

## Reasons To Learn To Play The Drums

Learning to play a musical instrument has many benefits. Although the research is inconclusive, many researchers believe that exposure to music and learning to play an instrument may increase your IQ and sharpen your memory. In short, learning a musical instrument can make you a bit smarter. In addition, learning a new skill requires work and endurance, and learning to play a musical instrument is no exception to that rule. Endurance requires discipline, and when these qualities are acquired, no doubt you will have every reason to have a healthy sense of pride knowing that you have indeed achieved a great thing and had some fun in the process. Now, that we have enough reasons as to why taking up a musical instrument is a great idea, we are presented with another dilemma. What musical instrument do you want to learn to play? With so many instruments to choose from, it is not an easy decision to make. Yes, this is the part of the article where I try to persuade you into thinking that the drum set is the greatest invention ever, next to sliced bread of course. Being One With the Beat While every musical instrument requires that you have a sense of rhythm and beat, the beat takes on a different meaning if you are a drummer. If you are in a band, you know that the drummer sets the tone for the whole band while they are playing.

Although in the background, the drummer takes the lead and controls the beat and timing for the rest of the members. Drumming teaches you when to take the lead, how to be in union and harmony with a team, and essentially how to be one with the beat of any song. Workout and Physical Exertion Drumming requires a lot of movement, and even though you are seated on a stool, you still get a great workout. Your hands gently clench the drumsticks as you thrust your wrists back and forth while methodically hitting the hi-hats and snare, and occasionally (or very frequently depending on your style) you heave and stretch your arms forward and back reaching to hit tom toms, crashes, splashes, and rides making for awesome fills and rolls. Your feet control the bass drum and the hi-hat, and these also require much movement. In addition, the rest of your body cannot help but to live in the moment and sway and groove to the melodies that are being created. Yes, drumming requires constant movement which gives you a major workout benefit. So, it is safe to say that you may very possibly be able to lose weight and get in better physical shape if you do choose to take up drumming. Coordination Can you rub your stomach with one hand while patting your head with the other? Well, drumming can require two-way, three-way, and even four-way coordination. If you want to increase your coordination and dexterity, learning to drum can help you. Learning to play an instrument can be fun, while at the same time you are able to acquire skills and develop good qualities. If I have not got you pumped on taking up drumming, I will settle with being able to persuade you with learning to play a musical instrument. We would all be able to survive without music. However, things will be fairly dull. Music adds flavor and color to life, so enjoy it in any way that you are able to.

## About the Author

Jay owns Drumset Cymbals dot com, a website that is dedicated with listing great deals on name brand drumset cymbals such as Zildjian and Sabian. You can visit Jays website at <http://drumsetcymbals.com>.

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