



Double Bass Drumming: The Mirrored Groove System

Jeff Bowers

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(Musicians Institute Press). Through the use of an innovative "mirror system," Double Bass Drumming develops each foot equally, providing the player with the maximum flexibility for playing creative patterns. The book includes: over 500 realistic double-bass grooves based on eighth-note, sixteenth-note and triplet feels; snare drum and cymbal variations that expand each pattern's potential use in a variety of musical styles; and an 87-track CD that demonstrates key grooves from each section of the book. Whether you use two bass drums or a double pedal, this book/CD pack will help you increase technique, control and stamina while providing a wealth of practical grooves that can be applied to a wide range of playing situations.

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