

FRAME DRUM LESSONS

Tahya 2021



Syrian musician 1890

“Deer Hunt” from Çatal Hüyük, Turkey, created around 5750 BCE.



Detail: Çatal Hüyük

On the wall of a shrine room in Çatal Hüyük is a band of human figures, clad in leopard skins and playing various percussion instruments Among this group is a figure holding a horn-shaped instrument in one hand and a circular frame drum in the other. They are two of the oldest known instruments in history... Many scholars have suggested that this scene depicts a shamanic ritual. (*When the Drummers Were Women*. Layne Redmond. 1997. P. 47)



Mesopotamian terra-cotta female figure with drum, approx. 1550 BCE.

***Lipushiau
is the first named drummer in history***

*...there was a time in our history when the primary percussionists and drummers were women. The first named drummer in history was a Mesopotamian priestess named Lipushiau. **She lived in the city-state of Ur in 2380 BCE...***

She was the spiritual, financial and administrative head of the most important temple in Ur dedicated to the moon god, Nanna-Suen.

Her emblem of office was the balag-di, a small round frame drum used to lead liturgical chanting.

In 2380 BC, Lipushiau ruled!

∞ Layne Redmond

Excerpt from

drummagazine.com/when-the-drummers-were-women/



Mesopotamian terra-cotta female figure with tambourine, approx. 2000 BCE.

This style of drumming began in the Middle East and spread quickly across Northern Egypt, the Greek and the Roman Empires until it was banned by the Church in a series of edicts from 375-576 CE, when it was forbidden to teach women music.

Woman Playing Daf*

Oil painting | Tehran c. 1800-1830 Victoria & Albert Museum

*The Daf is a [Persian^{\[4\]} frame drum](#) used in popular and classical music. The Daf is considered the national musical instrument of [Pakistan](#).^[6]

Historically, the Daf is often associated with Sufi ceremonies and rituals.

Nowadays the sound of this special percussion instrument can be heard all over Middle Eastern and oriental music.

The popularity of the drum has increased, so you can find it in different countries like Iran, Turkey, Syria, Iraq, Central Asia, Kurdistan and South-Eastern Europe.

The Sound of Majid Drums “Daf” is especially unique because this high-quality percussion instrument is **furnished with metal rings on the inside**.

[Here’s a link](#) to a nice intro to daf with Naghmeh Farahmand

And [here’s a link](#) to a daf solo by Asal Malekzadeh known as Queen Of Daf!



The painting may well have been removed from a palace erected during the reign of Fath 'Ali Shah, who ruled Iran between 1797 and 1834. His residences were often decorated with series of oil paintings in this style, which were built into the walls. The individual paintings are usually portraits of a single human figure. The shapes of the figures are flattened out, but there is a great deal of decorative detail.

Many of the series painted for Fath 'Ali Shah show imaginary portraits of members of a royal harem. In this case, a woman is shown seated on the ground in the Iranian manner, playing a drum.

Painting in oils was introduced to Iran after 1600, when the country had strong commercial links with Europe. Production shrank during the troubled period after the Afghan invasion of Iran in 1722. It burst back into life under the Qajar dynasty, who re-united the country in the 1780s and 1790s. Fath 'Ali Shah was the second ruler of this dynasty, and his patronage led to this revival of oil painting.



*FRAME DRUM
strokes ala
Glen Velez Handdance
Method*

D = DUM low bass tone played by striking approx.. 2/3 way towards the center of the drum with ring finger of dominant hand and letting it “bounce” off the head

T = TEK or TAK High sharp tone produced by striking the edge of the drum with dominant hand ring finger

K = KA High sharp tone produced by striking the edge of the drum with non-dominant hand ring finger

P = PAH pads of all four fingers contact drum head (also referred to as ‘Grab’)



BASIC EXERCISE

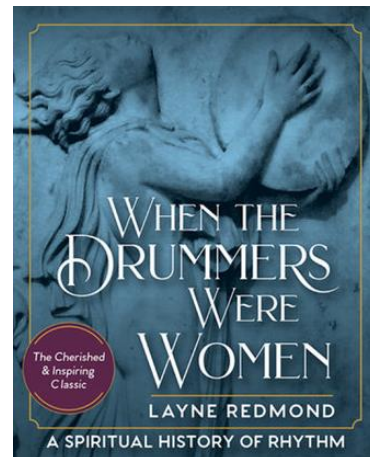
1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

D T D T D T D T **D** K D K D K D K



HIGHLY recommend:
Layne Redmond’s book

[When the Drummers Were Women](#)



Also, good read: drummagazine.com/when-the-drummers-were-women/



Hamza El Din

Sound of the Elements on the drum...

<https://youtu.be/eQo1g6CMBKI> | https://www.youtube.com/watch?v=bcKD2f46G_4

The **DUM** is *water*

The **TAK** is *fire*

The **PAH** is *earth*

The **swirl** is *air*

Hamza El Din (July 10, 1929 – May 22, 2006) was a Nubian composer, oud player, tar player, and vocalist.

Born in the village of Toshka, Aswan, Egypt, he was originally trained to be an electrical engineer. After working in Cairo for the Egyptian national railroad, El Din changed direction and began to study music at the Cairo University, continuing his studies at the Accademia Nazionale di Santa Cecilia in Rome; he also studied in Ibrahim Shafiq's Institute of Music and the King Fouad Institute for Middle Eastern Music, and traveled in Egypt on a government grant collecting folksongs. His performances attracted the attention of the Grateful Dead, Joan Baez, and Bob Dylan in the 1960s, which led to a recording contract and to his eventual emigration to the United States. Like much of Egyptian Nubia, his home village of Toshka was flooded due to the construction of the Aswan High Dam in the 1960s.

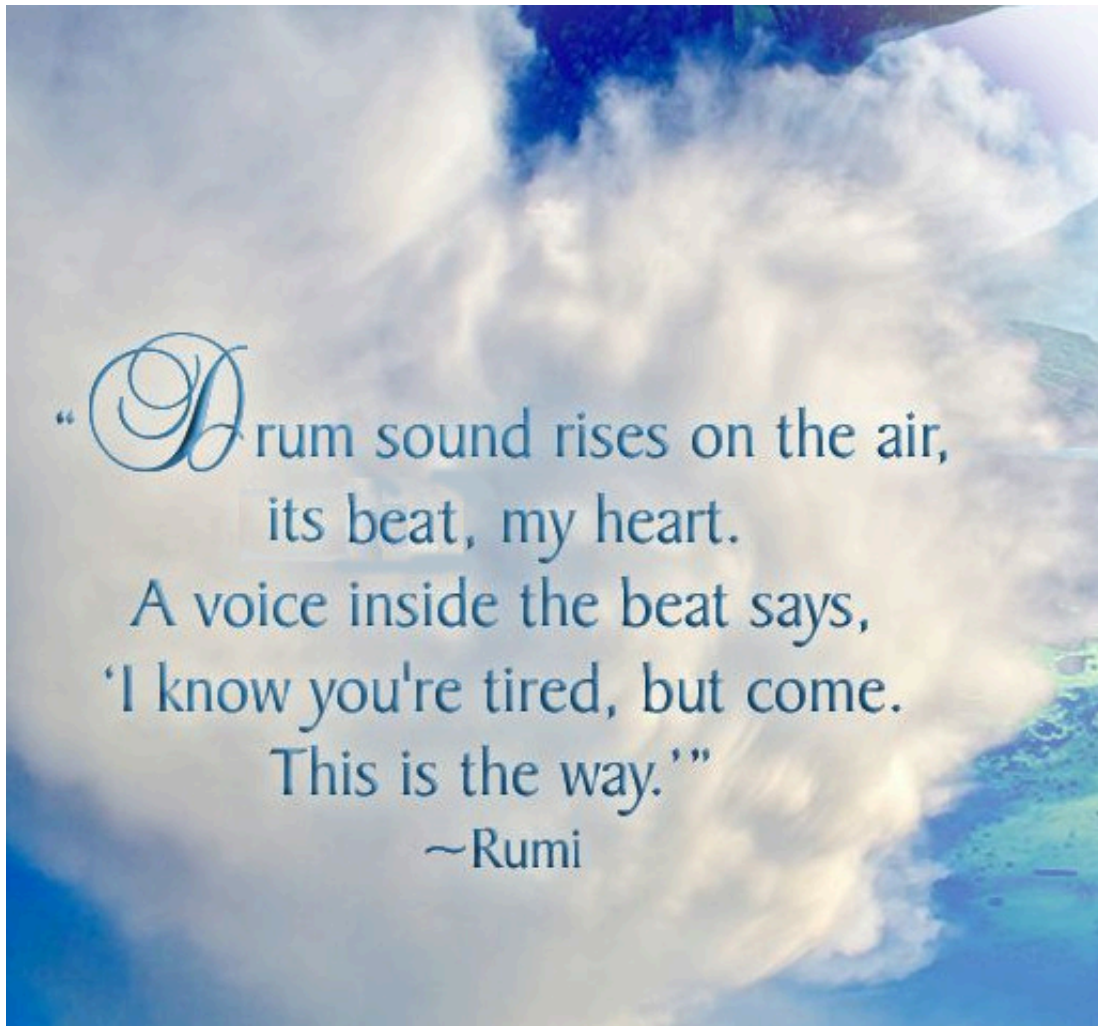
Drumming & the influence of rhythmic sound... drumming has been tested and measured revealing the practice synchronizes the left and right brain hemispheres, facilitating a sense of clarity and heightened awareness... a calm (trance-like) state of being inducing a brain wave* between ALPHA & THETA
*electrical patterns:

- DELTA ~ slowest
- THETA ~ threshold of sleep (drowsy), subconscious
- ALPHA ~ relaxed, internal focus & well-being
- BETA ~ normal waking consciousness, alert, logical
- GAMMA ~ fastest, most active, processing info also associated with anxiety and stress



Maenads, Greek Fifth Century BCE

[In ancient Greece, **Maenads** were followers of the wine god Dionysus. They prepared his wine, and used it (along with dancing and sex) to access a state of frenzied, divine madness and ecstasy. In this altered state, they were believed to be possessed by the god, imbued with gifts of prophecy and superhuman strength.]



It is my pleasure to welcome you to an exploration into traditions that help us connect to our heart's rhythm.

Drumming has an amazing power to help refocus the mind, which in-turn calms and restores the nervous system. It has the potential to deeply nourish us, which is not always easy to achieve, but any small effort rewards us tenfold, particularly during these challenging times.

There is something about the repetition of playing a simple rhythm over and over that has been shown to be highly beneficial to the body and mind, synchronizing the brain hemispheres... producing alpha brain waves which create a cascade of positive effects on the rest of the body.

Ahhhh, just *thinking* about that calms me and triggers a little dopamine to drop down into my system 😊

