

360 DRUMS

written by Joost Visser

BOOK ZERO

the book for starters



Copyright © 2019 by Joost Visser.

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed “Attention: Permissions Coordinator,” at the address below.

Popschool Twenterand
Burgemeester Koetjestraat 2a
7681 ZP
Vroomshoop
the Netherlands

Ordering Information:

Quantity sales. Special discounts are available on quantity purchases by corporations, associations, and others. For details, contact the publisher at the address above.

For digital ordering please visit <http://www.360drumsbook.com> or send a mail to info@360drumsbook.com.

Printed in the Netherlands.

360DRUMS

INTRODUCTION

To be able to play an instrument requires a long journey. For some, this journey goes surprisingly quick, for others it seems an eternal quest. Anyway, to master the drums it is key to focus on three main skills.

- 1) Play along with musicians (or audio) in different tempos and styles.
- 2) Play beats (or grooves) in which the feel and independence is trained.
- 3) Play fills in which technique, style and chops (or licks) are combined.

Often these 3 main skills are studied separately, which is perfect to obtain a good and solid foundation. But the next step is crucial:

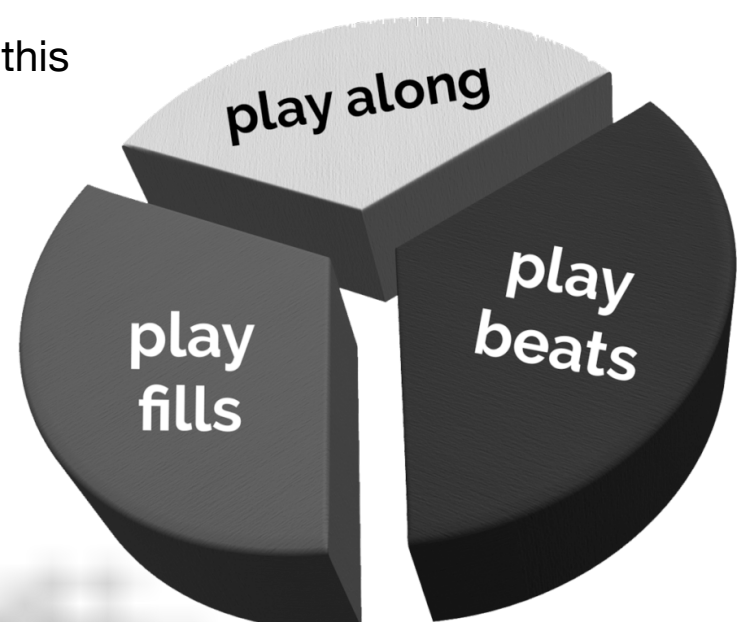
Learning to combine these three topics.

And that is what this book is about! But do not forget that this is only a very small selection from book 1 and book 2. There is of course much more to learn, this is just the beginning!

Play along mp3's are available in all important tempos. These play along mp3's are not real songs. Every mp3 is a 24-bar-loop with a simulation consisting of 12 bars verse and 12 bars chorus. This helps to study to play drums at different energy levels.

Additional content (e.g. your own mp3-package) for this book can be found on the following website:

www.360drumsbook.com



360DRUMS

ABOUT THE AUTHOR



Born in 1980, in the eastern part of the Netherlands close to Germany, Joost Visser started as a snare drummer in a local drum band at the age of 7. After a broad path of education in classical percussion, drum kit and latin american percussion he chose to explore the path of a professional musician. He has been very successful in many venues in the Netherlands and abroad.

In addition to being an excellent stage performer, he is also a passionate teacher. Recently, his own small Drumschool has grown seriously into a Centre for Music Education (Pop-school) covering a large part of eastern Netherlands.

More information can be found on the following websites:

www.360drumsbook.com

www.joost-visser.nl

www.popschooltwenterand.nl

Additional content for this book can be found on the following website:

www.360drumsbook.com

360DRUMS

SONG LIST

The audio tracks provided with 360DRUMS start you on low bpm's so that you can work your way up in steps of 5 bpm's. In this way, you can practice the exercises faster and faster. If you go beyond 65 bpm's then you are really challenging yourself. Below is a list of suggestions in various musical styles, grouped in 16th notes even feel 16th notes triplet feel and blues rock (8th notes triplet feel).

16th notes even feel

- 57 bpm - Angel Eyes (Ilse Delange)
- 60 bpm - Gasoline (Halsey)
- 60 bpm - Until the end of time (Justin Timberlake)
- 63 bpm - I wish it would rain down (Phil Collins)
- 63 bpm - No limit (Usher)
- 64 bpm - Take me to church (Hozier)
- 65 bpm - A change is gonna come (Greta van Fleet)
- 65 bpm - The handler (Muse)
- 67 bpm - That's what I like (Bruno Mars)
- 68 bpm - Knockin' on heavens door (Guns 'n Roses)
- 68 bpm - Radio active (Imagine Dragons)
- 68 bpm - Old town road (Lil Nas X)
- 68 bpm - Whatever it takes (Imagine Dragons)
- 69 bpm - This world (Selah Sue)
- 70 bpm - Guts over fear (Emimen)
- 70 bpm - Paradise (Coldplay)
- 72 bpm - Rude (MAGIC!)
- 72 bpm - Not over you (Gavin DeGraw)
- 73 bpm - Meet on the ledge (Greta van Fleet)
- 74 bpm - I don't want to be (Gavin DeGraw)
- 74 bpm - Riddles (Kensington)
- 74 bpm - Alive (Pearl Jam)
- 75 bpm - Hotel California (Eagles)
- 75 bpm - Three little birds (Bob Marley)
- 75 bpm - Harder to breathe (Maroon 5)
- 76 bpm - Angels (Robbie Williams)
- 76 bpm - Bartholomew (The Silent Company)
- 76 bpm - I just can't let you go (Ambrosia)
- 77 bpm - Man down (Rihanna)
- 78 bpm - Gone forever (Three Days Grace)
- 78 bpm - No good in goodbye (The Script)
- 78 bpm - Waiting for (Coparck)
- 79 bpm - Don't let go (En Vogue)
- 80 bpm - Fly away (Lenny Kravitz)
- 81 bpm - Do as I do (Rox)
- 81 bpm - Survivor (Destiny's Child)
- 81 bpm - Wheels (Foo Fighters)
- 82 bpm - Decode (Paramore)
- 82 bpm - Go ahead (Alicia Keys)
- 82 bpm - High hopes (Panic! At The Disco)
- 82 bpm - I'll be over you (Toto)
- 82 bpm - I'm not the only one (Sam Smith)
- 82 bpm - We will rock you (Queen)
- 82 bpm - Take a bow (Rihanna)
- 83 bpm - Superheroes (The Script)
- 84 bpm - American woman (Lenny Kravitz)
- 84 bpm - Livin' on the edge (Aerosmith)
- 84 bpm - Thunder (Imagine Dragons)
- 85 bpm - Bad blood (Taylor Swift)
- 85 bpm - Growing up (Macklemore)
- 85 bpm - Streets (Kensington)
- 85 bpm - Pour Some Sugar On Me (Def Leppard)
- 86 bpm - Still a friend of mine (Incognito)
- 86 bpm - Umbrella (Rihanna)
- 87 bpm - Love the way you lie (Eminem)
- 87 bpm - Price tag (Jessie J)
- 87 bpm - Rude boy (Rihanna)
- 88 bpm - Billionaire (Travie McCoy)
- 88 bpm - Old no. 7 (Jes Dior)
- 88 bpm - Irreplaceable (Beyonce)
- 88 bpm - Miss Independent (Kelly Clarkson)
- 88 bpm - Qué será ahora (The Cat Empire)
- 90 bpm - El Perdón (Nicky Jam)
- 91 bpm - Funky monks (Red Hot Chili Peppers)
- 91 bpm - Give it away (Red Hot Chili Peppers)
- 91 bpm - Good love is on the way (John Mayer)
- 91 bpm - Millenium (Robbie Williams)
- 91 bpm - Sober (Pink)
- 92 bpm - Back in black (AC/DC)
- 92 bpm - Paradise city (Guns 'n Roses)
- 93 bpm - Crazy sufferin style (Selah Sue)
- 93 bpm - I want it all (Queen)
- 93 bpm - Perfectly lonely (John Mayer)
- 93 bpm - Where is the love (Black Eyed Peas)
- 93 bpm - All that she wants (Ace of Base)
- 93 bpm - Dangerous (David Guetta)
- 93 bpm - Ruby (Kaiser Chiefs)
- 94 bpm - One (Mary J. Blige)
- 94 bpm - Young, wild & free (Snoop Dogg)
- 94 bpm - Only human (Jonas Brothers)
- 95 bpm - Animals (Maroon 5)
- 95 bpm - Black part love (Selah Sue)
- 95 bpm - Just chill (Travis Barker)
- 96 bpm - Africa (Toto)
- 96 bpm - Dani California (Red Hot Chili Peppers)
- 96 bpm - Why Georgia (John Mayer)
- 97 bpm - Californication (Red hot Chili Peppers)
- 97 bpm - Hey, soul sister (Train)
- 97 bpm - Vultures (John Mayer)
- 98 bpm - Lean on (Major Lazor)
- 98 bpm - Single ladies (Beyonce)
- 99 bpm - Mad love (Mabel)
- 100 bpm - Crazy in love (Beyonce)
- 100 bpm - Dancing queen (Abba)
- 100 bpm - Rock your body (Justin Timberlake)
- 101 bpm - Aeroplane (Red Hot Chili Peppers)
- 101 bpm - Like the way I do (Melissa Etheridge)
- 102 bpm - Get low (Dillon Francis)
- 102 bpm - Wildside (Handsome Poets)
- 102 bpm - Too young to die (Jamiroquai)
- 103 bpm - Ain't it fun (Paramore)
- 103 bpm - Don't call me angel (Ariana Grande)
- 103 bpm - Deeper underground (Jamiroquai)
- 103 bpm - Fields of gold (Sting)
- 103 bpm - Try (Pink)
- 104 bpm - Fun house (Pink)
- 104 bpm - Snow (Red Hot Chili Peppers)
- 105 bpm - Rolling in the deep (Adele)
- 107 bpm - Butterfly (Jason Mraz)
- 108 bpm - Elevation (U2)
- 109 bpm - Tribute (the Pasadenas)
- 109 bpm - Hey Look Ma, I Made It (Panic! At The Disco)
- 110 bpm - Ebony Jam (Tower of Power)

The audio tracks provided with 360DRUMS start you on low bpm's so that you can work your way up in steps of 5 bpm's. In this way, you can practice the exercises faster and faster. If you go beyond 65 bpm's then you are really challenging yourself. Below is a list of suggestions in various musical styles, grouped in 16th notes even feel 16th notes triplet feel and blues rock (8th notes triplet feel).

16th notes triplet feel

59 bpm - I walk the line (Halsey)
62 bpm - Believer (Imagine Dragons)
63 bpm - Fool in the rain (Led Zeppelin)
68 bpm - Mine (Ivar)
70 bpm - Ain't no roads (Great Divide)
70 bpm - Red zone killer (Seal)
70 bpm - Somewhere tonight (Toto)
75 bpm - Freeway of the plains (Spin Doctors)
80 bpm - Gini (Douwe Bob)
81 bpm - On & on (Erykah Badu)
81 bpm - Don't call me foolish (the Brand New Heavies)
84 bpm - Rosanna (Toto)
86 bpm - The golden age (the Asteroids Galaxy Tour)
88 bpm - Waiting on the world to change (John Mayer)
89 bpm - Scar tissue (Red Hot Chili Peppers)
90 bpm - Hymn for the weekend (Coldplay)
90 bpm - Let me blow your mind (Gwen Stefani)
91 bpm - Any old sunday (Chaka Khan)
94 bpm - Once you get started (Candy Dulfer)
94 bpm - Another day (Buckshot LeFonque)
94 bpm - Once you get started (Candy Dulfer)
95 bpm - I need a dollar (Aloe Blacc)
95 bpm - This love (Maroon 5)
96 bpm - If you have to ask (Red Hot Chili Peppers)
96 bpm - Miss you (Sunday Soul Ensemble)
99 bpm - Pamela (Toto)
100 bpm - Good time (Leela James)
101 bpm - Superstition (Stevie Wonder)
109 bpm - How sweet it is (James Taylor)

8th notes triplet feel (blues rock)

36 bpm - I'm not the one (Snarky Puppy)
41 bpm - Doin' alright (Tower of Power)
41 bpm - Gravity (John Mayer)
42 bpm - Daughters (John Mayer)
47 bpm - Nothing else matters (Metallica)
52 bpm - One and only (Adele)
54 bpm - Still got the blues (Gary Moore)
55 bpm - Crazy (Aerosmith)
56 bpm - Bed of roses (Bon Jovi)
60 bpm - Breaking the girl (Red Hot Chili Peppers)
63 bpm - What a difference a day makes (Jamie Cullum)
65 bpm - Powerful (Major Lazor)
68 bpm - They say I'm doing just fine (Michael Kiwanuka)
68 bpm - Wake up alone (Amy Winehouse)
70 bpm - Cryin' (Aerosmith)
75 bpm - U smile (Justin Bieber)
87 bpm - History (One Direction)
93 bpm - Number one (Joni Mitchell)
112 bpm - Everybody wants to rule the world (Tears for Fears)
116 bpm - Just your fool (The Rolling Stones)
125 bpm - Psycho (Muse)
133 bpm - Bee (Lena Meyer-Landrut)
134 bpm - School's out (Alice Cooper)
135 bpm - Sweet about me (Gabiella Cilmi)
138 bpm - Puzzle me (Ilse DeLange)
140 bpm - Ex's & oh's (Elle King)
147 bpm - Holiday (Green Day)
150 bpm - Lose my mind (Brennan Heart & Wildstylez)
150 bpm - Year of summer (Wildstylez)
152 bpm - Nothing I do (Jamie Cullum)

360DRUMS

QUARTER NOTES

1.1



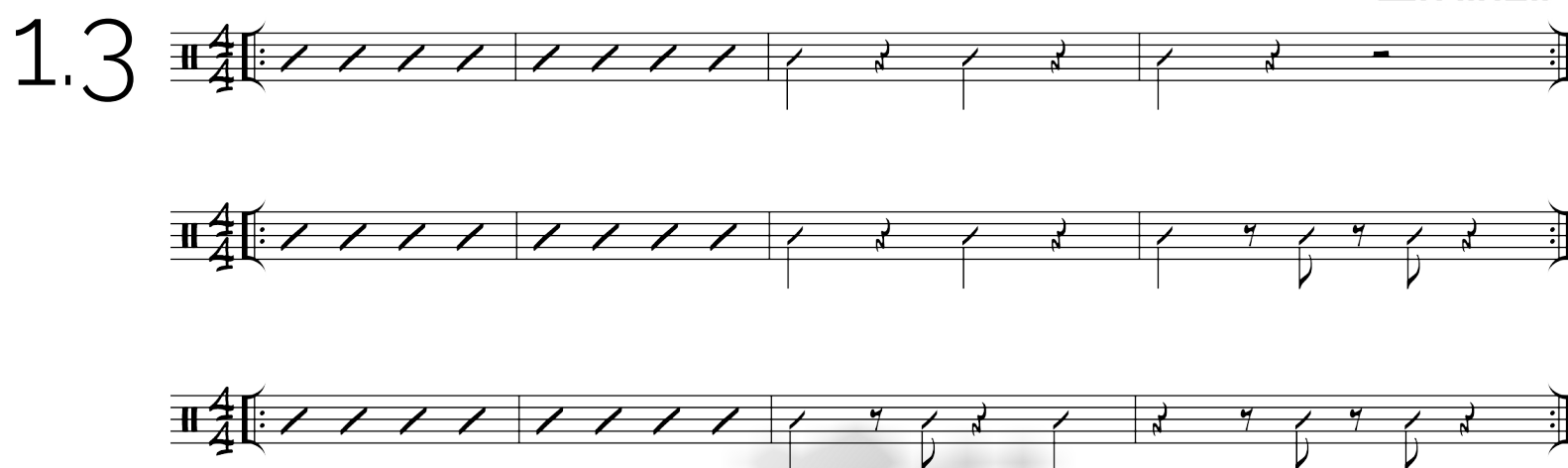
1.2



Don't let these 3 exercises scare you. Trust your ears, play along with the audio tracks and then try to understand how the notes are written. (First the ears, then the feel and then the notes.)



1.3



EIGHTH NOTES

2.1

Musical notation for exercise 2.1, first row. Three staves in 4/4 time with a key signature of one sharp (F#). Each staff contains four eighth notes with 'x' marks above them, indicating a drum pattern. The notes are on the lines G4, A4, B4, and C5.

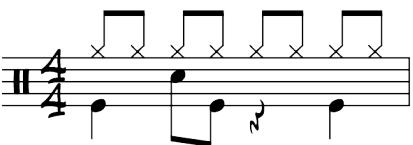
2.2

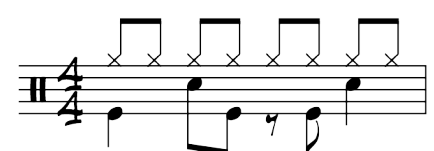
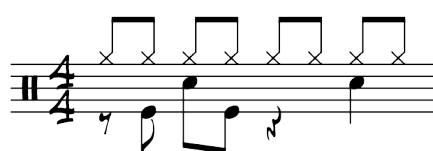
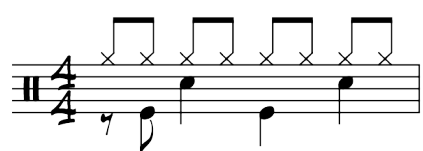
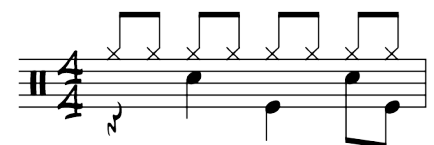
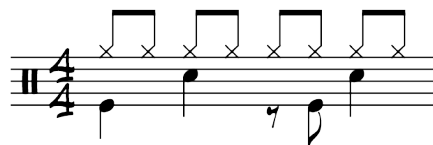
Musical notation for exercise 2.2, first row. Three staves in 4/4 time with a key signature of one sharp (F#). Each staff contains four eighth notes with 'x' marks above them, indicating a drum pattern. The notes are on the lines G4, A4, B4, and C5.

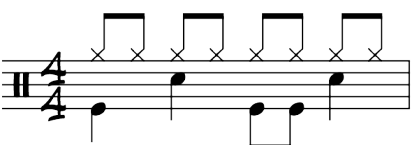
2.3

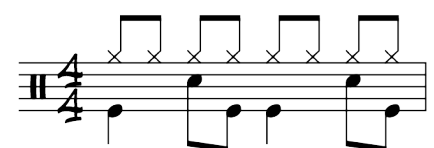
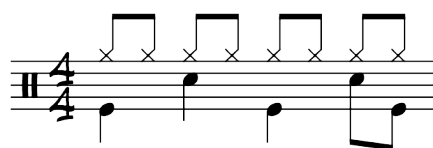
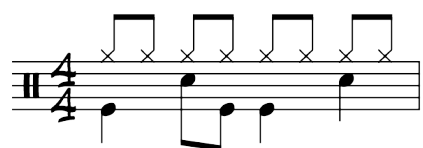
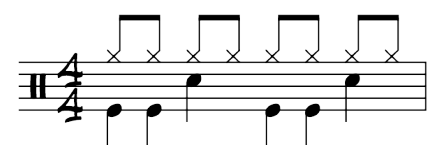
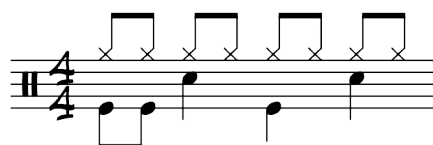
Musical notation for exercise 2.3, first row. Three staves in 4/4 time with a key signature of one sharp (F#). Each staff contains four eighth notes with 'x' marks above them, indicating a drum pattern. The notes are on the lines G4, A4, B4, and C5.

EIGHTH NOTES

3.1 



3.2 



3.3 



BLUES ROCK

4.1

4.2

4.3

SIXTEENTH NOTES

5.1

Musical notation for exercise 5.1, first row. Three staves in 4/4 time with a key signature of one sharp (F#). Each staff contains a sequence of four groups of sixteenth notes. The first group is a continuous sixteenth-note run. The second group has a quarter rest followed by a sixteenth-note run. The third group has a quarter rest followed by a sixteenth-note run. The fourth group has a quarter rest followed by a sixteenth-note run.

5.2

Musical notation for exercise 5.2, first row. Three staves in 4/4 time with a key signature of one sharp (F#). Each staff contains a sequence of four groups of sixteenth notes. The first group has a quarter rest followed by a sixteenth-note run. The second group has a quarter rest followed by a sixteenth-note run. The third group has a quarter rest followed by a sixteenth-note run. The fourth group has a quarter rest followed by a sixteenth-note run.

5.3

Musical notation for exercise 5.3, first row. Three staves in 4/4 time with a key signature of one sharp (F#). Each staff contains a sequence of four groups of sixteenth notes. The first group has a quarter rest followed by a sixteenth-note run. The second group has a quarter rest followed by a sixteenth-note run. The third group has a quarter rest followed by a sixteenth-note run. The fourth group has a quarter rest followed by a sixteenth-note run.

ADAPTING THE BEAT

6.1

Exercise 6.1 consists of four staves of music in 4/4 time. The first staff shows a bass line with quarter notes on the 1st, 3rd, 5th, and 7th beats, with x marks above the 2nd, 4th, 6th, and 8th beats. The second staff shows a drum line with eighth notes on the 1st, 3rd, 5th, and 7th beats, and x marks above the 2nd, 4th, 6th, and 8th beats. The third staff shows a bass line with quarter notes on the 1st, 3rd, 5th, and 7th beats, with x marks above the 2nd, 4th, 6th, and 8th beats. The fourth staff shows a drum line with eighth notes on the 1st, 3rd, 5th, and 7th beats, and x marks above the 2nd, 4th, 6th, and 8th beats.

6.2

Exercise 6.2 consists of three staves of music in 4/4 time. The first staff shows a bass line with quarter notes on the 1st, 3rd, 5th, and 7th beats, with x marks above the 2nd, 4th, 6th, and 8th beats. The second staff shows a drum line with eighth notes on the 1st, 3rd, 5th, and 7th beats, and x marks above the 2nd, 4th, 6th, and 8th beats. The third staff shows a bass line with quarter notes on the 1st, 3rd, 5th, and 7th beats, with x marks above the 2nd, 4th, 6th, and 8th beats.

INDEPENDANCE EX.

1 

2 

3 

4 



MINI FILLS

1 > crash & snare

2 > floor tom & snare

3 left: rimclick
right: normal snare

4 A A
R L R

5 splash A
R L R L R

6 3
L R L R

7 3
R R L L

8 3
R L

9 3
L R R L

10 3 3
R L R L R L R

DOWNLOAD THE APP

The free **360DRUMSbook app** can be downloaded in Apple App Store and Google Play Store. This typical drummers' app contains the following features:

1) a **metronome**, but not as you already know it

+ drumless band tracks (40-65 bpm in even, triplet and bluesrock feel)

+ complete set of click tracks (40-115 bpm)

- with clicks on all 16th notes seperately

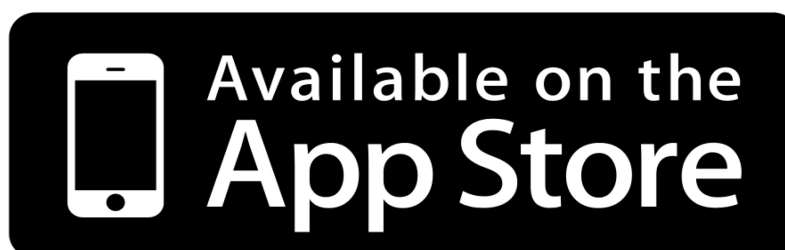
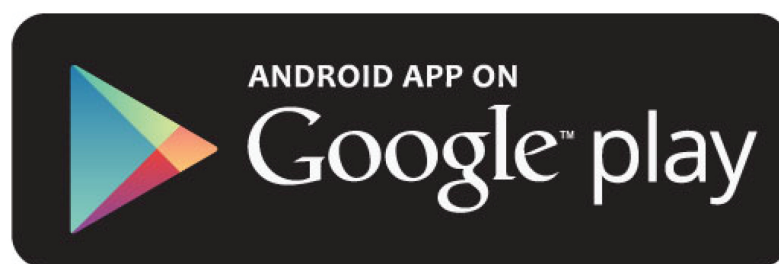
- with clicks on dotted quarter notes

- with clicks on dotted eighth notes

2) inspirational **videos** for all chapters

in BOOK ONE and BOOK TWO

3) **news** about the books easily gathered



360DRUMS

AT LAST

This small booklet for starters (BOOK ZERO) contains only a few of the many exercises that are included in BOOK ONE (book of beats) & BOOK TWO (book of fills). So do you feel like learning more? Buy a paper version of the books for just € 39.95. (A digital download version costs € 29.95.)

The great thing about the two books is that they always fit on one music stand. Only then can you work on beats & fills at the same time. And not to forget; with the play-alongs of course...

The books can be purchased in the webshop of 360drumsbook.com and also at the larger sheet music webshops such as percussionbooks.com.

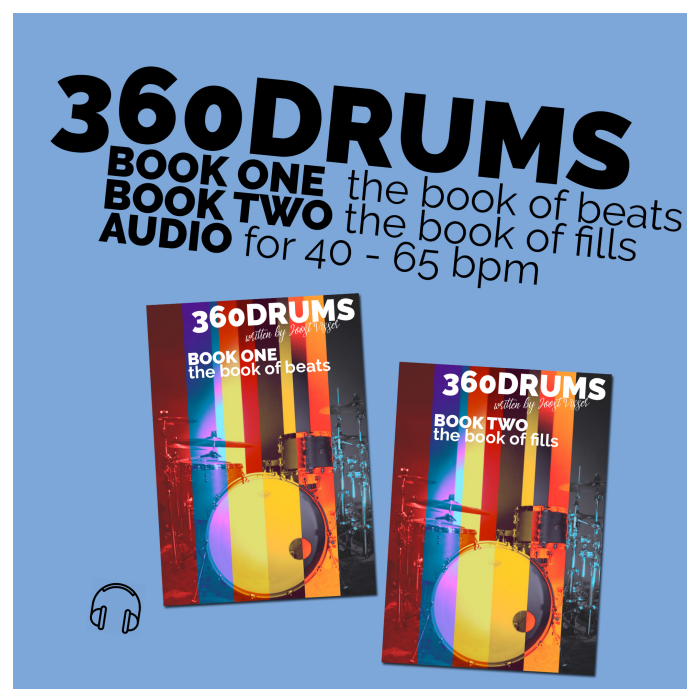
At last, at 360drumsbook.com you can also download some free study and teaching tools. Please check them out.

I hope you enjoyed this free e-book & the time you spent on your drum kit. Playing drums, and especially getting better at drumming, is super cool.

That's why I made the books.

Kind regards,

Joost Visser
author 360DRUMSbook
www.360drumsbook.com



360DRUMS