

2. GETTING TO KNOW THE INSTRUMENT

Sitting positions

There are various physical positions in which you can play the handpan. Many players prefer to sit on the floor with their legs crossed and the handpan on their thighs. Others favour sitting on a chair to play it but for some the instrument is a little too big and there is the risk of it tipping forward. A special handpan stand can help in such cases but a snare drum or conga stand can also be a useful alternative. There are also high stands available for playing standing up.

If you mount your handpan on a stand, you should nevertheless still keep it very close to your body and not stand too far away.

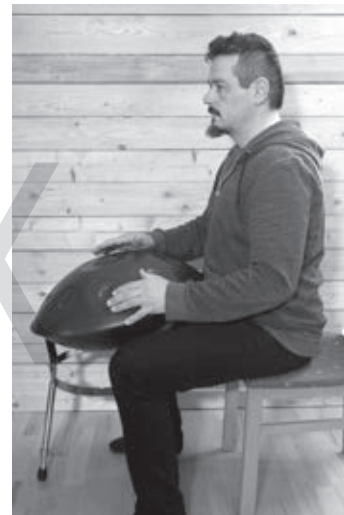
No matter which position you choose, it is vital that the handpan tilts forward slightly.



Playing position:
sitting on the floor



Playing position:
sitting on a chair with the
instrument on your thighs



Playing position:
sitting on a chair with the
instrument on a handpan
stand

EXERCISE SEQUENCE 7



Again we have an interesting groove in this exercise creatively varied with three fast tak strokes and three fast strokes on the first tone field.

Theme	<p>R R R L R R R L R R</p> <p>0 0 T T T 0 1 1 1 1 1 </p>
Variation 1	<p>R R R L R R R L R R</p> <p>0 0 5 6 7 0 1 1 1 1 1 </p> <p>R R R L R R R L R R</p> <p>0 0 T T T 0 1 1 1 1 1 </p>
Variation 2	<p>R R R L R R R L R R</p> <p>0 0 5 4 3 0 1 1 1 1 1 </p> <p>R R R L R R R L R R</p> <p>0 0 T T T 0 1 1 1 1 1 </p>
Variation 3	<p>R R R L R R R L R R</p> <p>0 0 5 6 7 0 5 4 3 1 1 </p> <p>R R R L R R R L R R</p> <p>0 0 T T T 0 1 1 1 1 1 </p>
Variation 4	<p>R R R L R R R L R R</p> <p>0 0 1 2 3 0 1 2 1 1 1 </p> <p>R R R L R R R L R R</p> <p>0 0 T T T 0 1 1 1 1 1 </p>



Rock grooves with fast taps

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Fast fill-ins

Now play one of the rhythms above 3 times and then add one of the following fills. Please note that the first part of the groove is notated here as an example as well. You should keep on playing the groove until the fill.

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