

Advanced Stick Control and Malleting:

Using Mallets Like a Percussionist

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1. 4 Mallet Grips

General Numbering

Left hand outside =1, LH inside =2, Right Hand inside=3, RH outside = 4

Mallets 2 and 3 are primary for all grips

Cross Grip

- Similar to Shelly/4iH
- Mallets 2 and 3 against palm.
- Grip is at same balance point as when using single mallets
- Back of hand opposite striking surface



Burton Grip

- "upside down Shelly"
- Mallets 1 and 4 against palm
- Grip is at same balance point as when using single mallets
- Back of hand opposite striking surface



Stevens Grip

- Most common with percussionists today
- 1 and 4 are held by pinky and ring fingers
- 2 and 3 held by middle finger
- 2 and 3 roll between thumb pad along index fingers
- Thumb nail opposite striking surface
- Grip at end of the mallets



Brockner

- Hybrid of Cross and Stevens Grip
- Ends of both mallets in palm tips overlapping like cross grip
- Two fingers between
- Back of Hand opposite striking surface
- Diagrams in her book

2. Burton vs Stevens

Burton	Stevens
Pros: strong, solid, easy to learn, good for chords, can be used with LB mallets, better for multi strand BT	Pros: complete mallet independence, one handed rolls, easy to reach larger intervals
Cons: mallet independence difficult, mallets click together, hard to reach larger intervals	Cons: difficult to learn, requires significant hand dexterity and strength, chords more difficult, can't be used with LB mallets

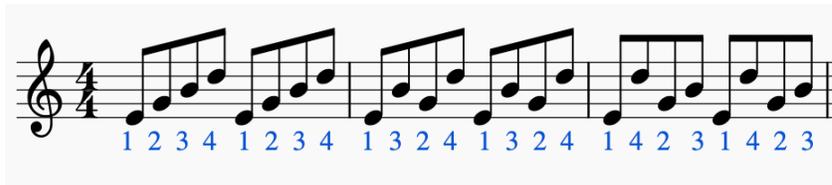
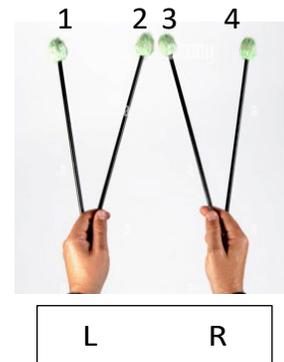
3. Sticking Exercises



Accents

- This can be adapted for 4 mallets by doing 4 note arpeggios instead of alternating hands
- Passing around the beat 1/4s, 1/8s, 1/16s
- Move accents over one note and repeat

4 Mallet Sticking Exercises:



If you are interested in learning more about counting rhythms, overcoming one hand dominance, and using 4 mallets I give private lessons over zoom. Please email me for more information.