

How to play drums – Learning Rhythm

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Playing drums involves **rhythm and technique**. Before getting a drum kit, it's important (1) to understand rhythm, which will help you become a better drummer.

Step 1: Start by using (2) your hands and thighs. Mimic basic drum rhythms while sitting down. **Listen to music with clear rhythms and practice with your hands**. Learning rhythm before buying a kit can prevent frustration (3).

Step 2: Learn to count quarter notes (4) in a 4/4 time signature (4 beats in a measure). **Tap out four equal beats with one hand. Count out loud (5) to develop rhythm awareness**. Use a metronome for practice, which you can find online or on your phone.

Step 3: **Understand eighth notes**. Each quarter note has two eighth notes. **Tap the quarter note beat with one hand**, then try eighth notes, **counting "1-and-2-and-3-and-4-and..."** Say (6) it steadily and beat it with your hand.

Step 4: Practice (7) with both hands. **Count (8) eighth notes and tap the table with your other hand on "Two" and "Four,"** simulating the snare drum.

Step 5: Introduce the downbeat. **Tap with both hands, and on "One" or "Three," tap your foot**. This represents the bass drum. Congratulations, you're now playing (9) a simple rock-style drum beat!

Keep practicing, and soon you'll learn (10) more advanced techniques.