

Cymbal Line Auditions:

Welcome to the Blue Knights cymbal page. This page is going to be very simple and informative to set you up with the knowledge required before auditions begin.

Expectations at Auditions:

All equipment will be provided at any camps, however feel free to bring a pair of cymbals if you feel more comfortable doing so. All aspects of our technique will be covered at the camps and your evaluation will not be based on previous experience, but on how willing you are to learn something new, and adapt to fully comprehend our program.

You will be fairly evaluated and will be viewed as an individual and as a group.

This line will be a physically demanding section and will require a lot of self-motivated work outside of rehearsal. The physical aspect of this section is crucial. While a heavy work out regimen can be beneficial, the following is a simple idea of where to start:

- Running - Start small and increase distance weekly, all the way up until camps start and between camps.

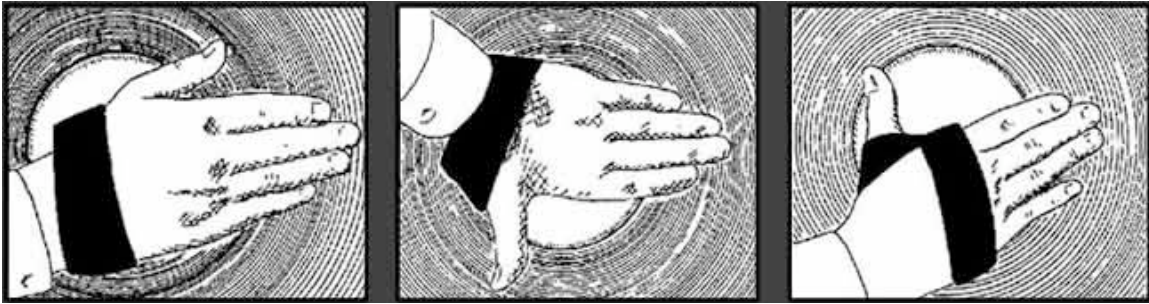
- Pushups - Doing pushups throughout the day, and adding small increments weekly as you see fit. This will help keep your body in the mindset that you're using your arms consistently throughout the day.

- Cymbals - Nothing will prepare you best than holding a pair in the set techniques you learn. Should you be in need of a pair of cymbals to use, try contacting a band program in your area, or the university you may be attending.

Technique:

As stated, most of our technique program will be taught at auditions. The following is simply how to hold the cymbals themselves and is enough to take on the simple workout system to prepare for camps.

We use the standard "Garfield Grip" that most DCI lines use. The hand is put through the loop of the strap and rotated around so it fits snug against the cymbal.



Contrary to the picture your fingers will be spread, and be sure not to cup your hands. You will receive full control of the cymbals with your fingers spread.

Position strength training:

This is very simple and will prepare your back and arm muscles for camps. Doing this daily is detrimental to preparing your body for the season. Start with the first, and hold each position for a minute before switching to the next, if this is difficult, start with smaller intervals of time and increase as necessary.

The end goal is to hold positions 2 and 3 for 7-10 mins each. Continue breathing and don't lose your posture. Changing posture will prevent muscles from gaining stronger, and you will only train bad habits.

Position #1

Start with your cymbals down by your sides with a slight bend in the elbow holding them still and parallel with your body. Keep maintaining your fingers spread and keep from arching your back or losing good posture.

Position #2

Starting with your cymbals at your side, hold them parallel with your thumb knuckles at eye level in front of your face. Leave a decent distance between your face and the cymbals themselves.

Position #3

From the first, open the cymbals to make an "A" making sure they don't drop down or any other way. Keep them out in front, eye level, just open the bottoms.

