

Lockjaw



Notes:

This is a double vertical exercise that we will use to practice various scales throughout the season. As in all exercises, focus on achieving each aspect of your technique as you play through the exercise.

Checklist of things to keep in mind (non-exhaustive):

- using "checkmark" shifts between large intervals
- rebounding to your original mallet height after each stroke
- placing your body in an efficient position
- maintaining communication throughout the rep, which includes coming up and down together, looking inwards, and providing a visual pulse.

Stock Variations:

Major Scale

Minor Scale (Aeolian)

Harmonic Minor Scale (Aeolian #7)

Melodic Minor Scale (Harmonic upwards, Minor downwards)