit 3 / <i>coordination & independence 3</i>	38
Double Strokes	39
Geschwindigkeit, Ausdauer & Unabhängigkeit 1 / <i>speed, endurance & independence 1</i>	40
Geschwindigkeit, Ausdauer & Unabhängigkeit 2 / <i>speed, endurance & independence 2</i>	41
Moving around the kit	42
Koordination & Unabhängigkeit 4 / <i>coordination & independence 4</i>	43
Akzentübungen 1 / <i>dynamic exercise 1</i>	44
Akzentübungen 2 / <i>dynamic exercise 2</i>	45
Groove Dynamik / <i>groove dynamics</i>	46
Akzente in Sechzehntelnoten / <i>accents in sixteenth notes</i>	47
Notenlesen 7 / <i>reading music 7</i>	48
essential groove-independence 1	50
essential groove-independence 2	51
Koordination & Unabhängigkeit 5 / <i>coordination & independence 5</i>	52
Notenlesen 8 / <i>reading music 8</i>	53
Unabhängigkeit (2 gegen 3) / <i>independence (2 vs. 3)</i>	57
Notenlesen 9 / <i>reading music 9</i>	58
essential groove-independence 3	59
essential groove-independence 4	60
Noten Pyramide (mittelschwer) / <i>note pyramid (intermediate)</i>	61
X-tolen 1 / <i>X-tuplets 1</i>	62
lineares Drumming 1 / <i>linear drumming 1</i>	63
lineares Drumming 2 / <i>linear drumming 2</i>	64
 Kapitel 3 Practice Tools (pro) / chapter 3 practice tools (pro)	65
Koordination & Unabhängigkeit 6 / <i>coordination & independence 6</i>	66
Koordination & Unabhängigkeit 7 / <i>coordination & independence 7</i>	67
Unabhängigkeit (3 gegen 4) / <i>independence (3 vs. 4)</i>	68
Quintolen mit Akzenten / <i>quintuplets with accents</i>	69
Quintolen mit Akzenten & Double strokes / <i>quintuplets with accents & double strokes</i>	71

Septolen mit Akzenten / <i>septuplets with accents</i>	73
Septolen mit Akzenten & Doublestrokes / <i>septuplets with accents & double strokes</i>	75
X-tolen 2 / <i>X-tuplets 2</i>	77
tägliches Workout / <i>daily workout</i>	78
call & response	80
call & response 2	81
speed & endurance	82
independence (pro)	84
 Kapitel 4 Rock Groove Fundamentals / chapter 4 Rock Groove Fundamentals	88
Rock Groove Fundamentals 1	89
Rock Groove Fundamentals 2	90
Rock Groove Fundamentals 3	91
Rock Groove Fundamentals 4	92
Rock Groove Fundamentals 5	93
Rock Groove Fundamentals 6	94
Rock Groove Fundamentals 7	95
Rock Groove Fundamentals 8	96
Rock Groove Fundamentals 9	97
 Kapitel 5 Groove Training / chapter 5 Groove Training	98
Groove Training 1	99
Play-along 1 'Can you feel it?'	100
Play-along 1 'Can you feel it?' (leadsheet)	101
Play-along 2 'one step further'	102
Play-along 2 'one step further' (leadsheet)	103
Groove Training 2	104
Play-along 3 'I've got a plan'	105
Play-along 3 'I've got a plan' (leadsheet)	106
Play-along 4 'in the desert'	107
Play-along 4 'in the desert' (leadsheet)	108
Songo	109
Groove Training 3	110
Play-along 5 'cosmic waves'	112
Play-along 5 'cosmic waves' (leadsheet)	113
Groove Training 4	114
Play-along 6 'calm down'	117
Play-along 6 'calm down' (leadsheet)	118
Groove Training 5	119
Play-along 7 '16 horsepower'	120
Play-along 7 '16 horsepower' (leadsheet)	121
Polyrhythmen 1 / <i>polyrhythms 1</i>	122
Special hi-hat & ride grooves 1 & 2	123
Special hi-hat & ride grooves 3 & 4	124
Special hi-hat & ride grooves 5 & 6	125
Special hi-hat & ride grooves 7 Cascara & Mozambique	126
Polyrhythmen 2 / <i>polyrhythms 2</i>	127
Solo 1 'melodic grooves'	128
Groove Training 7	129
Polyrhythmen 3 / <i>polyrhythms 3</i>	130
Play-along 8 'back on the track'	131
Play-along 8 'back on the track' (leadsheet)	132
12/8 shuffle independence	133
Groove Training 8	134
6/8 Afro Cuban	135
Solo 2 'hang loose'	136
Play-along 9 'high spirits'	137
Play-along 9 'high spirits' (lead sheet)	138
Swing Independence	139
Polyrhythmen 4 / <i>polyrhythms 4</i>	143
Swing Grooves & Fills 1	144
Swing Grooves & Fills 2	146

Solo 3 'port du niel'	149
Play-along 10 'lightweight'	150
Play-along 10 'lightweight' (leadsheet)	151
Jazz Waltz	152
Solo 4 'port de la madrague'	154
Swing lead sheet interpretation	155
Kapitel 6 Ghost Notes / chapter 6 ghost notes	156
Ghost Note Grooves 1	157
Ghost Note Grooves 2	158
Ghost Note Grooves 3	159
Ghost Note Grooves 4	160
Ghost Note Grooves 5	161
Ghost Note Grooves 6	162
Kapitel 7 binäre und ternäre Fills / chapter 7 binary and ternary fills	163
Fill Training 1	164
Fill Training 2	165
Fill Training 3	166
Fill Training 4	167
Fill Training 5	168
Fill Training 6	169
Fill Training 7	170
Fill Training 8	171
Kapitel 8 Bassdrum Integration / chapter 8 bass drum integration	172
Bass Drum Integration 1	173
Bass Drum Integration 2	174
Bass Drum Integration 3	175
Bass Drum Integration 4	176
Bass Drum Integration 5	177
Bass Drum Integration 6	179
Solo 5 'fueled'	180
Bass Drum Integration 7	181
Bass Drum Integration 8	182
Bass Drum Integration 9	183
Bass Drum Integration 10	184
Bass Drum Integration 11	185
Bass Drum Integration 12	186
Bass Drum Integration 13	187
Bass Drum Integration 14	188
Kapitel 9 Doublebass Training / chapter 9 double bass training	189
warm up & independence 1	190
warm up & independence 2	191
Grooves 1	192
Fills 1	193
Grooves 2	195
Fills 2	196
Solo 6 'evil twin'	197
Play-along 11 'bullet proof'	198
Play-along 11 'bullet proof' (leadsheet)	199
Grooves 3	200
Grooves 4	201
Solo 7 'no limit'	202
double time & blast beats	203
Grooves 5	204
Fills 3	205
Solo 8 'go!'	206
diverse Fills / various fills	207
binäre Grooves mit Ride Variationen / binary grooves with ride variations	208
ternäre Grooves mit Ride Variationen / ternary grooves with ride variations	209

Kapitel 10 Tom-Tom Grooves / chapter 10 tom-tom grooves	211
Tom-Tom Grooves 1	212
Tom-Tom Grooves 2	214
Play-along 12 `trash movie`	216
Play-along 12 `trash movie` (leadsheet)	217
 Kapitel 11 Grooves & Fills mit Rudiments / chapter 11 grooves & fills with rudiments	 218
Single Strokes 1	219
Single Stroke Four (Fills)	221
Single Stroke Four (Grooves)	222
Single Strokes 2	223
Single Stroke Seven (Fills)	225
Single Stroke Seven (Grooves)	226
Double Strokes 1	227
Double Strokes 2	228
Paradiddles (Fills)	232
Double Paradiddle (Fills)	234
Paradiddle-diddle (Fills)	236
Paradiddles (Grooves)	238
Double Paradiddle (Grooves)	240
Paradiddle-diddle (Grooves)	241
 Kapitel 12 Linear Drumming / chapter 12 linear drumming	 242
Grooves 1	243
Grooves 2	244
Grooves 3	245
Grooves 4	246
Fills 1	247
Fills 2	251
 Kapitel 13 Odd Meter Grooves & Fills / chapter 13 odd meter grooves & fills	 253
Grooves 1 (5/8)	254
Fills 1 (5/8)	255
Grooves 2 (7/8)	256
Fills 2 (7/8)	257
Grooves 3 (9/8)	258
Fills 3 (9/8)	259
Grooves 4 (9/16)	260
Fills 4 (9/16)	261
Grooves 5 (13/16)	262
Fills 5 (13/16)	263
Grooves 6 (15/16)	264
Fills 6 (15/16)	265
 Kapitel 14 Quintolen & Septolen / chapter 14 quintuplets & septuplets	 266
Quintolen Bassdrum Unabhängigkeit / quintuplets bass drum independence	267
Quintolen Grooves 1 / quintuplet grooves 1	268
Quintolen Fills 1 / quintuplet fills 1	269
Quintolen Grooves 2 / quintuplet grooves 2	270
Quintolen Grooves 3 / quintuplet grooves 3	271
Quintolen Grooves 4 / quintuplet grooves 4	272
Quintolen Fills 2 / quintuplet fills 2	273
Quintolen Grooves 5 / quintuplet grooves 5	274
Quintolen Fills 3 / quintuplet fills 3	275
Quintolen Grooves 6 / quintuplet grooves 6	276
Quintolen Grooves 7 / quintuplet grooves 7	277
Quintolen Fills 4 / quintuplet fills 4	278
Quintolen Grooves 8 / quintuplet grooves 8	279
Quintolen Fills 5 / quintuplet fills 5	280
Septolen Bassdrum Independence / septuplets bass drum independence	282
Septolen Grooves 1 / septuplet grooves 1	284

Septolen Fills 1 / <i>septuplet fills 1</i>	285
Septolen Grooves 2 / <i>septuplet grooves 2</i>	286
Septolen Grooves 3 / <i>septuplet grooves 3</i>	287
Septolen Grooves 4 / <i>septuplet grooves 4</i>	288
Septolen Fills 2 / <i>septuplet fills 2</i>	289
Septolen Grooves 5 / <i>septuplet grooves 5</i>	290
Septolen Fills 3 / <i>septuplet fills 3</i>	291
Septolen Grooves 6 / <i>septuplet grooves 6</i>	292
Septolen Grooves 7 / <i>septuplet grooves 7</i>	293
Septolen Fills 4 / <i>septuplet fills 4</i>	294
Septolen Fills 5 / <i>septuplet fills 5</i>	295
 Kapitel 15 Solo-Fundamente / <i>chapter 15 solo foundations</i>	297
Solo Fundamente 1 / <i>solo foundations 1</i>	298
Solo Fundamente 2 / <i>solo foundations 2</i>	300
Solo Fundamente 3 / <i>solo foundations 3</i>	302
Solo Fundamente 4 / <i>solo foundations 4</i>	304
Solo Fundamente 5 / <i>solo foundations 5</i>	306
Solo Fundamente 6 / <i>solo foundations 6</i>	308
Solo Fundamente 7 / <i>solo foundations 7</i>	310
Solo Fundamente 8 / <i>solo foundations 8</i>	311
Solo Fundamente 9 / <i>solo foundations 9</i>	312
 Kapitel 16 freies Solieren / <i>chapter 16 free soloing</i>	313
Grundlagen / <i>basics</i>	314
Solo `Songwriting`	315
Solo # 1	316
Solo # 2	317
Solo # 3	318