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Audio examples performed by Rich Lackowski.  
 Instructional photos by Larry Lytle.

**In this section, we'll learn how to play the kick drum and the hi-hat with your feet.**

There are two basic foot techniques for drummers: heel up and heel down.

**Heel up:** This is a technique where the ball of the foot and the toes remain on the pedal at all times, but the heel is raised off the pedal. This is a common technique for drummers who need a lot of volume and power from their kick drum.



**Heel down:** This is a technique in which the bottom of the entire foot is in contact with the pedal at all times. This is a technique commonly used by drummers looking for very soft volume from their kick drum.



Many drummers switch back and forth freely between these two techniques. You can use either the heel up or heel down technique with your hi-hat foot as well. One technique is not better or worse than the other. It's just a matter of personal preference, so use whichever technique is most comfortable for you.




Whether you're playing heel up or heel down, make sure you don't lean your body to the side in any direction. Your upper body should be centered and balanced right over your seat.

## “Walk This Way”

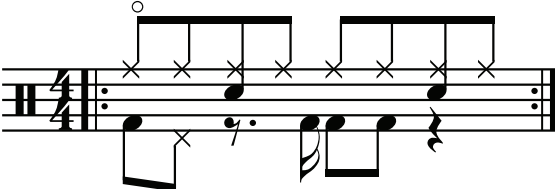
FROM AEROSMITH'S *TOYS IN THE ATTIC* (1975)

The beat that kicks off this epic rock classic is another that features a tasty open hi-hat, compliments of Joey Kramer.

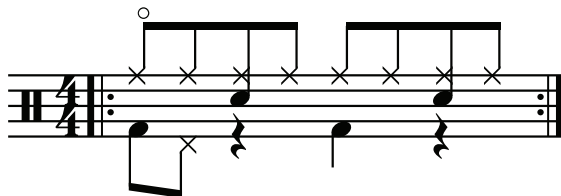
Original transcription (Intro):

Track 18 

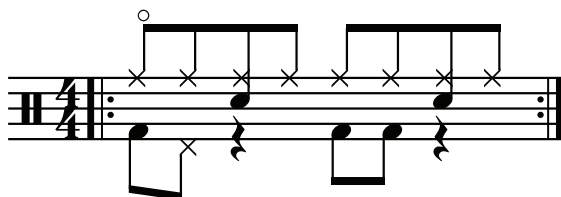
♩ = 109



Let's start by playing eighth notes on the hi-hat with your right hand, the snare on beats 2 and 4 with your left hand, the kick on beats 1 and 3, and an open hi-hat on beat 1. Since the open hi-hat hit is on beat 1, raise your left foot off the hi-hat pedal as you simultaneously hit the hi-hat with your stick on beat 1, and then stomp your foot back down on the hi-hat pedal as you simultaneously hit the hi-hat with your stick on the “&” of beat 1. This will take some practice to perfect, but stick with it. Start slowly, and gradually increase the tempo as you feel comfortable.



Now that you feel more comfortable playing the basic open hi-hat groove, let's add some spice to the beat by adding a kick drum hit on the “&” of beat 3.



Finally, let's add one last kick drum hit, this time on the “ah” of beat 2, and you'll be playing this legendary beat just like Joey Kramer played it on the recording!

