

## Cymbal Guidelines

### Set Up

- Put hand through strap
- Rotate hand so thumb points down, then rotate thumb around the strap
- Fingers should be spread across pad
- Strap should be tight to hand but not uncomfortable (i.e. cutting off circulation)

### Set Position

- Cymbals at side of body, but NOT touching
  - o Cymbals at hip level
- Cymbals should be parallel with each other
- Athletic bend in elbow



### Vertical (Vert)

- Parallel Cymbals (an inch or less apart)
- Tips of thumbs will be eyebrow level
- Crashing:
  - o Prep
    - "A" position
      - 90 degree Angle - opening to bottom
      - No displacement
    - "V" Position
      - 90 degree angle – opening to top
      - 1 inch displacement right over left
  - o Crash
    - Crash rolls from bottom contact to top
  - o Follow through
    - To "A" Position
    - To "V" Position
      - 90 degree angle

## Cymbal Guidelines

- No displacement
- Return to vertical position (parallel cymbals)

### Flat

- Set Position
  - Hold both cymbals at a 45 degree angle (right over left “Seatbelt” angle)
  - Held at sternum level
- Crashing:
  - Prep
    - Open into forearms maintaining 45 degree angle
    - Front of right cymbal should be displaced by 1”
  - Crash
    - Push right cymbal through the left (breaking the wall)
    - Right cymbal should extend past the left cymbal
  - Pull back into set position

### Orchestral (Orch.)

- Hold both cymbals at 45 degree angle (right over left)
- Hold around mid-abdomen level
- Crashing:
  - Prep
    - Goes though the same motion: A-V, Crash, A-V, set
    - “A” Position
      - Cymbals open into body with a 90 degree at front of cymbal
    - “V” Position
      - Cymbals open away from body 1 inch displacement at the back of cymbals
  - Crash
    - Back to front contact
    - Release to “A” Position
  - Follow through
    - “A” Position
    - “V” Position
  - Return to Orch. Position

## Cymbal Guidelines

### Hi-Hat

- Cymbals are horizontal (right over left) perpendicular to body
- Mid-abdomen level



### Flip Ups, Flip Downs and Visuals

- See videos on how to properly flip up and down/other visuals