

3 matched grip ways of holding the stick

German: it's characterized by the position of the palm which is totally parallel to the ground. In this way the wrist has a wide mobility upwards and downwards and this offers a simplicity of movement. Good for power.

French: the palm of the hand is perpendicular (at 90 degrees) to the ground. The thumb is in a vertical position. With this grip the wrist has a minor simplicity of movement and for this reason fingers have more emphasis;

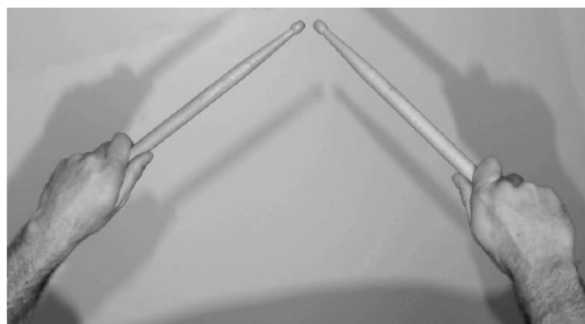
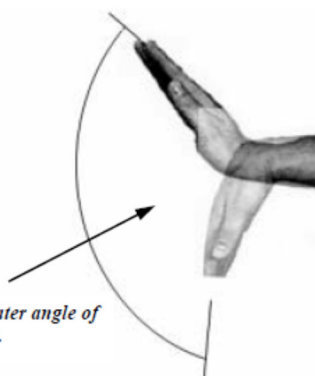
American: This is a middle way between the German and the French grip. In the American grip the palm is at 45 degrees in respect to the ground, giving a lot of importance to the articulation of the wrist as well as to the fingers.

German

Palms facing down
Thumbs on the
inside of the stick

Much greater angle of movement.

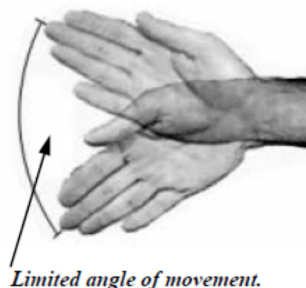
Offers greater wrist motion.
Therefore greater power



French Grip

Palms facing inwards
Thumbs on Top

Offers less wrist motion.
But easier use of fingers



American

Palms at a 45° angle
Thumbs halfway

Good balance between
speed and power

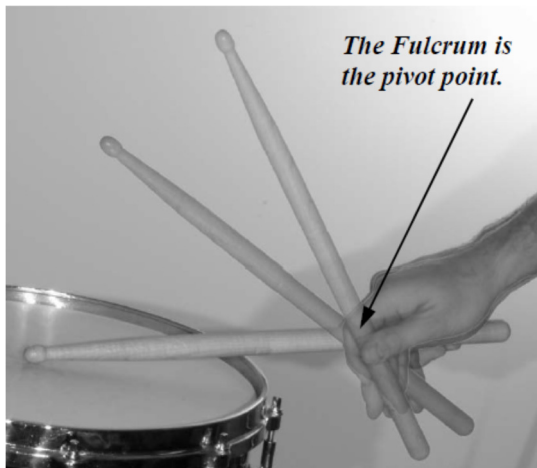
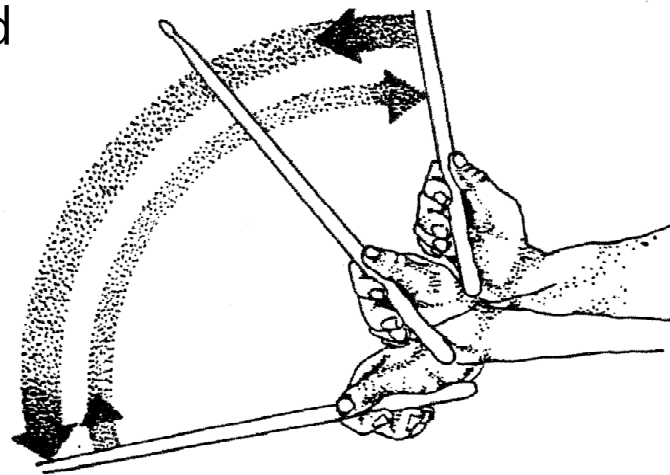


Keep your wrist loose and relaxed

Drop the stick into the drum.

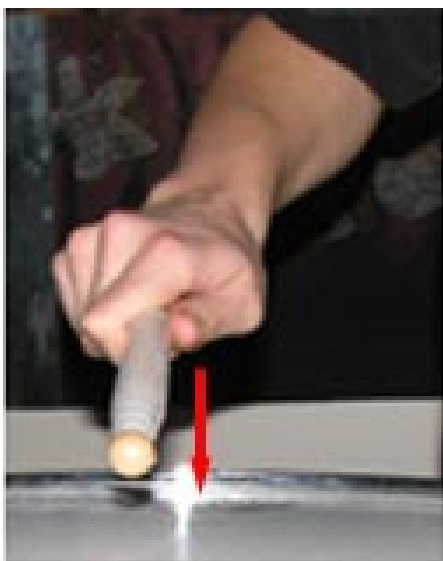
Allow the stick to **REBOUND** out of the drum

Every stroke consists of a down and up wrist motion.



Imagine you are dropping a basketball and allow it to **rebound** back to it's starting position

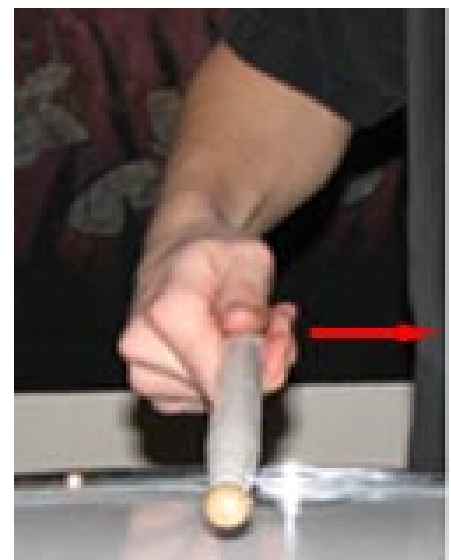
The point where the stick pivots from is called the **FULCRUM**.



German



American



French

