

**HOW TO LIVE
YOUR PASSION
AND BECOME
A DRUMMER
TODAY**

BY YANNICK WEILER

How to Live Your Passion and Become a Drummer Today

Simple shortcuts to quickly go up on stage or jam along to your favorite songs.

Hi, I'm Yannick!



I'm absolutely stoked to show you how to become a drummer in no time. You see, drumming has been my passion for 19 years now - and I'd love to share this passion with you. So stick around. I believe you won't be disappointed!

When I got my first drum set, I had no idea about the world of opportunity that was about to open up. Since that day, I've played on many stages in front of hundreds of people at a time. I've helped dozens of students of all ages discover their passion for drumming and made money at the same time. I've met incredible people from all over the world. And I sure had loads of fun along the way.

And my drumming journey isn't exceptional at all. In fact, ask any experienced drummer if he / she's been on stage and taught students: I'd be surprised to see many who haven't. So the same - and more - can easily become true for you too.

Drumming is fun, drumming is healthy

In fact, you can start drumming right after reading this report (even [if you don't own a drum set](#) yet) and you'll experience what it means when I say that playing the drums is loads and loads of fun.

And here's the good news. Other than so many other pleasant things we indulge in, drumming is actually healthy too. Playing fast beats as they are common in rock music or jazz can replace a cardio workout and playing to any beat will synchronize your brain waves at the particular tempo you're playing. Slow beats help you relax and fast beats ramp up your concentration (so much that drumming was shown to effectively replace the medication of people suffering from Attention Deficit Disorder).

It's all scientifically proven and it makes absolute sense once you've experienced how the complexity of coordinating four limbs in rhythm will suck you in and leave no room for distractions. So drumming done right is like entering the much sought-after state of "flow" on command. (You can read [more about the health benefits of drumming](#) on my blog.)

Play along to your favorite music

This one will be addictive. Once you put on your headphones and jam along to your favorite tune, I bet you'll be hooked. And this could be happening weeks or - depending on the song - only days from now. How? I'll explain! But first bear with me for two more privileges of the modern drummer.

Be up on stage in a few months

For instance, in about 4 months you can learn enough to join a band and quickly go on to playing your first gig. And sure, you'll probably not play a sold-out arena. But you'll be able to feel the heat of the spotlights on stage and the adrenaline pumping through your veins.

Teach others and earn money down the road

As early as one or two years into your drumming journey, you might also feel confident enough to teach others how to get started on the drums. With the internet around, it's as easy as putting up an offer on [Craigslist](#) and teaching others what you've learned so far. Don't worry, drumming is about what you can actually do as opposed to how long you're doing it or what kind of fancy certificates or badges you've earned. So as long as you're playing and teaching skills are solid, you'll have people coming back to you for more. All while you set your own rates. And wouldn't it be cool to make money doing what you love?

I hope you're getting the sense that I'm pretty optimistic about what you can achieve on the drums. And this is because I believe (and have seen proof over and over with my students) that *anybody* will become a damn good drummer if he goes about doing it the right way. It's 1% talent and 99% making good choices.

Really Yannick?

I know what you're saying: *"This sounds too good to be true."*

And yes, many people who pick up the drumsticks won't make it on stage or even through their first couple of songs. They never experience the thrill of a fast chorus driven by the rhythm machine also known as you. And that's a pity - one that can be avoided.

After all, not making it as a drummer (and it's up to you to define what "it" is) is most commonly due to one thing (not lack of talent, no!)...

...information overload. There are literally thousands of YouTube videos and hundreds of drumming books and DVDs out there, many of which give information that is highly inefficient.

That means, it isn't wrong, but it still hinders you, because it doesn't point you in the right direction (as for a certain technique, exercise or whatever). And the whole point of taking lessons or having an instructor is exactly this: being instructed on what's the most efficient way to achieve your drumming goals.

I must know, because I spent years trapped in a cycle of teachers handing me techniques, practice routines and books that I now know were a complete waste of time and money.

If I had to start all over again, and if I could skip all that misinformation and malpractice, I believe I'd become a better drummer within 1 year than I had been after 8.

So let's be really clear about the 2 big stumbling blocks for drummers, so you can elegantly leap over them (being gently nudged along by myself):

1. Not knowing *how* to practice effectifficently (yes, I just blended "effectively" and "efficiently")
2. Not knowing *what* to practice next or where to start in the first place

So what's the solution?

Generally it's this simple:

1. Understand how you can make the most of your practice time (even if you have just 15 minutes a day)
2. Understand what's the next logical thing to learn on the way towards your drumming goal

But I hear ya: *"How exactly does that work?"*

I'll tell you, but this is where it gets slightly more complex. So we'll address both questions one after the other:

Solution part 1: how to practice effectifficently (effectively + efficiently)?

One day I sat down on my drum set to increase my double bass speed. I had been practicing this many times in the past month, but still couldn't play significantly faster. In other words: I was fed up. I'd give it one more try and was ready to decide that fast double bass passages simply weren't my thing (this weak excuse is of course never true).

I sat down, and tried the same pattern over and over for about 10 minutes without luck. And I got even more fed up. But then something happened. Instead of quitting, I decided to take another look at the video explaining the particular foot technique I was trying to

use. The movement of the instructor's foot looked exactly like mine. I noticed however that the person in the video positioned his foot slightly more towards the back of the pedal than I did. So I moved around my foot, tried here and there...and suddenly the pedal started working for, not against me. My strokes felt differently, almost effortless and 10 minutes later I found myself playing a double bass pattern much faster than I had ever done before.

So the first thing to grasp when it comes to practicing effectefficiently is: *concentrate on one thing and one thing only - and everything else will improve in turn.*

After all, drumming is a complex thing. Try moving your right hand forcefully up and down for about 200 times per minute, perform a slightly different movement with your left for about 50 times during that interval, then add your left foot and your right and have them do different things again...You get the point. Drumming is complex. And your attention limited.

You can only concentrate on so many things at a time, and research suggests that when it comes to learning multitasking is rubbish. Teaching your body new movements on the drum set works most effectefficiently when you fully concentrate on *the one particular thing you want to improve.*

Doesn't sound too difficult, right? And it isn't. The challenge is to make that thing you're supposed to concentrate on really specific. As in my case, it didn't do the trick to focus on my "foot technique". That turned out to be much too broad. But when I zoomed in and focused on "the position of my foot on the pedal" I was suddenly able to mess around until I found the sweet spot.

The specific thing could also have been the angle of my pedal or foot on the board. Or the force I used in each stroke. It doesn't matter what it is, but you have to make it specific. And the you can concentrate on and change the specific aspect up and down and sideways - until it works.

And once you've got it, the magic happens and many other aspects of your playing improve as well. My foot epiphany didn't only improve my double bass speed. It also

made me more relaxed so I could play the pattern for a longer time and more consistently - or as we drummers would say "more tightly".

So make it your habit to zoom in on one very specific thing at a time and you'll propel your drumming forward with each day you practice.

The Second Habit

In 2006 I attended a drum camp sponsored by a well-known alcoholic beverage that brought together some of the most famous drummers and drum instructors at the time to teach a bunch of aspiring drummers. I was lucky enough to be one of them, and I'm still greatly indebted to what Walfredo Reyes Jr. (Santana) and his colleagues taught me. Yet, one thing greatly bugged me at this event...

Among the students, there seemed to be an implicit competition about how managed to cram more practice hours into one day. At that time, I played along, because I didn't know any better. And in the weeks following the event, I really tried to practice for 3 or sometimes even more hours a day. Today I believe that nothing could have been more ineffective.

Don't get me wrong: the more you practice, the better. But the problem with a practice marathon like mine is that most people won't stick to it for long. At least, I didn't. More and more, I skipped one or two days between practice, and eventually I didn't touch my drum set for 3 weeks, because I'd had enough of it.

So here's my advice: *practice for relatively short amounts of time, but be consistent.* This could be as little as 20 minutes each day - or at least most days of the week.

This is much better than everlasting but rare practice sessions, because in order to become a better drummer you need to develop muscle memory. That's the place where new movements are stored. And you store them by performing them over and over again. If you're trying to learn to play ghost notes (very silent hits on the snare that fill the "holes" in a beat), you'd play a few of those today, another few tomorrow and another few the day after - until they become second nature. That is, when you don't have to concentrate on them any more. That's when you know you've successfully developed muscle memory.

So spend a tiny amount of time each day practicing and spare yourself those 3-hour "I-can-still-go-a-little-longer" practice marathons.

And 20 minutes is not a joke at all. I'm convinced that if anybody practiced (with concentration) for 20 minutes for each day of their first year of drumming, they could be winning band auditions by that time. One of my students pulled this off last year.

But what about the "what"?

Now that you know how to practice effectively you'll be saving loads and loads of time. But there's still one problem left:

You need to know *what* to practice. Otherwise you might be applying your super effective practicing skills in the wrong place.

So where to start? Or if you've already started: where to go from there?

Basically, you have 3 choices:

1. Hit YouTube and use the hundreds of thousands of free lessons on there
2. Hire a local drum teacher to teach you for about 45 minutes per week
3. Use Drumeo

You're wondering about #3? Rightly so! 3 years back, I didn't know what Drumeo was either. But I was also in dire need of learning how to memorize songs and kick a** in the studio.

And right when I thought I wouldn't cut the studio session (1 week before), I found Drumeo. I gave it a try, applied what the instructors taught me and...

...out came - among others - [this track](#) which I'm still proud of. (If you like the music, check out its maker, a former band mate of Michael Stipe (now: REM), [William Lee Self](#)).

But I'm guessing this alone is not enough for you to dismiss free YouTube "lessons" or traditional face-to-face tuition. I was sceptical about Drumeo too. And I would have loved to see it compared to the two other possible ways of becoming a drummer.

So I wrote [an in-depth review post on this](#). And I really recommend you check it out!

It'll help you decide which type of instruction is best for you. And together with what you've learned about effectificient practice just now: you can be the drummer you want to be in no time.

So check out [my Drumeo review and comparison!](#)

To your drumming success!

A handwritten signature in blue ink that reads "Yannick". The signature is written in a cursive, flowing style with a long, sweeping tail on the letter 'k'.