



The Synergy Method for Drumming: An Advanced Rudimental Drumming Method (Volume 1)

Dr. Greg Jackson

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The Synergy Method is the combination of traditional techniques along with psychophysiology, kinesiology and physiology to assist the percussionist. Kinesiology and physiology have been studied over the years in music but to understand what is happening psychologically will also help build the physical attributes of the performer. Many musicians in their career will reach a plateau. The Synergy Method will help performers to go beyond their current level. This book will be helpful for any audition you might have whether it is drum corps, indoor drum line, marching band, or even orchestra level auditions. Instructors can use the exercises with the ensembles they are teaching to address specific concerns. The Synergy Method will help the player achieve better performances by utilizing an approach that will transfer to other percussion instruments, something that cannot be effectively done with other rudimental styles.

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