

# 360DRUMS

*written by Joost Visser*

## BOOK ONE the book of beats

### chapter 4 adapting the beat

**NEDERLANDS  
ENGLISH**

**NEW  
CHAPTERS  
INCLUDED**

**SECOND  
EDITION**

**REVISITED**

**CD-ROMS  
VIDEO**

# chapter 4

4.1

Musical notation for exercise 4.1, consisting of four staves in 4/4 time with a key signature of one sharp (F#). The first staff shows a bass line with quarter notes and beams. The second, third, and fourth staves show various drum patterns with 'x' marks indicating hits.

4.2

Musical notation for exercise 4.2, consisting of four staves in 4/4 time with a key signature of one sharp (F#). The first staff shows a bass line with quarter notes. The second, third, and fourth staves show drum patterns with eighth notes and 'x' marks.



# chapter 4

4.3

Musical notation for exercise 4.3, consisting of four staves in 4/4 time with a key signature of one sharp (F#). The first staff shows a melody of quarter notes with eighth-note beamed pairs. The second and third staves show a bass line of quarter notes with eighth-note beamed pairs. The fourth staff shows a bass line of quarter notes with eighth-note beamed pairs.

4.4

Musical notation for exercise 4.4, consisting of four staves in 4/4 time with a key signature of one sharp (F#). The first staff shows a melody of quarter notes with eighth-note beamed pairs and accents. The second and third staves show a bass line of quarter notes with eighth-note beamed pairs and accents. The fourth staff shows a bass line of quarter notes with eighth-note beamed pairs and accents.



# chapter 4

4.5

Musical notation for exercise 4.5, consisting of four staves in 4/4 time with a key signature of one sharp (F#). The notation shows a bass line and a snare line for each staff, with various rhythmic patterns and accidentals.

4.6

Musical notation for exercise 4.6, consisting of four staves in 4/4 time with a key signature of one sharp (F#). The notation shows a snare line and a bass line for each staff, with various rhythmic patterns and accidentals.





# chapter 4

4.7

Musical notation for exercise 4.7, consisting of four staves in 4/4 time with a key signature of one sharp (F#). The notation includes various rhythmic patterns such as eighth notes, quarter notes, and beamed eighth notes, with some notes marked with 'x'.

4.8

Musical notation for exercise 4.8, consisting of four staves in 4/4 time with a key signature of one sharp (F#). The notation includes complex rhythmic patterns with accents and various note values.



# INDEX

## BOOK ONE (A)

chapter 1: **rock** (8th note beats)  
chapter 2: **blues rock** (12/8 and 8th notes)  
chapter 3: 12/8 and **half-time shuffle**  
chapter 4: adapting the beat  
chapter 5: **16th note** beats (1-e-&-a)  
chapter 6: 4/4 and **shuffle** (triplet feel)  
chapter 7: **1-e-&** on the hihat  
chapter 8: **fast rock** (4th note beats)  
chapter 9: **1-&-a** on the hihat  
chapter 10: beat **displacement**  
chapter 11: 8th note beats with **accent** on the beat  
chapter 12: **syncopated 8th notes** on the hihat  
chapter 13: 8th note beats with **accent** on the **off-beat**  
chapter 14: **modulation**  
chapter 15: **open** hihats  
chapter 16: **latin**-american

## BOOK TWO (B)

chapter 1: fills in **rock** (on snare and two toms)  
chapter 2: fills in **blues** (on snare and two toms)  
chapter 3: fills in **rock** (with bassdrum added)  
chapter 4: fills in **blues** (with bassdrum added)  
chapter 5: **mini** fills  
chapter 6: big **accents**  
chapter 7: **independence** exercises as fills  
chapter 8: using **swipes**  
chapter 9: playing fill **systems**

## MP3-PACKAGE

part 1: 16th notes **even** feel  
part 2: **bluesrock** (8th notes triplet feel)  
part 3: 16th notes **triplet** feel  
part 4: climbing tracks (45-130bpm)  
part 5: big **accents** (70bpm)  
part 6: big **accents** (105bpm)  
part 7: big **accents** (135bpm)  
part 8: clicks on the **1** (even/triplet feel)  
part 9: clicks on the **e** (even/triplet feel)  
part 10: clicks on the **&** (even/triplet feel)  
part 11: clicks on the **a** (even/triplet feel)  
part 12: clicks on the **dotted quarter** (even/triplet feel)  
part 13: clicks on the **dotted 8th note** (even/triplet feel)

# 360DRUMS

# TIPS TO STUDY

After you have studied a slow-speed session you can increase the tempo to improve your skills, but there are more ways to vary and dig deeper. To improve every day, try these ideas:

- 1) play on ride cymbal, in stead of hi-hat
- 2) take a pencil and mark some hihats as shups (open hihat)
- 3) play in even feel and triplet feel
- 4) play all notes as soft as possible and choose 1 instrument to play loud (hi-hat, snare or bass drum)
- 5) play a beat while applying 1 of the ostinato with your hihat foot

A collection of 12 musical exercises labeled A through L, arranged in two columns. Each exercise is written on a five-line staff with a double bar line at the beginning. Exercises A, B, C, D, E, and F are in the left column, while G, H, I, J, K, and L are in the right column. The notation includes various rhythmic symbols such as eighth notes, quarter notes, and rests, with some notes marked with 'x' to indicate specific drum sounds. Exercises G, I, J, K, and L feature triplet markings (a '3' over a group of notes) to indicate a triplet feel.

- 6) play a fill while applying an ostinato with your left & right foot

A collection of 8 musical exercises labeled M through T, arranged in two columns. Each exercise is written on a five-line staff with a double bar line at the beginning. Exercises M, N, O, and P are in the left column, while Q, R, S, and T are in the right column. The notation includes various rhythmic symbols such as eighth notes, quarter notes, and rests, with some notes marked with 'x' to indicate specific drum sounds. Exercises Q, R, S, and T feature triplet markings (a '3' over a group of notes) to indicate a triplet feel.

# AT LAST

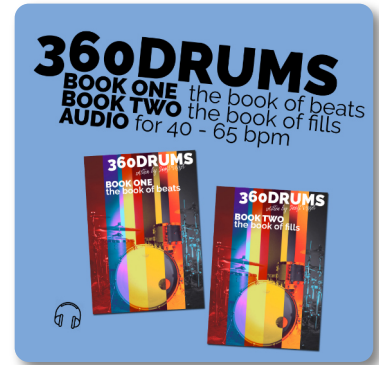
This small booklet contains only a few of the many exercises that are included in **BOOK ONE** (book of beats) & **BOOK TWO** (book of fills).

## So would you like to learn even more?

Buy a paper version of the books for just € 39.95 to receive a real version.  
(A digital download version costs € 29.95.)

The great thing about the two books is that they always fit on one music stand. Only then can you work on beats & fills at the same time. And not to forget; with the play-alongs of course..

The books can be purchased in the webshop ([360drumsbook.com](http://360drumsbook.com)) and also at the best sheet music webshops such as [percussionbooks.com](http://percussionbooks.com).



The free **360DRUMSbook app** can be installed on all platforms (PWA). This typical drummers' app contains the following features:

- 1) a metronome, but not as you already know it
  - + drumless band tracks (40-65 bpm in even, triplet and bluesrock feel)
  - + complete set of click tracks (40-115 bpm)
    - with clicks on all 16th notes separately
    - with clicks on dotted quarter notes
    - with clicks on dotted eighth notes
- 2) inspirational videos for all chapters in BOOK ONE and BOOK TWO

I hope you enjoyed this chapter & the time you spent on your drum kit. Playing drums, and especially getting better at drumming, is super cool.

That's why I made the books.

Kind regards,

Joost Visser  
author 360DRUMSbook  
[www.360drumsbook.com](http://www.360drumsbook.com)

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