



## The Weaker Side

*Dom Famularo, Stephane Chamberland*

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This book addresses the common problem of proportionally unequal abilities between a drummer's dominant and weaker muscle sets in drumming technique. The strategic exercises are designed to develop the under-used muscles to cultivate a more balanced ability for controlled movement and a fluid and consistent sound. Organized for gradual strengthening through daily practice, the exercises can be used for both hands and feet.

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