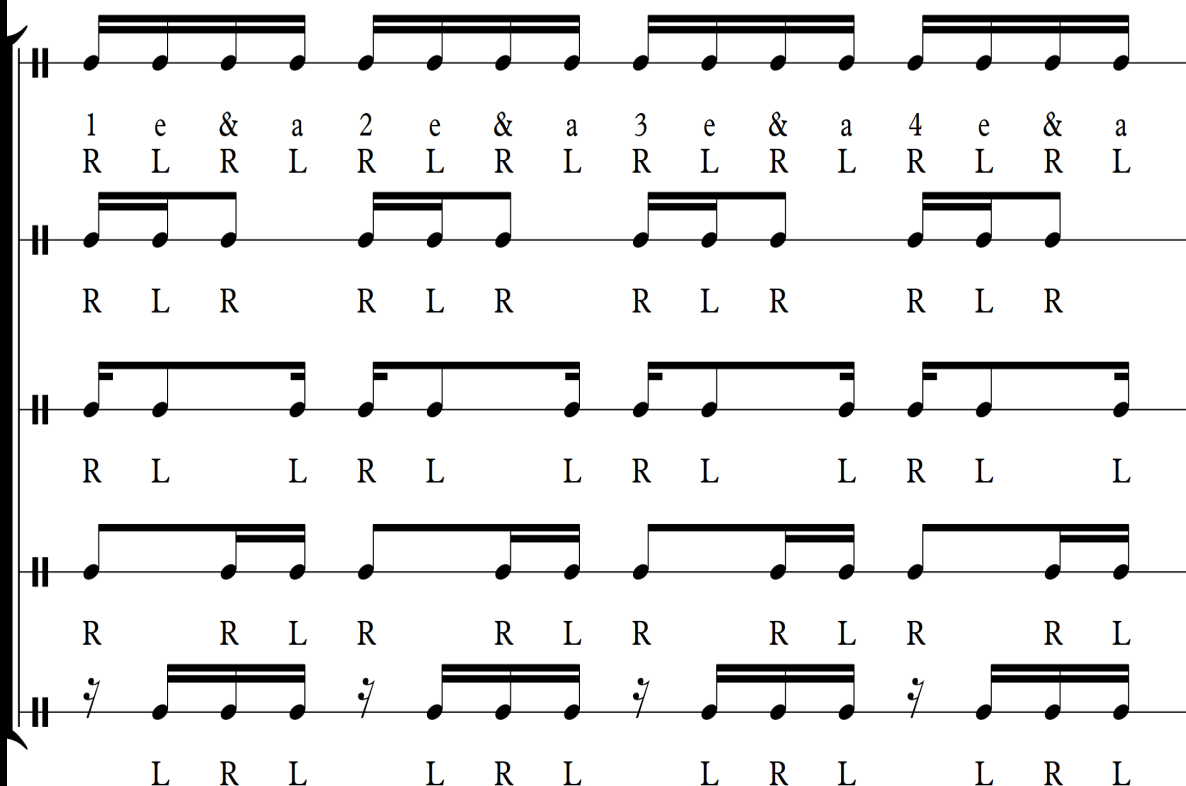


Subtraction Method Sticking Patterns



The image displays five staves of musical notation, each representing a different sticking pattern. The notation uses eighth and sixteenth notes to indicate the timing of strokes. Below each staff, the corresponding sticking pattern is written out using 'R' for right hand and 'L' for left hand, with 'e' for eighth notes and '&' for sixteenth notes.

Staff 1: 1 e & a 2 e & a 3 e & a 4 e & a
R L R L R L R L R L R L R L R L

Staff 2: R L R R L R R L R R L R

Staff 3: R L L R L L R L L R L L

Staff 4: R R L R R L R R L R R L

Staff 5: L R L L R L L R L L R L

Roll Exercises

1. Use Alternating Strokes. Slowly increase speed.
2. Move from one bell to the next without stopping the roll.
3. Lead with the hand closest to the bell to which you are moving.

Mallet Technique for the Handbell Musician

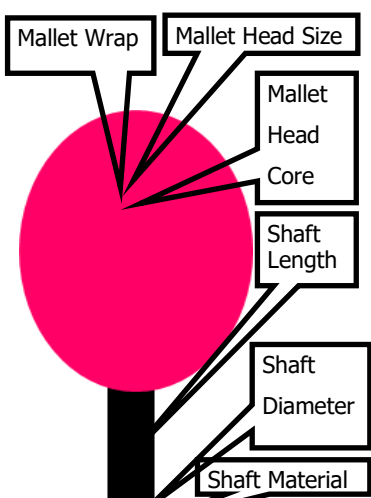


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Handbell Musicians of America, Area 2

Lancaster, PA

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The Primary Rule:
DO NOT STRIKE AN INSTRUMENT WITH SOMETHING THAT IS MORE DENSE THAN THE INSTRUMENT. If you think it might damage the bell, it will. Know the appropriate range of your mallets.

Part 1: Prepare

Selecting Appropriate Mallets

- Head**
 Hardness - Harder is not always louder, a harder mallet tends to be more clear
 Weight - This is extremely important in handbells. More dense mallet heads bring out the fundamental better
 Contact sound - This depends on the style of music you are playing
 Cores - Rubber, plastic, wood, rubber padding (surgical rubber) to counter the contact sound of a harder core
 Wrapping - yarn, nylon, polyester; the tighter the wrap, the harder the sound will be.
- Shaft**
 Shaft Material
 Plastic - Very flexible, not likely to break when you hit the lip of the bell
 Rattan - Flexible, gives a little bounce, works for cross stick grip when using four-mallets (Burton, traditional grip, etc.), and tends to warp
 Birch - more rigid than rattan, risk of breaking when using on handbells, good for Stevens /Musser grips
 Fiberglass - Rigid like birch, not likely to snap, no warping
- Shaft Length - Short mallets don't give you the balanced fulcrum for a full stroke. They should be long enough to hold four mallets and give you a decent interval spread.
- Shaft diameter - Too thin and it can't support the impact, too thick and it can slow you down; the best thing to do is to try them out and see what works for you.

Part 2: Execute

Approach

- Posture
- Stance

Grip (2 Mallet Matched)

- Beginner
- Advanced

Strike Point

- Safety
- Sound

Stroke

- Full stroke
- Down stroke
- Up stroke
- Tap

Sticking

- Sticking policy
- Hand independence

Mallet Rolls

- Single Stroke
- Speed
- Intensity

4-Mallet Technique

- Cross-Grip
- Modified Musser

Part 3: Reinforce

Sticking Exercises

1	R	L	R	L	R	L	R	L
2	R	R	R	R	R	R	R	R
3	L	L	L	L	L	L	L	L
4	R	R	R	R	L	L	L	L
5	R	R	L	L	R	R	L	L
6	R	R	R	L	R	R	R	L
7	L	L	L	R	L	L	L	R
8	R	L	R	R	L	R	L	L



Correct Posture + Correct Grip + Correct Stroke =

Correct Tone Production

