

Bones

Holding: Hold your dominate arm as if taking an oath. Rotate your palm in so your thumb points behind you. Bend your fingers so they are parallel to the floor. Place one bone between the index and middle fingers, with the concave curve toward you. The second one is held between the middle and ring fingers with the convex curve facing the convex curve of the first bone. Now curl your middle finger so that it lays on the edge of the first bone (closest to the thumb). This finger holds the bone so it will not move. Your ring finger lays on the edge of the second bone. This should be held, but allowed to move. As the second bone swings, it will slap into the first.



The Basics: Start with your thumb pointed at your chest, twist your wrist away from you, once; a fast flick of the wrist. The action is like casting a fishing pole, from the wrist, there is no arm movement. The bones will clap against each other. Practice this one click until you can do it well and in rhythmic time. The second step, is to flick your wrist forward once, then flick it back. You should get a click of the bones on each flick of the wrist. As you become proficient you can add in a circular motion to the arm as you click the bones. This will allow you to fly through rhythms.

Accessories are available at www.ensoulmusic.com



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Idiophones

DOBANI™ IDIOPHONES



– OWNER'S GUIDE –

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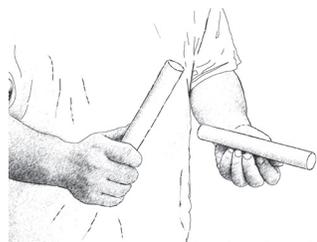
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DOBANI™ Idiophones

Any instrument played by striking parts together is an idiophone. They do not require strings, heads, jingles, or anything at all, to make music. If it does not rely on energy transferred by air, membranes, or strings, then it is an idiophone. Idiophones are among the oldest style of musical instruments.

Rhythm Sticks & Claves

The Clave (k lah-veh) are made of short, thick, wooden dowels. Clave are known for playing the pattern called “clave.” This pattern is intrinsic to Afro-Cuban music and is the basis for many other styles of Latin music. Two types of clave pattern are Son Clave, and Rumba Clave.



Technique: Holding the clave properly is vital. Take your less dominant hand and hold it open, palm up. Curl in your fingers until there is about half an inch between your fingers and your palm. Lay the first clave along the ends of your fingernails and trap it against

your palm. The cup of your hand creates the resonating chamber.

Grip the second clave like a regular drumstick, and strike the first clave in the center. This seemingly basic instrument may provide a modest challenge, but it is worth it.

3/2 Son Clave



2/3 Son Clave



Bird Spoons

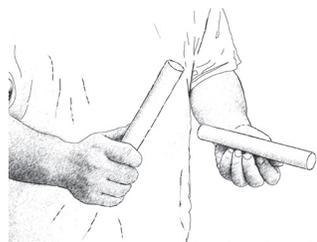
The Basics: With your dominate hand, grasp the spoon by the head and neck of the “bird.” Hold your opposite hand, palm down, about seven inches above your thigh. Bounce your spoons down on your leg and up to your palm; go back and forth. To make a ‘roll,’ like a trill, spread the fingers of the opposite hand wide apart and hold them rigid. Run the ends of the spoons down across each rigid finger in a rapid motion. After the spoons bounce off each finger, bounce them immediately off your thigh and up again to your palm. Use this ‘roll’ as an occasional flourish, always going back to the basic rhythm. Try this pattern: Roll to the Thigh – Palm – Thigh - Roll to the Thigh – Palm – Thigh; that is the rhythm from “Turkey in the Straw.”

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