

# MARK WESSELS TMEA 2025 CLINIC EXERCISE PACKET

All exercises adapted from

A FRESH APPROACH  
for the

## BEGINNING PERCUSSION CLASS

by MARK WESSELS

An ensemble approach for developing  
well-rounded percussionists

### BOOK 1

A FRESH APPROACH  
for the

## BEGINNING PERCUSSION CLASS

by MARK WESSELS

An ensemble approach for developing  
well-rounded percussionists

### BOOK 2

[mwpublications.com](http://mwpublications.com)

THE PERCUSSION MAKE-OVER:  
**STRATEGIES FOR IMPROVING  
ENGAGEMENT AND MOTIVATION  
FOR PERCUSSION STUDENTS**

by Mark Wessels

Thursday, February 13th  
Room C214 • 2:30pm

**DOWNLOAD CLINIC HANDOUTS  
AND EXERCISE PACKET HERE:**



[mwpublications.com/tmea](http://mwpublications.com/tmea)

# SNARE DRUM STICKING EXERCISES

Stay relaxed and use full rebound strokes as you practice each exercise  
Make sure that the path of the stick is straight up and down  
Be sure to strike the drum or pad in the center on every stroke

1. **R R R R R R R R R R R R R R R R** ] (R)  
(repeat)

2. **L L L L L L L L L L L L L L L L** ] (L)  
(repeat)

"8 ON A HAND"

3. **R R R R R R R R L L L L L L L L** ] (R)  
(repeat)

"4's"

4. **R R R R L L L L R R R R L L L L** ] (R)  
(repeat)

SNARE DRUM RUDIMENT: DOUBLE STROKE ROLL (Alternating Double Strokes)

5. **R R L L R R L L R R L L R R L L** ] (R)  
(repeat)

6. **L L R R L L R R L L R R L L R R** ] (R)  
(repeat)

SNARE DRUM RUDIMENT: SINGLE STROKE ROLL (Alternating Single Strokes)

7. **R L R L R L R L R L R L R L** ] (R)  
(repeat)

8. **L R L R L R L R L R L R L R** ] (L)  
(repeat)

SNARE DRUM RUDIMENT: SINGLE PARADIDDLE

9. **R L R R L R L L R L R R L R L L** ] (R)  
(repeat)

10. **L R L L R L R R L R L L R L R R** ] (L)  
(repeat)

## 2. SNARE DRUM STICKING EXERCISES

11. R R L R L L R L R R L R L L R L ] (R)
12. R L L R L R R L R L L R L R R L ] (R)
13. R L R R L R L L R L R R L R L L ] (R)
14. R L R L L R L R R L R L L R L R L R ] (R)
15. R R R L R R R L R R R L R R R L ] (R)
16. L L L R L L L R L L L R L L L R ] (L)
17. R L L L R L L L R L L L R L L L L ] (L)
18. L R R R L R R R L R R R L R R R R ] (L)
19. R L R L R R L L L R L R L R L L R R ] (R)
20. R L R L R L R R L R L R L R L R L L ] (R)
21. R L R L R R R L L R L R L L L R ] (R)
22. R L R L R L L L L R L R L R L R R R R ] (R)

# 3.

# RHYTHM READING

①

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

②

1 2 3 (4) 1 2 3 (4) 1 2 3 (4) 1 2 3 (4)

③

- - - -

④

- - - -

⑤

- - - -

⑥

- - - -

⑦

- - - -

⑧

- - - -

⑨

- - - -

⑩

- - - -

# 4.

# RHYTHM READING

**1**

1 (2) 3 (4) 1 (2) 3 (4) 1 - 3 - 1 - 3 -

**2**

1 2 3 (4) 1 2 3 (4) 1 2 3 - 1 2 3 -

**3**

**4**

**5**

**6**

**7**

**8**

1 2 (3 -) 1 2 (3 -) 1 - (3 -) 1 - (3 -)

**9**

**10**

# 5.

# RHYTHM READING CHALLENGE!

①

Musical staff 1: Rhythm exercise 1 in 4/4 time. It consists of four measures: quarter notes G4, A4, B4, C5; quarter notes D5, E5, F5, G5; quarter notes A5, B5, C6, D6; quarter notes E6, F6, G6, A6. Each measure ends with a fermata.

②

Musical staff 2: Rhythm exercise 2 in 4/4 time. It consists of four measures: quarter notes G4, A4, B4, C5; quarter notes D5, E5, F5, G5; quarter notes A5, B5, C6, D6; quarter notes E6, F6, G6, A6. Each measure ends with a fermata.

③

Musical staff 3: Rhythm exercise 3 in 4/4 time. It consists of four measures: quarter notes G4, A4, B4, C5; quarter notes D5, E5, F5, G5; quarter notes A5, B5, C6, D6; quarter notes E6, F6, G6, A6. Each measure ends with a fermata.

④

Musical staff 4: Rhythm exercise 4 in 4/4 time. It consists of four measures: quarter notes G4, A4, B4, C5; quarter notes D5, E5, F5, G5; quarter notes A5, B5, C6, D6; quarter notes E6, F6, G6, A6. Each measure ends with a fermata.

⑤

Musical staff 5: Rhythm exercise 5 in 4/4 time. It consists of four measures: quarter notes G4, A4, B4, C5; quarter notes D5, E5, F5, G5; quarter notes A5, B5, C6, D6; quarter notes E6, F6, G6, A6. Each measure ends with a fermata.

⑥

Musical staff 6: Rhythm exercise 6 in 4/4 time. It consists of four measures: quarter notes G4, A4, B4, C5; quarter notes D5, E5, F5, G5; quarter notes A5, B5, C6, D6; quarter notes E6, F6, G6, A6. Each measure ends with a fermata.

⑦

Musical staff 7: Rhythm exercise 7 in 4/4 time. It consists of four measures: quarter notes G4, A4, B4, C5; quarter notes D5, E5, F5, G5; quarter notes A5, B5, C6, D6; quarter notes E6, F6, G6, A6. Each measure ends with a fermata.

⑧

Musical staff 8: Rhythm exercise 8 in 4/4 time. It consists of four measures: quarter notes G4, A4, B4, C5; quarter notes D5, E5, F5, G5; quarter notes A5, B5, C6, D6; quarter notes E6, F6, G6, A6. Each measure ends with a fermata.

⑨

Musical staff 9: Rhythm exercise 9 in 4/4 time. It consists of four measures: quarter notes G4, A4, B4, C5; quarter notes D5, E5, F5, G5; quarter notes A5, B5, C6, D6; quarter notes E6, F6, G6, A6. Each measure ends with a fermata.

⑩

Musical staff 10: Rhythm exercise 10 in 4/4 time. It consists of four measures: quarter notes G4, A4, B4, C5; quarter notes D5, E5, F5, G5; quarter notes A5, B5, C6, D6; quarter notes E6, F6, G6, A6. Each measure ends with a fermata.





# 7.

# RHYTHM READING

①

-----

②

-----

③

-----

④

-----

⑤

-----

⑥

-----

⑦

-----

⑧

-----

⑨

-----

⑩

-----

# 8. RHYTHM READING CHALLENGE!

①

②

③

④

⑤

⑥

⑦

⑧

⑨

⑩

# 9.

# SPEED NOTE READING

F-A-C-E : JUST THE SPACES!

1 

2 

3 

E-G-B-D-F : JUST THE LINES!

4 

5 

6 

SPEED NOTE CHALLENGE ; MIXING IT UP!

7 

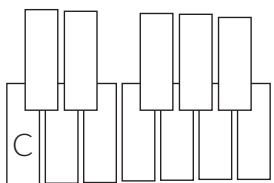
8 

9 

# 10.

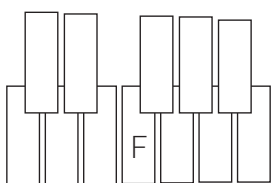
# KEY FINDER EXERCISES

These “key finding” exercises help you to quickly locate notes on your keyboard. Your instructor (or fellow classmate) will call out a note name on the first beat, then you will locate and *play* the correct note on your keyboard on the beat following. Start slow, with a metronome set on 60 beats per minute, then gradually speed up the tempo until you reach 120 beats per minute. *You should not have the notes written or engraved on your keys!* If you do, cover them up with a piece of tape.



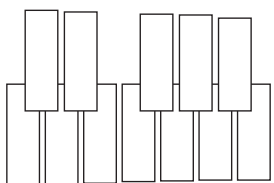
Using the note C as your home base (notes C, D & E):

- 10 C D C D | E D E C | D E D C | E C D C ||  
 11 D C E D | C E C D | E D E C | D E D C ||



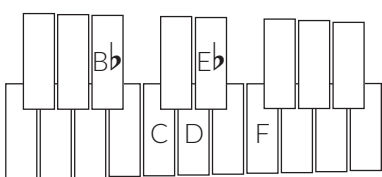
Using the note F as your home base (notes F, G, A & B):

- 12 F G F A | G F A F | G A B A | B G A F ||  
 13 G A B F | A F G F | A B F G | B G B F ||



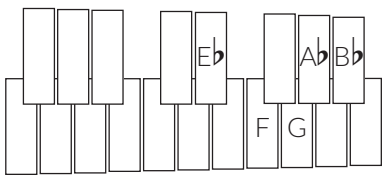
Using the full range (all notes C-B):

- 14 C D E C | F G F A | C E D E | F A B F ||  
 15 F A B G | E C D E | A G B F | C G F C ||



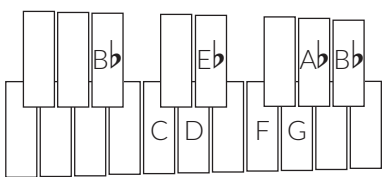
Using the notes B $\flat$ , C, D, E $\flat$  & F:

- 21 B $\flat$  C B $\flat$  D | B $\flat$  D E $\flat$  C | B $\flat$  C E $\flat$  C | E $\flat$  B $\flat$  D E $\flat$  ||  
 22 F E $\flat$  D E $\flat$  | F D C E $\flat$  | C B $\flat$  D F | E $\flat$  C B $\flat$  E $\flat$  ||



Using the notes E $\flat$ , F, G, A $\flat$  & B $\flat$ :

- 23 B $\flat$  A $\flat$  B $\flat$  A $\flat$  | G A $\flat$  B $\flat$  G | F A $\flat$  B $\flat$  F | B $\flat$  G A $\flat$  F ||  
 24 E $\flat$  G A $\flat$  F | B $\flat$  A $\flat$  F B $\flat$  | E $\flat$  F B $\flat$  A $\flat$  | G E $\flat$  B $\flat$  E $\flat$  ||



Using a full one octave range (striking either B $\flat$  is okay):

- 25 E $\flat$  C B $\flat$  D | F E $\flat$  B $\flat$  E $\flat$  | G A $\flat$  F B $\flat$  | G E $\flat$  B $\flat$  E $\flat$  ||  
 26 F A $\flat$  E $\flat$  G | C D B $\flat$  E $\flat$  | A $\flat$  F B $\flat$  G | C F B $\flat$  E $\flat$  ||

# 11. SNARE TECHNIQUE EXERCISES

## 1. BUZZ STROKE PRIMER

(repeat)

R L R L R L R L

## 2. FOUR AND FOUR BUZZES (alternate between starting on the right and off the left)

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

## 3. CONTROLLED STROKE, TAP, UPSTROKE (repeat off the right and left hand separately)

16" REBOUND REBOUND DOWN 2-3" TAP TAP UP

## 4. ACCENTED PARADIDDLE

A DOWN up tap tap R L R L L R L L

B DOWN up tap tap DOWN up tap tap R L R R L R L L

## 5. FOUR AND FOUR DOUBLES

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

## 6. NINE AND FIVE STROKE ROLLS

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

# 12.

# SNARE TECHNIQUE EXERCISES

## 7. FULCRUM PRESSURE CONTROL (MUTLIPLE, DOUBLE BOUNCES)

multiple bounces      double bounces      multiple bounces      double bounces

R L R L R L R L      RR LL RR LL RR LL RR LL      R L R L R L R L      RR LL RR LL RR LL

## 8. "CHICKEN AND A ROLL"

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

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

## 9. "CHICKEN AND A TAP ROLL"

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

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

## 10. FLAM BASICS EXERCISE (SINGLE HAND FLAMS)

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

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

## 11. FLAM BASICS EXERCISE #2 (ALTERNATING HAND FLAMS)

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

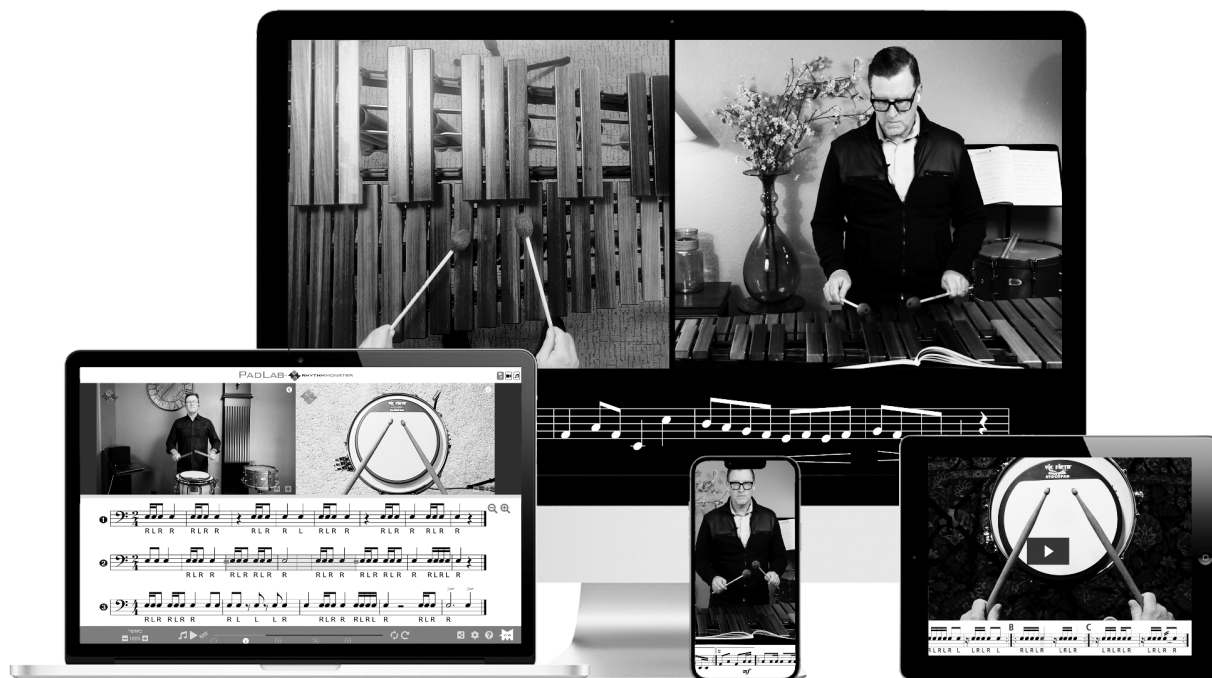
## 12. "GRID DIDDLES" (isolate and repeat each measure as necessary, then play the full exercise)

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

## 13. DRAG BASICS EXERCISE

**A** R L R L R L      R L R L      **B** R R L L      R R L L      LLR RRL      LLR RRL

L R L R L      L R L      R R L      R R L      LLR RRL      LLR RRL



## ***Want to get off to a great start?*** **Introducing the "Fresh Approach Digital Learning Tool"**

Becoming a successful percussionist isn't easy. Knowing HOW to practice and WHAT to practice is the biggest challenge. Now you can have Mark Wessels, the author of the *Fresh Approach* percussion method books as your personal tutor, guiding through every technique, rudiment, music reading exercise, solo or ensemble. Learning to play percussion has never been easier!

**Instructional classes** will walk you through every new concept introduced in the book. Grab your sticks or mallets and play along as Mark guides you through each lesson. Great for the classroom or individual practice!

**The PadLab™ Practice Tool** works seamlessly on any digital device. Follow along with the notation on the screen, adjust the tempo, isolate musical phrases and choose camera angles to help you learn more efficiently.

**Play-along videos** are a great way to test yourself to see if you've mastered the lesson. These are perfect for preparing for chair tests, exams or just a fun way to review previous lessons.

**TRY IT TODAY  
FOR FREE!**



Absolutely no commitment necessary.  
***Learn to play by playing - anytime, anywhere!***