

BASIC MOELLER METHOD EXERCISES

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THREE BASIC MOVEMENTS - THINK OF THE MOVEMENT AS A WHIPPING MOTION

- DOWNWARD (↓) - Throw the tip of the stick straight down at the center of the drum

- TAP (T) - Assist the stick to tap but holding the stick lightly

- UP (↑) - Pull the back of the stick upward as if there was a string attached to your wrist and the tip was stuck to the drumhead.

1 .

↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

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

↓ T ↑ T ↓ T ↑ T ↓ T ↑ T ↓ T ↑ T

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

2 .

3 3 3 3
↓ T ↑ ↓ T ↑ ↓ T ↑ ↓ T ↑

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

6 6 6 6
↓ TTT ↑ T ↓ TTT ↑ T ↓ TTT ↑ T ↓ TTT ↑ T

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

3 .

3 3 3 3
↓ ↑ T ↓ ↑ T ↓ ↑ T ↓ ↑ T

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

3 3 3 3
↓ ↑ T ↓ ↑ T ↓ ↑ T ↓ ↑ T

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

4 .

↓ ↑ T T ↓ ↑ T T ↓ ↑ T T ↓ ↑ T T

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

↓ ↑ T T ↓ ↑ T T ↓ ↑ T T ↓ ↑ T T

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