

your sticks together. You will notice your sticks come together so they are almost parallel. The French grip is unique because the way you are holding your sticks changes from palms down, to palms up. This means you can get a lot more speed by using your fingers. The only downside to this is the lack of power you will get from your strokes.

How to use Traditional Grip

The other style of stick grip is the traditional grip. This is very common in [jazz drumming \(/drum-lessons/jazz-drumming.php\)](/drum-lessons/jazz-drumming.php) and corps drumming. This grip was designed by drummers in army corps who had their snare drum resting on their hips. The angle of their snare drum made it hard for them to play with matched grip.

Therefore, they created a new method of holding their hand underneath the stick. This has been more recently been named the traditional grip. To achieve this, you want to hold the stick with your hand upside down, (or palms up). Find the balance point of the stick, and place it in the pocket of your thumb and index finger. Rest the stick on the last two fingers of your hand, (the ring and pinky fingers). Now you just have to simply rest your index and middle finger on

the top of the stick.

