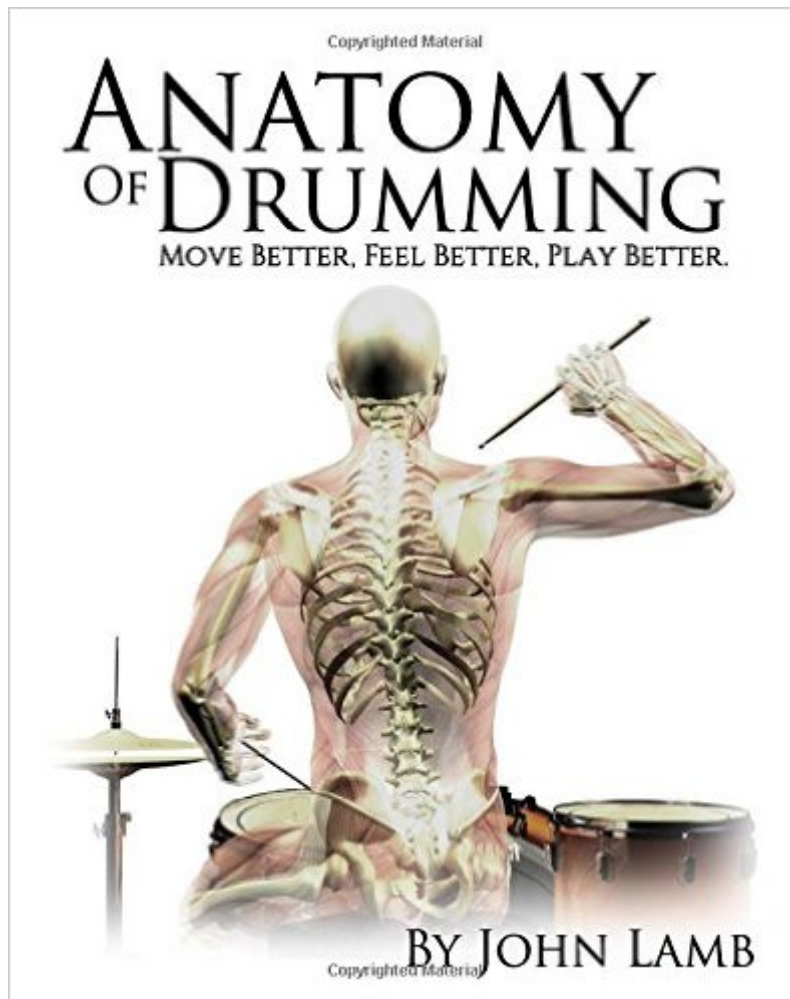


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# Anatomy Of Drumming: Move Better, Feel Better, Play Better



## Synopsis

"This book is amazing!" - Thomas Pridgen : "I Love it!" John - "J.R." Robinson : "Itz mad cool" - Chris Dave : "I love this book, it is great" - Gerald Heyward : "I found it really informative, useful and visually interesting." : Clayton Cameron Drummers are athletes. Playing the drums well requires the skilled use of the entire body. Unfortunately, most books on drumming focus exclusively on what notes should be played, and give little or no attention to the how they should be played. This leaves drummers with a problem. When you misunderstand technique, you will experience frustration when new techniques aren't as easy to learn as they should be, limitation in what you can do because the techniques don't work like they should, and injury when the extra wear and tear caused by bad technique builds up. The solution is simple: Anatomy of Drumming is your guide to moving well, learning faster and avoiding injury. When you understand the mechanics of moving and how they apply to the drums, you will know for yourself how techniques work, so you can use them effectively. Anatomy of Drumming is both a description of how the body works and a prescription for how to move better. Starting with the mechanics of movement, Anatomy of Drumming takes you through what you need to know about the body and how to use it effectively. It covers the basics of anatomy and the physics of drums; how to set up the drums for your body, Moeller technique, matched grip vs. traditional grip, and many other important topics. Through learning about the proper use of the body at the drum set, you will be able to learn faster, play with better facility and reduce injury.

## Book Information

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## Customer Reviews

In this book, John Lamb shows his understanding of drumming-- and physiology-- from an amazingly adept perspective. It will change-- and improve-- the way you think about drumming,

being a drummer, and physical movement in general. It inspired me to pursue my Alexander Technique classes as well as reconsider the ways I move in the world, not just via drumming. John Lamb is a very smart, very well-educated, and very interesting teacher and person. If you read this book, you will learn what he teaches in his own classes. His is a fabulous methodology to pursue.

Given the number of drum books available, this was the only one that I found that addresses the anatomy and body mechanics of drumming. Meanwhile, there are many books available for the piano that breaks down the physiology for piano playing. I'm a late drummer, though a trained musician, when I inherited my son's drum kit and decided to learn drums to develop a better rhythmic feel, and ended up enjoying the drums a lot more. For the best results, this is not a casual beach reading book. I needed to read, analyze and try to apply the various sections to my drum playing. For the beginner player, I would also check out John Lamb's "Start Playing the Drums"

I'm 44 and the self-inflicted victim of spending 25 years behind a desk. You'd think I'd be pretty good and sitting down, right? Wrong! Turns out, when you're learning to drum, there's a lot more opportunity to screw up your body through repetitive strain and bad form than you'd think. My son has a drum set that I've taken a shine to, but I was finding that after about 10-15 minutes, my back, neck, and arms would start to ache, sometimes for hours after I stopped. Not surprisingly, this impacted my practice and my ability to progress. Lamb's Anatomy of Drumming is full of fascinating facts and recommendations about the body and how to improve drumming form. For example, I've always had a hard time sitting comfortably for long periods, especially on hard chairs. Then, on page 64, I discovered that "on 10%-15% of people, however, the bottom of the sit bones are pointy." Well, that actually makes sense for me! Now I know the problem and what I can do about it. There are a million ways to learn how to do something you love wrong. If you love drumming, or even want to dabble with getting started, do yourself a favor. Don't hurt yourself. Learn to drum so that you feel comfortable and free by buying this book. Your future progress will thank you.

This was a really good resource to understanding how the body works and how it applies to the way we play drums. I've definitely changed some things just by reading this book. The first one I noticed a huge difference is the seat height. In raising my seat height I am able to play faster doubles without extra effort!!! I think the interesting part of the book where he talks about Phil Collins and his challenges with his physical condition that prevents him from ever playing drums again. This was a sobering lesson that drums CAN be, just like anything repetitive, dangerous to the body if the

positioning of our limbs and use of our body is improper. Over time, it can cause damage. I'd give it 5 stars, however, my Kindle edition, I noticed that when I read it using my Kindle Fire HDX7, the sections of the "Try it", were buggy. The text ran together, making it unreadable. ALSO, some sections read like a medical book. Too deep for what I was looking for. If he would've stuck to the application of drumming, that would've earned a 5 star rating.

The best book I've ever read on drumming. Everything else that I've read to date pales in comparison. I have yet to read the author's other title, "A Matter of Time" but I'm sure it's on par with this read. I'd recommend this to any drummer of any level who hasn't read it.

It's nice when a self-help book gets you to do something you know is good for you. It's even nicer when the advice is easy to follow and almost immediately effective, both in drumming technique and everyday life.

If you're a drummer struggling with technique and want to find a more effortless way to play the drums, this is the book to read. The author provides a clear and straightforward picture of how the body works and its natural movement patterns. Being a drum instructor myself, this is a fantastic tool to help students demonstrate what the body can and what it can't do. Recommended. Sidenote: Although the Kindle version is mobile friendly, I recommend reading it on your e-reader or laptop. The illustrations seem to integrate better with the text. - beckbeat.com

Although I'm primarily a violist and movement educator, I'm delighted to see a book bringing scientific awareness to a population of music makers who are often neglected. There has been much discussion in the classical music realm about movement, anatomy, and well being, but drummers aren't always classical percussionists, and may play a range of styles, genres, and instruments. This book not only surveys muscles, bones, joints, and more, but also gives great introductory material on more obscure subject matter including proprioception and tensegrity. Although I have minimal if any experience as a drummer, this is a great resource for all musicians on subjects of alignment, movement, posture, and balance.

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