



Touch and Sound: Practical Elements of Steel Pan Performance

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Confession...

I'm not "the technique guy"... I'm not... I promise... I KNOW "the technique guy"
and I am not that guy...

Elements of Technique

- ☐ Posture
- ☐ Grip
- ☐ Stroke
- ☐ Directionality/Fluidity



Posture

(you already know this stuff)



- ☐ Pan about “belt” high.
- ☐ Neck, arms, shoulders relaxed
- ☐ Feet apart
- ☐ Elbows facing the ground***



avoid “the chicken wing”!!!

Grip

- ❑ Find the fulcrum
- ❑ 1st finger, 1st knuckle
- ❑ Last three relaxed
- ❑ Fingers “move the stick around”



Stroke



- ☐ **Velocity (fingers) “to the note”**
- ☐ **Weight (arms) “through the note”**
- ☐ **Angle at intersection of stick and note*****

↖
this is important!!!!!!

Directionality

(huh? what's that?)



- ☐ The direction of the stick against the note...
- ☐ Note contact in relation to path
- ☐ Arc

PATH - imaginary line from note to note

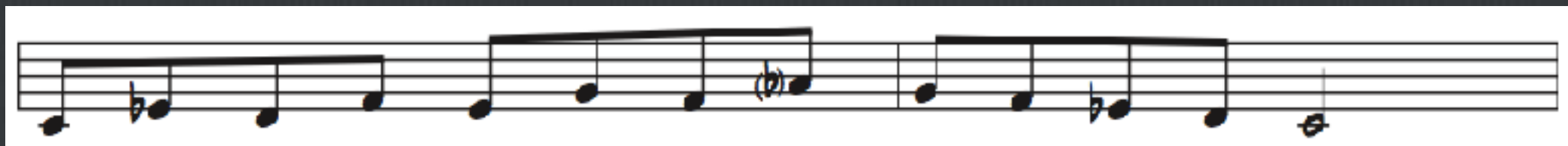
One-A-Day Exercises

short and simple lines practiced in ascending 4ths

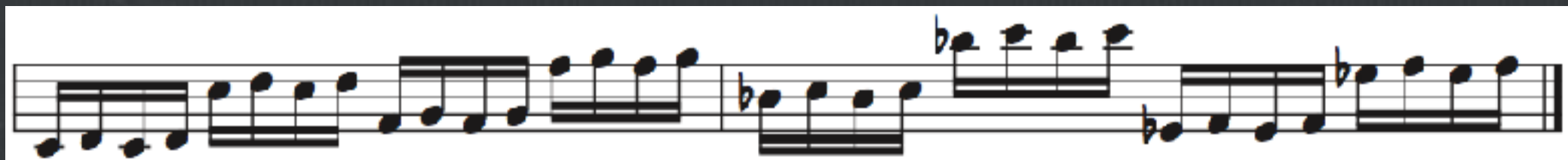
Major



Minor



Intervallic



→ **more HERE**

STICKING!!!!!!!!!!

Considerations for Sticking

- ☐ Alternate sticking when possible
- ☐ Combinations of alternate/double strokes most common
- ☐ Avoid “crossing” with same hand whenever
- ☐ Avoid “triples”
- ☐ Consistent sticking means you learn faster
- ☐ Usually only 1 “best way” (ok... maybe 2)
- ☐ Consistent sticking makes your band look better!

Major Scales: Low C Tenor

Major Scale Study (Low C Tenor)

Compiled by V. Provost

Full-range Exercises



Tips for Practicing

- ☐ Go slow, be deliberate, concentrate on sticking
- ☐ Make any sticking “corrections” as you increase speed
- ☐ Practice without playing ← wait, what?
- ☐ Practice lines one hand at a time
- ☐ Practice sticking patterns away from the instrument