



# Metal Drumming Concepts: Vital Beats, Exercises, Fills, Tips & Techniques

*Andols Herrick*

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**Metal Drumming Concepts: Vital Beats, Exercises, Fills, Tips & Techniques** Andols Herrick (Drum Instruction). Andols Herrick, longtime drummer for Chimaira, presents this unique book/DVD pack essential for heavy metal drummers. The topics covered include: double bass beats; hand exercises; time signature manipulation; the blast beat; drum & cymbal fills; and more. Each concept is thoroughly explained and notated in the book, and then demonstrated up close by Herrick himself on the accompanying DVD.

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