



## Drum Set Freedom: Fantastic Feet, Volume 2

*Steve Fitch*

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## **Drum Set Freedom: Fantastic Feet, Volume 2** Steve Fitch

The Fantastic Feet books have been endorsed by Peter Erskine, Colin Bailey, Russ Miller, Frank Briggs, Casey Cangelosi, Steve Fidyk, and Ted Atkatz. Drum Set Freedom--Fantastic Feet, Volume 2 joins with its predecessor Fantastic Feet--Stepping Outside the Box to offer you the most comprehensive set of studies available for the development of hand/foot equality for drum set players of any style of music. By training with the double bass drum pedal, we can develop the freedom we need to play any idea we can imagine without friction or road blocks when we go back to the bass drum/hihat configuration of the traditional drum set. Also shown are different pedal design and good seating options for RELAXED and HEALTHY execution of these materials. Included in this volume 2 of Fantastic Feet are sections on dribbling the pedal board for blazing speed, the MOELLER dribble, rolls between the hands and feet, and control strokes. However this volume was also written to take principles discussed in Fantastic Feet--Stepping Outside the Box even further with additional chapters on flam patterns for the feet, single stroke and accent studies, exercises to bolster and strengthen the double stroke roll and additional double pedal grooves. We will also "flirt with infinity" by having you improvise foot patterns underneath certain suggested hand patterns and the last chapter entitled "The Extra Mile" will fill in any gaps with sections on grooves with paradiddles on the feet, groove studies with foot ostinatos, Phat Flam Feet, advanced foot accent studies, creative orchestrations of subdivisions with the hands and Whole Body Synergy. A special Appendix with Graduation Etudes discusses the "Push-Pull" technique for the hands and tests you with challenging grooves and patterns that should be possible for you after enough time has been spent working on the Fantastic Feet and Fantastic Hands project! The intent here is to help you take your musical expression at the drums to a deeper level. Much luck and success!

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