

GIOVANNI GIORGI

HANDS WORKOUT

2

40 workout per migliorare la tua tecnica
40 snare drum workouts for better hands

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Graphic design and supervision by Giordano Giorgi

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PREFAZIONE / FOREWORD

Benvenuto in questo secondo lavoro dedicato alla tecnica delle mani.

Flam, Diddle, Drag, rulli, esercizi in Double Time e utilizzo musicale delle pause: questi sono i temi principali affrontati in questo manuale, pensato per approfondire e raffinare le competenze tecniche del batterista.

Fondamentale è l'accompagnamento dell'esercizio con gli arti inferiori: piede destro su ogni beat e piede sinistro sul secondo e quarto beat. Personalmente, durante l'esecuzione, consiglio di mantenere i talloni abbassati.

La pratica a BPM lenti viene proposta come strumento essenziale per sviluppare il timing interno e la precisione esecutiva. Molti workout sono proposti a due velocità, con la seconda esecuzione al doppio del BPM.

Il manuale può essere eventualmente integrato con l'acquisto dei relativi corsi online, per usufruire della tecnologia multimediale e dei supporti video. Hands Workout 2 e tutta la mia didattica online è disponibile a questo link:

<https://www.soundslice.com/users/gbgiorgi/courses/>

Buono studio!

Welcome to this second work dedicated to hand technique.

Flams, diddles, drags, rolls, double-time exercises, and the musical use of rests: these are the main topics covered in this manual, designed to deepen and refine the drummer's technical skills.

A key aspect is accompanying each exercise with the lower limbs: right foot on every beat and left foot on beats two and four. Personally, during performance, I recommend keeping the heels down.

Practicing at slow BPM is proposed as an essential tool for developing internal timing and execution accuracy. Many workouts are presented at two speeds, with the second version performed at double the BPM.

The manual can also be integrated with the purchase of related online courses, allowing you to take advantage of multimedia technology and video support.

Hands Workout 2 and all my online educational material are available at this link:

<https://www.soundslice.com/users/gbgiorgi/courses/>

Enjoy your practice!

Giovanni Giorgi



GIOVANNI GIORGI

Nato nel 1975, ha i primi approcci alla batteria in precoce età, grazie al padre, anche egli batterista. Dal 2020 partecipa a tutte le edizioni di "The Voice Of Italy" in onda su Rai 1 in prima serata. Le trasmissioni risultano le più seguite degli ultimi anni. A partire dal 2021 pubblica per la casa Editrice Dantone Edizione e Musica otto metodi didattici: "Hands Workout", "Hands Workout 2", "Next Level Drumming", "The Rhythm Section 52 Styles & Playalongs For Drums", "The Rhythm Section 52 Styles & Playalongs For Bass", "The 40 Rudiments For Snare Drum And Drumset", "La Batteria Pop Rock", "Jazz Drum" che riscuotono un grande successo anche nella versione online sulla piattaforma americana Soundslice. Nel novembre 2017 rappresenta la Yamaha Corporation in Francia insieme a Dave Weckl, André Ceccarelli, Josh Dion, Larnell Lewis, Derrick McKenzie. Dal 2007 insegna batteria al CPM di Milano, attualmente ricopre la carica nel medesimo Istituto come Docente di Batteria e Percussioni Jazz Pop Rock. Nel 2006 è solista in ensemble con Katia e Marielle Labèque, Giovanni Sollima, Viktoria Mullova, Matthew Garrison in "Beatles Across the Universe" al Teatro Massimo di Palermo, direttore Luis Bacalov. Nel 2008/2009

suona all'Eurobass Day con Jimmy Haslip, Matthew Garrison, Bobby Vega, Michael Manring. Dal 2001 collabora con Patrizio Fariselli (Area) registrando i cd "Lupi sintetici e strumenti a gas", "Notturni" e "100 Ghosts". Dal 1997 al 2008 collabora con Gigi Cifarelli, con il quale effettua più di 1200 concerti sul territorio nazionale e all'estero.

Born in 1975, he had his first experiences with the drums at an early age thanks to his father, who was also a drummer. Since 2020, he has participated in every edition of The Voice of Italy, broadcast in prime time on Rai 1. The show has been among the most-watched programs in recent years. Starting in 2021, he has published eight educational methods with the publishing house Dantone Edizione e Musica: Hands Workout, Hands Workout 2, Next Level Drumming, The Rhythm Section – 52 Styles & Playalongs for Drums, The Rhythm Section – 52 Styles & Playalongs for Bass, The 40 Rudiments for Snare Drum and Drumset, La Batteria Pop Rock, and Jazz Drum. These works have achieved great success, including in their online versions on the American platform Soundslice. In November 2017, he represented Yamaha Corporation in France alongside Dave Weckl, André Ceccarelli, Josh Dion, Larnell Lewis, and Derrick McKenzie. Since 2007, he has been teaching drums at CPM in Milan, where he currently serves as Professor of Drums and Jazz/Pop/Rock Percussion. In 2006, he performed as a soloist in an ensemble with Katia and Marielle Labèque, Giovanni Sollima, Viktoria Mullova, and Matthew Garrison in Beatles Across the Universe at Teatro Massimo in Palermo, conducted by Luis Bacalov. In 2008/2009, he performed at Eurobass Day with Jimmy Haslip, Matthew Garrison, Bobby Vega, and Michael Manring. Since 2001, he has collaborated with Patrizio Fariselli (Area), recording the albums "Lupi sintetici e strumenti a gas", "Notturni", and "100 Ghosts". From 1997 to 2008, he collaborated with Gigi Cifarelli, performing more than 1,200 concerts in Italy and abroad.

Svolge attività di musicista come batterista Pop sia Live che in Studio con:

He works as a pop drummer both live and in the studio with:

Ricky Martin, Sarah Jane Morris, Irene Grandi, Carl Anderson, Giorgia, Alexia, Biagio Antonacci, Eugenio Finardi, Malika Ayane, Dirotta su Cuba, Alberto Camerini, Alice, Roberto Vecchioni, Nick the Night Fly, Teresa De Sio, Ricky Gianco, Riccardo Cocciante, Gianna Nannini, Gigi D'Alessio, Loredana Bertè, Albano Carrisi, Iva Zanicchi, Clementino, Orietta Berti, Eros Ramazzotti, Petra Magoni, Mario Biondi, Karima Ammar, Simona Bencini, Ivan Segreto, Giuliano Palma, Marcella Bella, Ricchi e Poveri, Arisa, Ron, Fiorella Mannoia, Nek, Anggun.



**In ambito Jazz ha collaborato con:
In the jazz field, he has collaborated with:**

Delfeayo Marsalis, John Patitucci, Jimmy Haslip, Delmar Brown, Andy Timmons, Carl Verheyen, Guthrie Govan, Paul Jeffrey, Tommy Emmanuel, James Cammack, Katia Labeque, Marielle Labeque, Giovanni Sollima, Matthew Garrison, Andre' Ceccarelli, Linley Marthe, Etienne Mbappè, Bobby Vega, Michael Manning, Henrik Linder, Ollestad Tollak, Viktoria Mullova, Hadrien Feraud, Flavio Boltro, Gianluca Petrella, Dario Deidda, Stefano Cerri, Paolino Dalla Porta, Dino Piana, Patrizio Fariselli, Antonio Faraò, Fabrizio Bosso, Emanuele Cisi, Danilo Rea, Sentieri selvaggi, Ares Tavolazzi, Andrea Dulbecco, Tino Tracanna, Roberto Rossi, Andrea Braidò, Carlo Boccadoro, Bruno de Filippi, Massimo Moriconi, Nicolò Fragile, Dino D' Autorio, Lorenzo Poli, Riccardo Fioravanti, Caterina Crucitti, Roberto Tarenzi, Rocco Zifarelli, Gigi Cifarelli, Flavio Boltro, Stefano Di Battista, Maurizio Giammarco, Dado Moroni, Umberto Fiorentino, Giovanni Falzone, Paolo Birro, Pietro Tonolo e molti altri.

I miei corsi online/online courses: www.soundslice.com/users/gbgiorgi/courses/

Sito ufficiale/ official website: www.giovanngiorgi.com

Instagram: www.instagram.com/giovanngiorgifull/

Facebook: www.facebook.com/gibbi12345

Youtube: www.youtube.com/user/gbgiorgiful

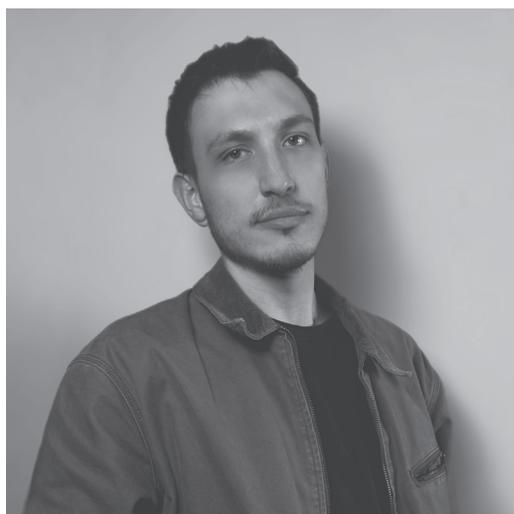
La mia musica su Bandcamp/My music on Bandcamp: giovanngiorgi.bandcamp.com/

<https://linktr.ee/gbgiorgi>

Email: gbgiorgi@gmail.com

**Grazie alla mia famiglia e alle aziende che da sempre sostengono le mie attività:
Thanks to my family and to the companies that have always supported my work:**

*Yamaha, Zildjian, Vic Firth, Zoom, Mogar Music, Algam EKO, AudioDesign,
Austrian Audio, MidiWare, Aramini, Remo, Universal Audio*



GIORDANO GIORGI

Si avvicina allo studio della batteria all'età di 12 anni. Nel 2021 si diploma col massimo dei voti e menzione d'onore presso il CPM Music Institute di Milano sotto la guida del M° Roberto Gualdi e Giovanni Giorgi.

Svolge un'intensa attività concertistica e in studio nei più disparati contesti musicali. Nel giugno 2019 prende parte alla trasmissione televisiva "Nessun dorma" in onda su Rai5. In ambito didattico tiene Masterclass dal nome "The Black Page: quando la matematica diventa arte", analizzando il rapporto tra Frank Zappa e i suoi batteristi.

In ambito editoriale si occupa delle trascrizioni musicali cartacee ed online dei metodi del M° Giovanni Giorgi.

He began studying drums at the age of 12. In 2021, he graduated with top marks and honors from the CPM Music Institute in Milan, under the guidance of M° Roberto Gualdi and Giovanni Giorgi.

He carries out intense live and studio activity in a wide range of musical contexts. In June 2019, he took part in the television program Nessun dorma, broadcast on Rai5. In the educational field, he conducts masterclasses titled "The Black Page: when mathematics becomes art", analyzing the relationship between Frank Zappa and his drummers.

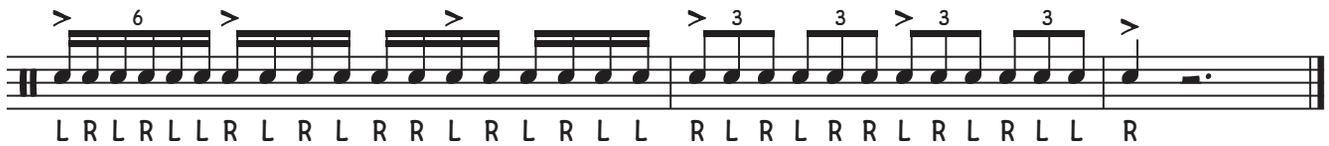
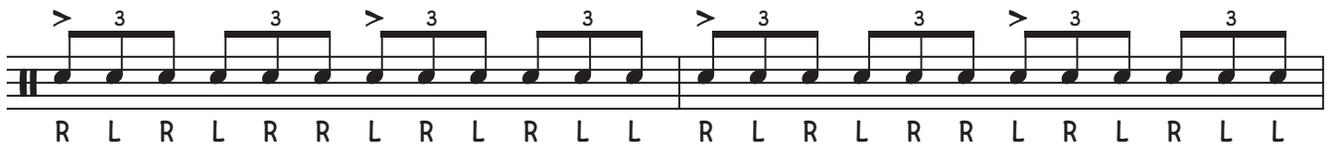
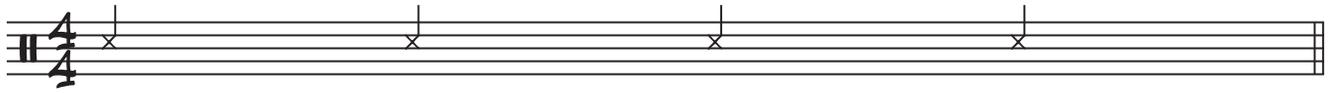
In the publishing field, he handles both printed and online musical transcriptions for the methods of M° Giovanni Giorgi



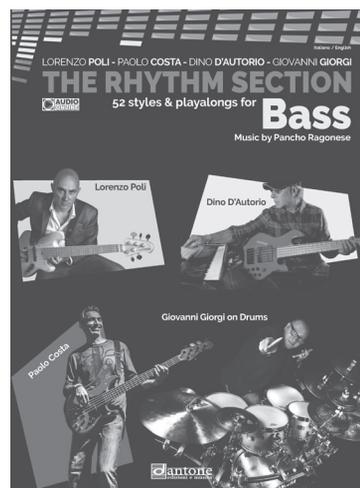
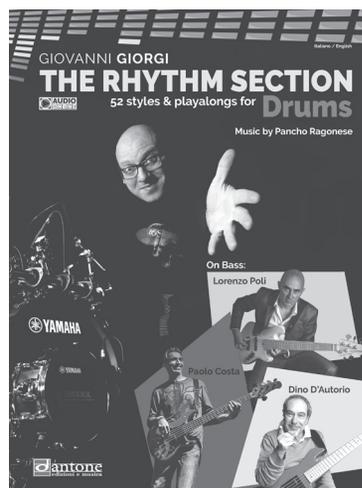
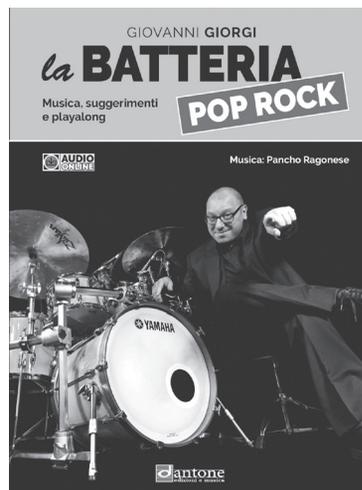
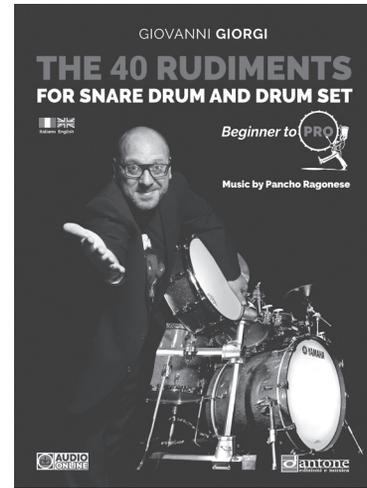
EXERCISE ①



♩ = 120



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