

LOCKDOWN OLYMPICS



RWPS PERCUSSIONISTS

Now is a time for great deeds. *Citius, Altius, Fortius* (Faster, Stronger, Higher) has long been the motto of the Olympics, and they are fantastic goals for percussionists!

There are ten events. If you are able to complete all ten, you will receive the RPWS Olympic Decathlon medal for 2021. *(If you already completed these challenges in 2020, you will see a note under each activity for “returning champions”)*

Train for each event, and once you are ready, record yourself and email it to me. If it needs any further work I'll give you some guidance, and you can try again. Otherwise, I'll let you know to move on to the next task. If you like you can attempt more than one task in one recording/email. You can also attempt the tasks in any order.

“The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well.”

- Pierre de Coubertin, father of the modern Olympic Games

“It’s not about winning at the Olympic Games. It’s about trying to win. The motto is faster, higher, stronger, not fastest, highest, strongest. Sometimes it’s the trying that matters.”

- Bronte Barratt, Australian swimmer and 2008 gold medalist

SUMMARY OF EVENTS

1- Long Jump

Play long single stroke rolls (RLRL).

2- Sprint

Play a 4 bar rhythm as quickly as you can.

3- Marathon

Play 8 different rhythm patterns 8 times each.

4- Trampoline

Play a variety of double bounce strokes (RRLl).

5- Archery

Practice accenting the notes with arrowheads above. Can you hit the targets?

6- Synchronised Swimming

Play a range of patterns require both hands to work together.

7- Wrestling

Wrestle with an unusual sticking pattern called the "Paradiddle" (RLRR LRLl).

8- Weightlifting

Raise and lower your dynamics (volume).

9- Relay

Listen to a series of 2 bar rhythms, and play them back.

10- Triple Jump

Combine the Single strokes, Double strokes and Paradiddles in one challenge.

HOW TO COMPETE

Use your regular practice time to practice these exercises. Work on a few at a time, and when you think you are doing it well, make a recording and send it to rwpsband@gmail.com. Audio recordings are fine – smartphones have a voice recorder app, as do most PCs. The files are small and easy to manage.

Expect that I may ask you to keep working on something! Even if you send me a good recording, if you think you can do it better a few weeks later, feel free to resubmit. I will let you know if you have successfully completed the event.

This should form *a part* of regular practice – students should still work on band music

EVENT #1 – Long Jump

To complete this event, you must submit a recording of the following pattern.



- Practice it many times before you submit a recording.
- The speed **MUST** be steady. Start slowly, and when you are confident do it faster.
- Consider using a metronome to play along with. Start at 100bpm, aim for 130bpm+.
- The repeated bar should be played 3 times
- As you speed up, don't raise your sticks too high – keep the movement small
- *Returning Champions* – Change the ti-tis to tika-tikas – i.e. tika-tika-tika-tika ta, rest

EVENT #2 – Sprint

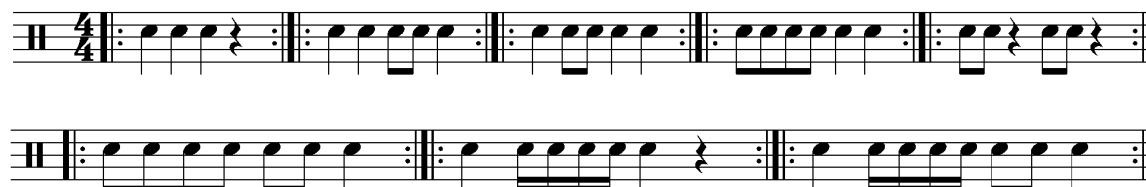
To complete this event, you must submit a recording of yourself playing the following rhythm, with the aim of playing it very fast (metronome at 160bpm+):



- Start by practicing it slowly. To be sure, try saying the rhythm in “tas” and “ti-tis”.
- Increase the speed, but make sure it is both clear and has a steady rhythm.
- Think of each bar as its own pattern – you can even practice each bar separately.
- *Returning Champions* – go for a “PB” personal best – play it faster than last time!

EVENT #3 – Marathon

To complete this event, you must submit a recording of yourself playing the each of the following bars 8 times:



- Make sure you fully understand each rhythm.
- Keep a really steady pulse, don't let it speed up or slow down (~100bpm).
- It will take time! Be patient, and focus on good stick technique.
- Don't be afraid to say the patterns out loud while you play – it really does help to understand the rhythms. (ta, ti-ti, ti-ka-ti-ka)
- *Returning Champions* – Play it faster! (~140bpm)

EVENT #4 – Trampoline

To complete this event, you must play the following 'double stroke' pattern:

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



- Again, keep the stroke size small – if you swing like you are chopping wood you'll be too slow.
- Keep the speed steady and the strokes even. Practice slow and speed it up.
- As you get faster, you can try and allow the stick to 'bounce', which will allow you to go faster still – but keep it even and steady!
- *Returning Champions* – Double the speed by changing the ti-tis to tika-tikas

EVENT #5 – Archery

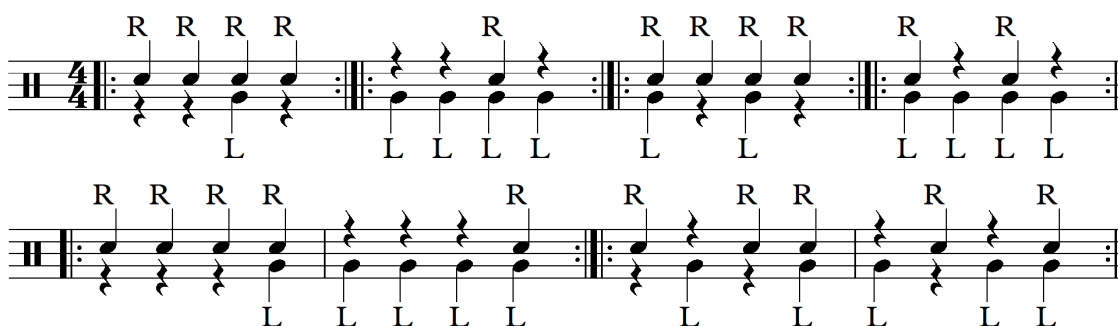
To complete this event, you must play the following pattern, focusing on accenting the marked notes:



- Keep it slow and steady.
- The notes with the accents above should be a little louder than the others.
- Play the notes without accents a little softer to contrast from the accents
- Aim for a metronome marking of 120bpm.
- *Returning Champions* – Make a much bigger difference of accented and non-accented notes

EVENT #6 – Synchronised Swimming

To complete this event, you must play the following pattern, using both hands as marked:



- Go slow to start – this is tricky, give yourself a chance to work it out in your head.
- Aim for a metronome marking of 120bpm.
- Practice each repeated section separately.
- When it comes time to record, play as marked – play each repeated section twice.
- *Returning Champions* – Aim for a metronome marking of 140bpm

EVENT #7 – Wrestling

To complete this event, you must play the following pattern using the marked sticking pattern, the 'paradiddle':



- This is an unconventional pattern, designed to develop independence of the hands.
- It is repetitive, and once you understand the pattern it is quite straightforward.
- Like other exercises, start slowly, then increase the speed once you are confident.
- Aim for a metronome marking of 120bpm
- *Returning Champions* – Double the speed by changing the ti-tis to tika-tikas

EVENT #8 – Weightlifting

To complete this event, you must play the following pattern, focusing on dynamics:



- **p** means soft, **f** means loud. Increase or decrease the dynamic (volume) as indicated.
- When you get louder, make sure the volume comes from your wrists, don't lift the sticks too high or you will find it difficult to control the speed.
- Make sure the peak (loudest point) of each crescendo is the last note
- Keep the speed steady at around 120bpm.
- *Returning Champions* – Make a MUCH bigger difference in dynamics – pp to ff

EVENT #9 – Relay

To complete this event, you must listen to the recording on the website, and fill in the gaps by copying the previous bars.

- There will be 8 two bar rhythms, and space in between for you to copy them
- Listen carefully, thinking about 'tas' and 'ti-tis' to help you remember the pattern. You may wish to consider saying the pattern out loud while you play it.
- Practice several times before attempting to record.
- This activity helps develop your ability to hear rhythms as patterns in order to better understand them.
- *Returning Champions* – There is no difference in this activity, just do it really well!

EVENT #10 – Triple Jump

To complete this event, you must play the following pattern with the marked sticking:

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



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

- This combines three skills: Single strokes, Double strokes and Paradiddles.
- Don't play the first line too fast, or the second line will be difficult! (100bpm)
- Keep the tempo steady throughout the exercise.
- Slower with good technique is better than fast and untidy.
- *Returning Champions* – Add a third line where you repeat the pattern in tika-tikas

Tips

- Don't send a recording of your first attempt. You should practice each exercise on several occasions before you submit a recording.
- If you don't understand something, look at the website (www.rwpsband.com) for tips. If you still don't understand, ask! If you think you are doing it right, but it is not quite working, send me a recording and I will give you feedback.
- Some of these will seem easier than others. Different people will find different activities easy or difficult. I guarantee, ALL of these are achievable *with a reasonable amount of practice*.
- If you learn to do all these, your band music WILL seem easier. There are all activities with multiple benefits – music literacy, rhythmic comprehension, stick technique, hand coordination etc will ALL improve by spending time on this.

Privacy

- Any videos or recordings submitted will be saved for the duration of the Olympics (so I can refer to them when giving later advice), then deleted at the end.