



**Feel the Beat**  
*Colleen Moore*

**VAKT Materials List:**

Tablet with access to YouTube

Metronome – you can download a free one from the app store. The Apple app store has one called Metronome Pro – Beat & Tempo

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Humanity's oldest INSTRUMENT is the human VOICE. However, our desire for musical communication developed to include a wide array of tools. Today we'll be learning about one of the oldest musical instruments that was ever used by mankind, the DRUM. Some might describe drums as the most PASSIONATE of instruments. The art of drumming is one of the oldest forms of music and music communication. The idea of using drums for RITUALS and CELEBRATION goes back to early recorded history, across a range of cultures.

**SPELL: INSTRUMENT SPELL: TOOLS SPELL: MUSIC**

What are we going to learn about in this lesson? DRUMS

What is considered humanity's oldest instrument? THE HUMAN VOICE The art of drumming is one of the oldest forms of music and \_\_\_\_\_ . MUSIC COMMUNICATION

According to the above paragraph, dating back to early recorded history, what were drums used for? RITUALS and CELEBRATION

The drum is the most famous member of the PERCUSSION group of musical instruments. Percussion instruments include any instrument that makes a sound when it is hit, SHAKEN, or SCRAPED. It's not easy to be a PERCUSSIONIST because it takes a lot of practice to hit an instrument with the right amount of strength, in the right place and at the right time. Some percussion instruments are TUNED and can sound different notes, like the XYLOPHONE, TIMPANI or piano, and some are UNTUNED with no definite pitch, like the bass drum, CYMBALS or CASTANETS.

**SPELL: STRENGTH SPELL: TUNED SPELL: FAMOUS**

Question Type Key

KNOWN – SEMI-OPEN – PRIOR KNOWLEDGE – MATH – OPEN - VAKT

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The drum is the most famous member of the \_\_\_\_\_ group of musical instruments. PERCUSSION

\_\_\_\_\_

Percussion instruments include any instrument that makes a sound when it is \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_. HIT, SHAKEN, SCRAPED

Name one percussion instrument from the text that is tuned so it can sound different notes. XYLOPHONE, TIMPANI, PIANO

Can you name another percussion instrument that gets tuned?

ANGKLUNG, CELESTA, CHIME, BAR, CUP, CHIME, GLOCKENSPIEL, HAND CHIME, VIBRAPHONE, MARIMBA, METALLOPHONE, STEEL PAN, TUBULAR BELL,  
What are two examples untuned percussion instruments? BASS, DRUM, CYMBALS, CASTANETS

Percussion instruments keep the RHYTHM, and add EXCITEMENT and color. Drums and percussion instruments play a rhythmic role in nearly every GENRE of music (A music genre is a category of pieces of music that share a certain style), spanning CENTURIES and CONTINENTS. From early drums made from GOURDS (Gourd is the fruit of a flowering plants species in the family CUCURBITACEAE, like pumpkins, cucumbers, squash, luffa, and melons.) to the electronic drums of today, the history of drums involves a wide ARRAY (an impressive range of a particular type of thing) of musical styles.

SPELL: COLOR SPELL: STYLES SPELL: SOUND

Percussion instruments keep the \_\_\_\_\_. RHYTHM

How long is a century in time? 100 YEARS or ONE HUNDRED YEARS How many continents are there in the World? 7 or SEVEN

What word means the category of pieces of music that share a certain style? GENRE

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Name one example of a gourd as mentioned in the text? PUMPKINS, CUCUMBERS, SQUASH, LUFFA, MELONS

Music HISTORIANS (Historians study the passage of time and the events that happen within that passage.) generally do not credit individuals with the INVENTION (An invention is a new thing, method, composition or process.) of specific drums. Like most musical instruments, different drums slowly evolved over centuries of INNOVATION. The same is true of drum beaters, such as DRUMSTICKS and felted MALLETS. The origins of the drum may have originated from the STAMPED PIT, which was a hole purposefully dug in the ground and covered with planks of wood. People would jump up and down on the planks of wood to create a percussive and add sound RESONATING or ECHOING in the hollow space. Music history scholars believe this might have created a soothing sound for those who listened to it. Evidence of these styles was found in the SOLOMON ISLANDS, INDONESIA, and MALAYSIA.

SPELL: HISTORIAN SPELL: HISTORY SPELL: EVOLVED

What word from the text is used to describe a new thing, method, composition or process? INVENTION

Name two examples from the text for drum beaters. DRUMSTICKS, FELTED MALLETS (or just MALLETS)

According to the text the origins of the drum may have come from the \_\_\_\_\_. STAMPED PIT

The Stamped Pit was a hole dug in the ground and covered with planked \_\_\_\_\_. WOOD

What continent are both Indonesia and Malaysia part of? ASIA

There are many African myths that exist in relation to the drum and the beginning of its creation. One is the myth of QUEEN MARIMBA. She is seen as the mother of the WAKAMBI TRIBE and is a folk hero whose ACCOMPLISHMENTS have become part of the folklore of Africa. As is customary in most African cultures she is considered to be a god and was one of the IMMORTALS. Queen Marimba is credited as the creator of the drum known as the NGOMA as well as many other instruments.



SPELL: MYTH SPELL: FOLKLORE SPELL: MOTHER

What tribe is Queen Marimba part of? WAKAMBI TRIBE

What is a drum know as to the Wakambi tribe? NGOMA

Who is Queen Marimba? SHE IS SEEN AS THE MOTHER OF THE WAKAMBI TRIBE AND IS A FOLK HERO WHOSE ACCOMPLISHMENTS HAVE BECOME PART OF THE FOLKLORE OF AFRICA. AS IS CUSTOMARY IN MOST AFRICAN CULTURES SHE IS CONSIDERED TO BE A GOD AND WAS ONE OF THE IMMORTALS

What does it mean to be immortal? LIVING OR LASTING FOREVER. ETERNAL LIFE, BEING EXEMPT FROM DEATH; UNENDING EXISTENCE.

ARTIFACTS are a human-made object which gives information about the culture of its creator and users. Artifacts from China suggest that percussionists played drums made from alligator skins as far back as 5500 B.C, and ICONOGRAPHY (is the study of the conventional meanings of iconographic art, which is art that is meant to convey some doctrine or traditional story) from ancient MESOPOTAMIAN, EGYPTIAN, Greek, and Roman cultures show the use of drums in religious CEREMONIES and cultural gatherings. Evidence suggests that both hand drums and drums played with beaters evolved SIMULTANEOUSLY.

SPELL: ANCIENT SPELL: CULTURE SPELL: BEATERS

What word is used to describe a human-made object which gives information about the culture of its creator and users? ARTIFACTS

Drum artifacts from China suggest that percussionists played drums made from \_\_\_\_\_ . ALLIGATOR SKINS

How far back were alligator skins used in China to make drums? 5500 B.C. What 4 cultures depict iconographic art that show the use of drums? ANCIENT MESOPOTAMIAN, EGYPTIAN, GREEK, ROMAN

Though we don't know for sure the origin of the drum we do know there is a MULTICULTURAL aspect to drumming. In Africa, drumming is PARAMOUNT (very important) to every facet of social life. The rhythms of the drums were believed to contain power and DIVINITY. Drums were considered SPIRITUALLY powerful and were used in religious practices, as well as in medical healing rituals. But one of the most remarkable things that drums were used for was for LONG-RANGE COMMUNICATION. In Central Africa using drums for communication allowed

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people to communicate over very long distances of thick brush and jungle. One documented case in 1947 from the BETE tribe discussed a French tax COLLECTOR who shot a drummer after realizing he had warned surrounding villages of the collector's IMMINENT (about to happen) arrival. To avoid paying taxes, the men who had understood the drummed message had FLED the village.

SPELL: MULTICULTURAL SPELL: FLED SPELL: IMMINENT

What word in the paragraph means very important? PARAMOUNT The rhythms of the drums were believed to contain \_\_\_\_\_ and \_\_\_\_\_. POWER, DIVINITY  
What three things were drums in Africa used for? RELIGIOUS

PRACTICES, MEDICAL HEALING RITUALS, LONG-RANGE COMMUNICATION  
In your own words, what does multicultural mean?

The BANTU people, as well as the YORUBA people, of NIGERIA and BENIN created methods of drum communication that allowed them share tribal news and or warnings to other tribes up to 20 miles (32km) away. The HOURGLASS double-headed drum known as the "TALKING DRUM" could MIMIC the tone PATTERNS of their spoken language. The languages of the Yorba and Bantu are very tonal in which a single word could have several meanings depending on the pitch, tone, and SLUR. The talking drum has the ability to change pitch, tone, and TENSION in order to provide differing tones which can be INTERPRETED by anyone who knows the language. With the abilities of their drums to match the tone and slurs, they can give full sentences with a few beats of the drum. The Talking Drum is held at the waist of the drum and is placed between the player's arm and ribs. When SQUEEZED the drumhead is TIGHTENED, producing a higher note than when it's in its relaxed state. The pitch can be changed during a single beat, producing a WARBLING note. The drum can thus capture the pitch, volume, and rhythm of human speech.

SPELL: MIMIC SPELL: PATTERNS SPELL: TENSION

What is the name of the kind of drum the Bantu and Yoruba people used to communicate long distances? TALKING DRUM  
How far could the sound of a talking drum travel? 20 MILES or 32km



The talking drum can capture the \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ of human speech.  
PITCH, VOLUME, RHYTHM

VAKT: Watch YouTube Video about the Talking Drum. Title: Talking Drum  
Demonstration <https://www.youtube.com/watch?v=CbMMw-88eT4>

In today's times drums are included in all different GENRES of music. From drum lines and marching bands to ORCHESTRAL music, rock, punk, jazz, world music, hip-hop, heavy metal and everything in between. The most popular form of drumming in the West is the DRUM SET. The drum set typically consists of a BASS drum, SNARE drum, TOM drums, CYMBALS, and a HI-HAT.

SPELL: GENRE SPELL: MARCHING SPELL: JAZZ

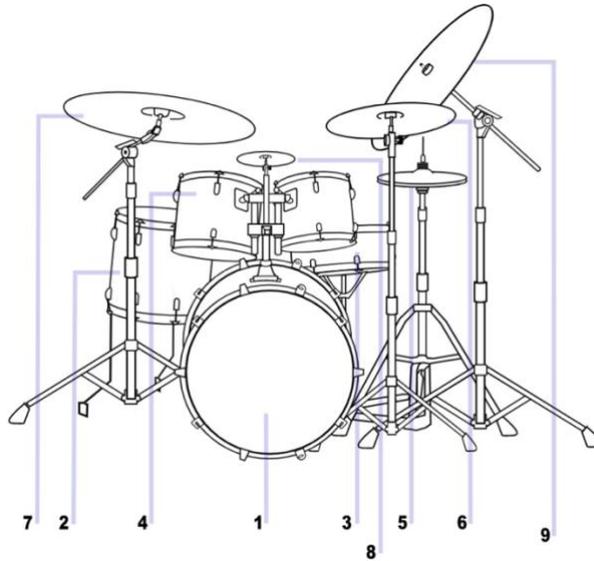
According to the text, what is the most popular form of drumming in the West?  
THE DRUM SET

Name 2 styles of music listed in the text. DRUM LINES, MARCHING BANDS,  
ORCHESTRAL MUSIC, ROCK, PUNK, JAZZ, WORLD MUSIC, HIP-HOP, HEAVY METAL

Name one style of music not listed in the text.

A drum set typically consists of a BASS drum, SNARE drum, TOM drums,  
\_\_\_\_\_, and a \_\_\_\_\_. CYMBALS, HI-HAT

What is your favorite genre of music?



(1) Bass drum (2) Floor tom (3) Snare drum (4) Tom-tom (5) Hi-hat (6) Crash cymbal (7) Ride cymbal (8) Splash cymbal (9) China cymbal

The Bass or KICK Drum is the large drum placed on its side which you play with your right foot, using a kick pedal BEATER that is used to produce sound. When you hear music on a set of SPEAKERS, this is the drum you can feel in your chest that provides the pump and bass FREQUENCIES. The floor tom is generally the second largest piece of the drum kit and is at least 14" inches. Due to its size, this drum has a deep tone and is large- sounding in nature. Many drummers today rely on this drum EXCLUSIVELY as their only tom.

**SPELL: BEATER SPELL: SPEAKERS SPELL: CHEST**

**What is another name for a Bass drum? KICK DRUM**

**What drum is generally the second largest piece of the drum kit? FLOOR TOM**

**How big is the floor tom? AT LEAST 14 INCHES**

**How is the floor tom's sound described? DEEP TONE AND IS LARGE- SOUNDING IN NATURE**

The snare drum is ARGUABLY the most common drum in WESTERN music. Featured in ORCHESTRAS, wind ensembles, drum kits in varying genres, as well as marching bands, the snare drum is a medium sized drum that utilizes WIRE SNARES (either NYLON or STEEL) fastened to the bottom head of the drum. The



snare drums rattle when the drum is struck, creating its QUINTESSENTIAL (representing the most perfect or typical example of a quality or class) snappy sound that provides a tight, high-end tone that cuts through many instruments on stage.

SPELL: ARGUABLY SPELL: SNARE SPELL: WIRE

Snare drums are the most common drum in \_\_\_\_\_ music. WESTERN Snare drums have wire snares made of either \_\_\_\_\_ or \_\_\_\_\_. NYLON, STEEL

What do the snares do when the drum is hit or struck? RATTLE

What word from the text means the most perfect or typical example of a quality or class? QUINTESSENTIAL

VAKT: Listen to the snare drum in this video: Title: "Epic Spasm" Freestyle Snare Drum Solo: <https://www.youtube.com/watch?v=YWnLEJFz6eg>

In your own words, how would you describe the sound of this drum?



RACK TOMS, also known as MOUNTED toms or HANGING toms, these percussion instruments are smaller than floor toms, usually between 8 inches and 13 inches, and are mount on top of a kick drum.

To the left of the rack toms, standing on its own is the hi-hat. It is a standard piece of the modern drum set. The hi-hat is a set of two cymbals which you can control by a foot-operated PEDAL. You can make distinctive sounds by CLICKING the two cymbals together, by HOLDING them together while hitting the cymbals with a stick, or by a combination of hitting and opening the cymbals. These cymbals are absolutely ESSENTIAL to modern rock music.

SPELL: STICK SPELL: DISTINCTIVE SPELL: HITTING

Question type key

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What is another name for rack toms? MOUNTED TOMS or HANGING TOMS

Floor toms are \_\_\_\_\_ than rack toms. BIGGER

What instrument is a set of two cymbals controlled by a foot pedal? HI-HAT Hi-hats are absolutely essential to \_\_\_\_\_ music. MODERN ROCK

The drum is a musical instrument unlike any other. Drums have only the loosest connection with MELODY (a series of musical notes or tones arranged in a definite pattern of pitch and rhythm) or tone. In their place, drums focus on RHYTHM and TEMPO. Rhythm is a PATTERN of sound which can be repeated to a regular beat. Tempo is the speed of the beat. You have to play CONSISTENTLY and evenly. You never want to speed up or slow down unless required to. Some musicians use a METRONOME to help them learn to keep time and perfect their tempo. A metronome is a device that ticks in a regular pattern to help a musician play a piece of music at the proper speed.

SPELL: FOCUS SPELL: DEVICE SPELL: MUSICIAN

What word means a series of musical notes or tones arranged in a definite pattern of pitch and rhythm? MELODY

Drums don't focus on melody, instead they focus on \_\_\_\_\_ and \_\_\_\_\_. RHYTHM, TEMPO

What is the speed of the beat or music known as? TEMPO

What device do some musicians use to help them play a piece of music at the proper tempo? METRONOME

VAKT: show your client how a metronome works. And clap to the beat of your choice using the metronome as for guidance.

When listening to rock songs you might have heard the drummer count the tempo out loud before the song begins. DIVIDING the tempo into groups of 4 beats helps us to know what to play and when. These groups of 4 give each section of the music a clear STRUCTURE. This makes it easier to follow the tempo and sound musical. Once the drummer has counted the first '1 2 3 4' out loud, the music begins. The instruments are being played as if they were still counting '1 2 3 4' over and over again, but instead of counting out loud, the MUSICIAN is now MARKING these numbers (known as BEATS) with drum hits rather than their voice. Listen to the song linked below. You'll notice that the same sounds are

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REPEATED again and again. The drummer, MATT HELDERS, is very clearly marking each beat of the tempo here. Every time you hear a drum, that's one beat of music. But if you listen closely, you'll hear that there are two DIFFERENT drum sounds. Every beat, the drummer SWAPS to the other drum.

SPELL: DIVIDING SPELL: SECTION SPELL: LISTEN

When playing rock songs, the drummer divides the tempo into groups of \_\_ beats.  
4 or FOUR

The groups of 4 beats give each section of the music a clear \_\_\_\_\_. STRUCTURE

VAKT: Video "Arctic Monkeys - Do I Wanna Know? LYRICS:"

<https://youtu.be/fQ17tnRrA8k>

How many different drum sounds were in the video? 2 or TWO

If the speed or tempo doubles, how many beats will there be in the regular 4 count?  $4 \times 2 = 8$

If you're interested in learning to play the drums, you don't need a drum set to get started. The most important things you need are within yourself. You need to be patient with yourself, and you need to have the discipline to practice regularly. Like any new task, practice makes permanent. When starting out you should focus on two things. TIMING and MUSCLE MEMORY. To practice timing just start out by TAPPING your hands on the tops of your THIGHS to the count of one – and – two – and – three – and – four – and. On the numbered counts connect your hands with your thighs. On the 'and' count, your hands should be in the air. PRACTICE the tempo

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by slowing and speeding up the count. The more you practice the more your body will learn the skill and muscle memory will take over.

SPELL: TASK SPELL: PERMANENT SPELL: COUNT

What two things do you need in order to learn the drums? PATIENT WITH YOURSELF, AND THE DISCIPLINE TO PRACTICE REGULARLY or PATIENCE and

Question Type Key

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## DISCIPLINE

When first starting out, what two things should you work on first? **TIMING, MUSCLE MEMORY**

To practice timing just start out by \_\_\_\_\_ your hands on the tops of your \_\_\_\_\_ to the count of one – and – two – and – three – and – four – and.

### TAPPING, THIGHS

**VAKT: Together with your CRP, tap your hands on the tops of your THIGHS to the count of one – and – two – and – three – and – four – and. On the numbered counts connect your hands with your thighs. On the 'and' count, your hands should be in the air. Repeat several times.**

Once you've got that down, and it might take several SESSIONS of drum practicing, you're ready to add another beat into the mix. On the "1" and "3" count, tap your right foot as if it's hitting the foot pedal of the bass drum. Doing this in COMBINATION with the hands can be very CHALLENGING. However, over time and a lot of practice your body will learn the movements and it'll come more easily. You may prefer to learn the foot tapping SEPARATELY before you add it to the hand drumming.

Like learning any new skill, learning to drum may be very difficult at first. However, given enough time, practice and PATIENCE with yourself you may find that you love playing the drums. They may become a way to release your EMOTIONS or the FRUSTRATIONS of the day, or the music you play on the drums might be an outlet for ARTISTIC EXPRESSION you never knew you were capable of.

**SPELL: SESSIONS SPELL: MOVEMENT SPELL: PEDAL**

On which two beats or counts should you tap your right foot? **1 AND 3** The text suggested that you may prefer to learn the foot tapping \_\_\_\_\_ before you add it to the hand drumming. **SEPARATELY**

Name the three things mentioned above that if given you may end up loving playing the drums. **TIME, PRACTICE, PATIENCE**

From the list in the text, name one benefit drumming may provide.



RELEASE YOUR EMOTIONS OR THE FRUSTRATIONS, OUTLET FOR ARTISTIC EXPRESSION

### *Creative Writing*

If your superpower was immortality, how would you choose to live your life? If you could be any musical instrument what would you be and why?



Colleen Moore is an S2C Practitioner at Interplay Therapy Center who lives in Florida with her husband, non-speaking son and his service dog – Hooper. She enjoys spending time with family on the lake, and being an actively involved parent at Invictus Academy Tampa Bay.

### *Sources:*

<https://www.masterclass.com/articles/a-brief-history-of-drums#when-were-drums-invented> (<https://www.ancient-origins.net/history-ancient-traditions/drum-0012677> - lots of pictures to pull from)

[https://en.wikipedia.org/wiki/Talking\\_drum](https://en.wikipedia.org/wiki/Talking_drum) <https://sonomusic.com.au/different-drumming-genres/> <https://www.orsymphony.org/learning-community/instruments/percussion/> <https://drummingreview.com/different-types-of-drums/> <https://www.kickstartyourdrumming.com/practice-drumming-without-drums/> <https://medium.com/@zackbloom/getting-started-with-drums-67d8a043dcf> <https://beatsure.com/how-to-play-drums/>

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Question Type Key

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