



Heel Toe Single Stroke Rolls by **Gunnar Waage**

28.04.2009

I have been developing different multi-stroke methods for the feet for the past year and a half.

One of the methods that works very well and should be easy to understand is overlapping the heel/toe method. Note that this is different from the heel/toe double stroke method where you play with the heel on the footboard and not on the heelplate.

In that case the first stroke is played by the heel and the 2nd stroke is played by the toe part of the foot.

In this method however both strokes are played by the toe part of the foot but the first stroke is generated from the heel. Note - the foot should not slide on the pedal.

Take your time with this technique, a few months and allow for the feet to grow and become accustomed to this. This can be played at any tempo and therefore incorporated into your arsenal of rudiments just as comfortably as the heel/toe double stroke roll method.

“This foot method is mechanically similar to multi-note stroke hand techniques like Moeller and Open/Close. The benefits of those techniques are known widely, which is why I believe the potential benefits of multi-note strokes for the feet could be significant as well.”

I hope these exercises (see the attached pdf files) can help and dont hesitate to use conventional hand exercises as well. I will try to shoot a video as soon as possible so people can see how this is done. However the exercises should get you going.

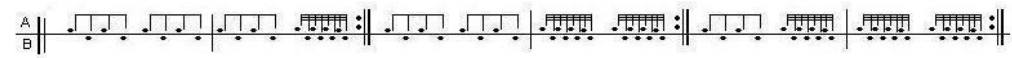
Gunnar Waage in Iceland

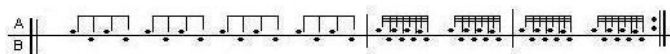
Over the past one and a half year I have had invaluable support and guidance from **Gordy Knudtson** on this technique project. Thanks Gordy for pointing me in the right direction once more.

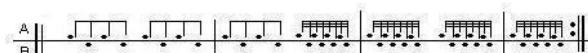
The patterns should be played as follows;
 heel down (R)
 heel down (L)
 heel up (R)
 heel up (L)

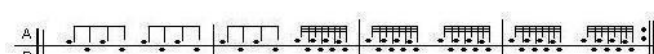
Heel-Toe bass drum technique for single stroke rolls







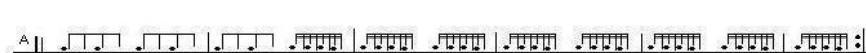




















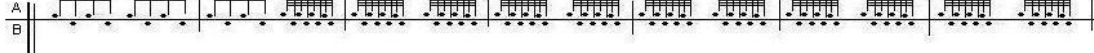















X This part of the foot never leaves the footboard

↕ The heel moves up and down to and from the heelplate



Gunnar Waage

Heel-Toe bass drum technique for single stroke rolls

All 8th notes are played heel up. 32nds in heel-toe mode



Each exercise switches from left to right when repeated. Play each exercise up to 20 times.

A || ||
 B || ||

A || ||
 B || ||

A || ||
 B || ||

A || ||
 B || ||

A || ||
 B || ||

A || ||
 B || ||

A || ||
 B || ||

A || ||
 B || ||

A || ||
 B || ||

A || ||
 B || ||

A || ||
 B || ||

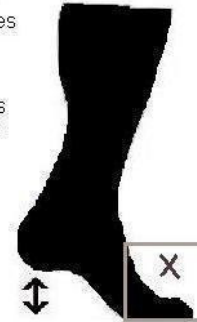
A || ||
 B || ||

A || ||
 B || ||

A || ||
 B || ||

X This part of the foot never leaves the footboard

↕ The heel moves up and down to and from the heelplate



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