

# The Weaker Side

By Dom Famularo and Stephane Chamberland

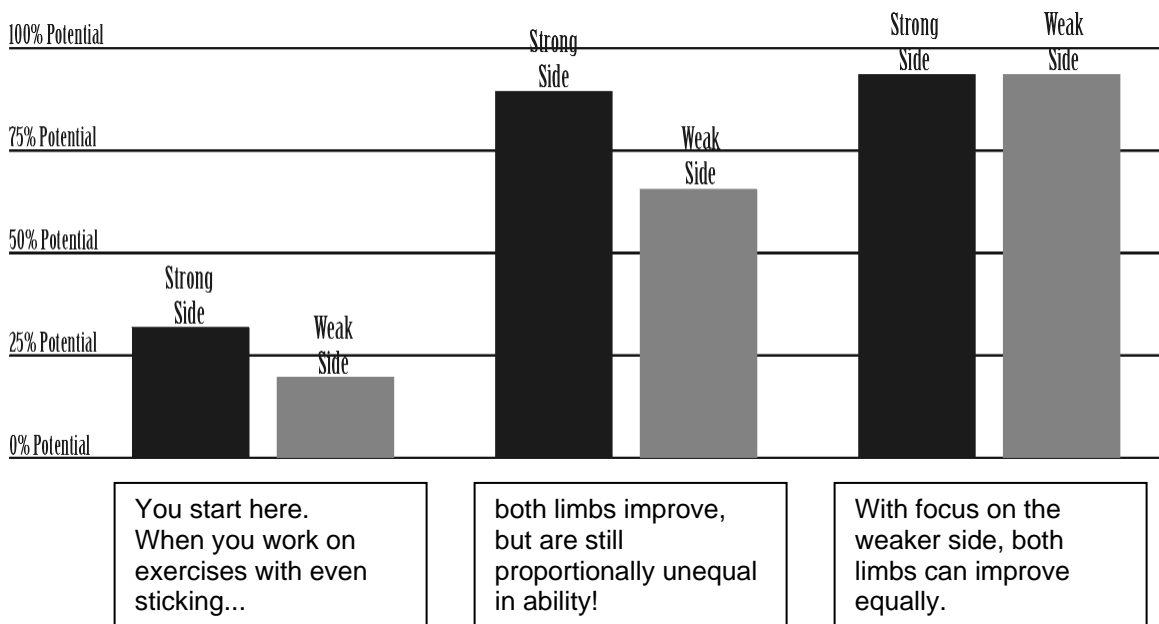
In our global travels, we have met thousands of drummers. The most common challenge they have all asked about is developing balance between their hands and feet. The Weaker Side is the first step to achieving balance between all limbs. Imagine how much more control you would have in your playing if your hands and feet were equal in execution! We decided to write a book called The Weaker Side. This is all about programming muscle strength into your weaker side. The ultimate objective is to be able to perform any idea you hear in your head. The better your skill, the easier it is for you to consistently express your ideas.

In any art form or sport, it's important to think about technique. Technique is a tool that will help you express what you feel, and good technique will stop you from hurting yourself. We know a certain technique is better than another by the results we get from using it. All great drummers have one thing in common in their technique: they can play well with both hands and feet.

A challenge we see with our students is that one hand or one foot is weaker than the other. The most common question our students ask is how to improve their weaker side. We are in the evolution of drumming. With the book The Weaker Side, the drummer will focus on the ultimate goal of being able to play everything with both hands and feet equally. This is what we call freedom! It affects the way you play, the way you sound and also the way you set up your drums.

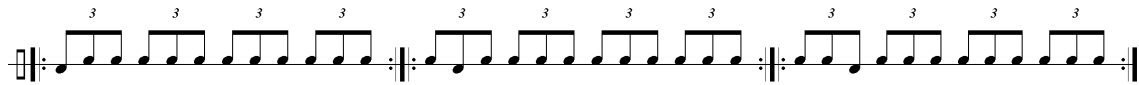
The evolution of drumming and music creates new challenges. We cannot resolve a challenge without changing the thought process that created the challenge. This book will help you think differently and focus on the most important thing: the weak part of your technique. It is very helpful for us to know our strengths and weaknesses. When we acknowledge weakness, it leads to action. But remember, there is no shortcut! It's all about doing a little bit everyday. We must plant the seed, water it every day, and be patient as it grows. But this process will lead to constant and never-ending improvement. Consistency will guarantee your success in technique, drumming, and in life!

Here is an observation of many drummers relationship between their stronger and their weaker side.

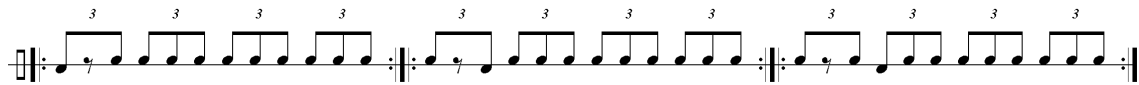


Here are some exercises from the book The Weaker Side:

**Straight Triplets**



**Broken Triplets**



**Flam Triplets**



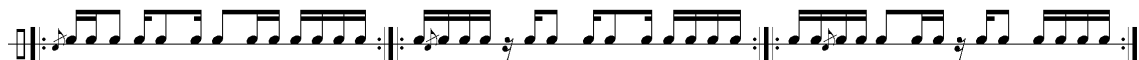
**Straight Sixteenths**



**Broken Sixteenths**



**Flam Sixteenths**



For more weaker side exercises check out The Weaker Side published by wizdom media [www.wizdom-media.com](http://www.wizdom-media.com) exclusively distributed by Alfred [www.alfred.com](http://www.alfred.com). Also check out [www.domfamularo.com](http://www.domfamularo.com) and [www.stephanechamberland.com](http://www.stephanechamberland.com)