



ZENKO[®]
pygmy

Tutorial & Songbook

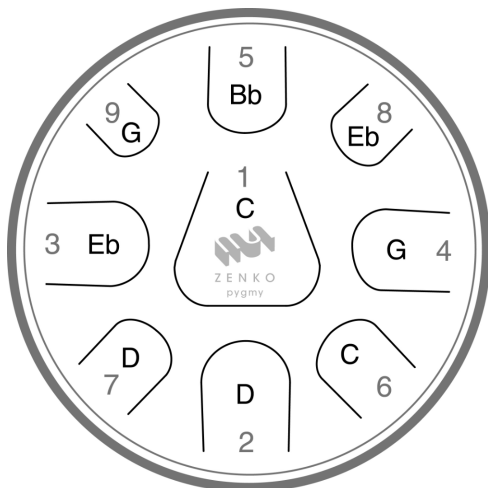


Zenko Pygmy - Tutorial & Songbook

Introduction

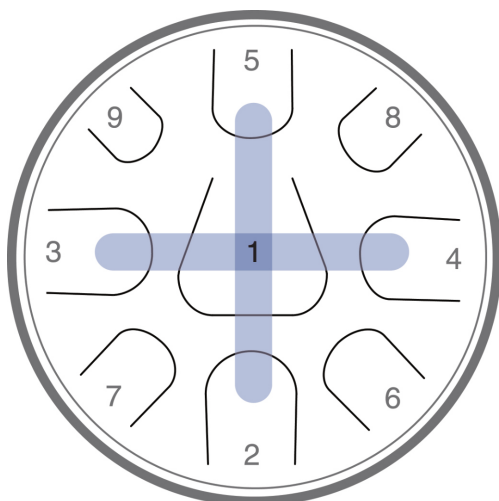
Dear client, thank you for choosing our **Zenko pygmy**! The Zenko, created by **Metal Sounds**, producers of the finest percussion instruments, hand making high quality stainless steel drums in France, since 2014.

The Zenko is an 8 or 9 note Steel tongue drum, coming in 10 different models, with many scales and note layouts to choose from. For more information on our Zenko range please visit: <https://metalsounds-shop.com>



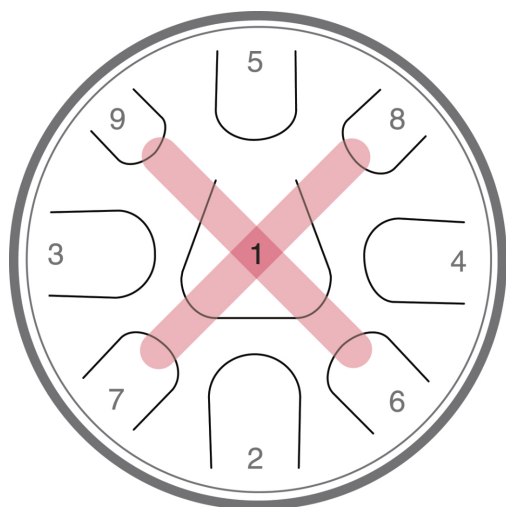
Range

The Zenko pygmy is tuned to C4, D4, Eb4, G4, Bb4, C5, D5, Eb5 and G5. This range corresponds to the pentatonic C minor or Eb major scale.



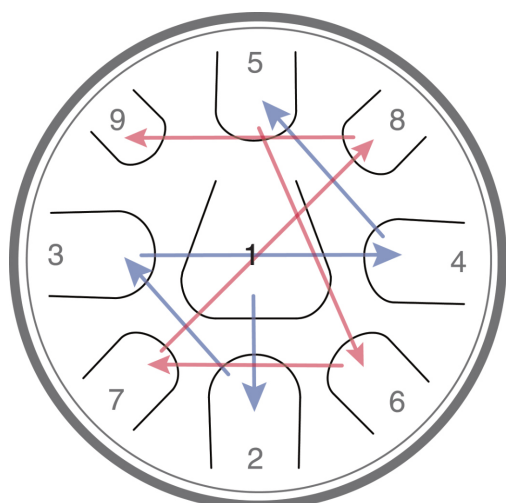
Note Layout 1-5

The Zenko's notes are arranged in a cross and an X formation in terms of pitch range. The lowest note (1) is in the middle and the following four (2-5) are the end points of the cross shape.



Note Layout 6-9

The 6, 7, 8 and 9 notes are positioned at the ends of the 'X' shape, these differ from the lower notes (1-5) not only by their position but also by their size.



Playing the Zenko Scale

To go up the scale, you start with the center note (1), then follow the blue arrows at each of the ends of the cross (2, 3, 4 and 5). Then continue following the red arrows at the end of each of the "X" bars (6, 7, 8 and 9).

To descend the scale, you just reverse the order. You can play this scale by alternating between the right and left hand, starting with the left to avoid crossing them.

Notation

The staff is complemented by a tablature which shows the position of the hands (right / left) as well as each note's pitch, represented by a number. In many cases, if reading notes is not your strong point, it is easier to find the right note by the tablature number on the sheet music.

| | | | | | | | | | | | | | | | |
|--|-------|---|---|---|---|---|--|---|---|---|---|---|--|--|-----------|
| <table border="0"> <tr> <td style="padding-right: 5px;">L</td> <td style="padding-right: 10px;">1</td> <td style="padding-right: 10px;">3</td> <td style="padding-right: 10px;">5</td> <td style="padding-right: 10px;">7</td> <td style="padding-right: 10px;">9</td> <td style="border-left: 1px solid black; padding-left: 5px;"></td> </tr> <tr> <td style="padding-right: 5px;">R</td> <td style="padding-right: 10px;">2</td> <td style="padding-right: 10px;">4</td> <td style="padding-right: 10px;">6</td> <td style="padding-right: 10px;">8</td> <td style="padding-right: 10px;"></td> <td style="border-left: 1px solid black; padding-left: 5px;"></td> </tr> </table> | L | 1 | 3 | 5 | 7 | 9 | | R | 2 | 4 | 6 | 8 | | | Tablature |
| L | 1 | 3 | 5 | 7 | 9 | | | | | | | | | | |
| R | 2 | 4 | 6 | 8 | | | | | | | | | | | |
|  | Staff | | | | | | | | | | | | | | |



Video

Playing Position

Playing Position

To play the Zenko in a sitting position, place it flat on your lap, with the 2nd note closest to you, making sure it's far enough away that you don't have to bend your arms to reach the nearer notes.

Alternatively you can play the Zenko by placing it on a stool, chair or table top using the foam support provided with your drum.

If you wish to play the Zenko in a standing position, we advise you to use the special Metal Sounds stand which the Zenko can be screwed to.



Video



[Zenko on its Stand](#)

Technique

The easiest way to play the Zenko is to use mallets. Use the rubber head mallets included with the drum or your own of similar hardness. Playing with your hands is more demanding but gives a richer sound. You can also play with your thumb or index finger. The thumb gives a rounder sound and is more suitable for the lower notes. The index finger produces a more accurate tone and is suitable for all notes. The best method is to hit the tongue directly letting your finger bounce away from the note immediately to avoid dampening or muffling its resonance.



Video



Playing with Mallets

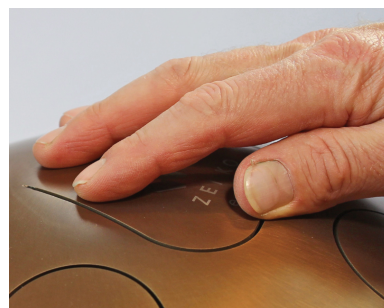


Thumb Slap



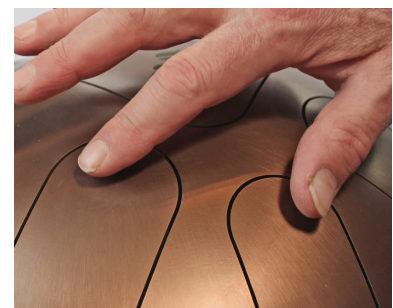
Index Finger Slap

When playing with your hands, you can dampen the sounds by applying light pressure with your fingertips on the note after hitting it with your hand.



Dampen Sound with Fingertips

In addition to playing with your hands, you can play two adjacent notes simultaneously with one hand by using your thumb and index finger and start a different chord.



Thumb and Index Finger

Pygmy Circle Song

Simple melody



ZENKO
pygmy

Conny Sommer

L 7 7 7 | 7 5 5 | 6 5 3 3 |
R 6 8 8 6 6 | 8 6 4 4 | 4 4 4 2 |

1 1 7 | 1 1 1 | 3 3 1 1 |
6 6 2 | 2 2 2 |

1. 2.

Fine

3 3 1 3 | 5 6 7 8 | 7 6 5 |
4 2 4 | 4 4 4 4 | 4 4 |

D.C. al Fine

This simple melody is easy to play and well suited for getting to know the layout of the notes. Perfect for the beginner.



Video

Grasm Meer im Wind

Arpeggio Exercise

Conny Sommer

L 9 9 9 9 7 7 | 8 8 8 8 8 |
 R 5 8 5 8 5 8 5 8 5 8 | 4 6 4 6 4 6 4 6 4 6 |



9 9 9 9 7 7 | 8 8 8 8 8 |
 5 8 5 8 5 8 5 8 5 8 | 4 6 4 6 4 6 4 6 4 6 |



7 7 7 7 3 3 | 3 3 3 3 3 |
 2 4 2 4 2 4 2 4 2 4 | 1 2 1 2 1 2 1 2 1 2 |



7 7 7 7 3 3 | 3 3 3 3 3 |
 2 4 2 4 2 4 2 4 2 4 | 1 2 1 2 1 2 1 2 1 2 |



2 2 2 3 3 3 3 3 | 6 |
 4 4 4 5 5 5 5 5 |



The peculiarity of the piece is in its chord breaks which are always accentuated in the same groups of three.



Video

Heaven in Seven



Melodic Composition in 7/8

Conny Sommer

L 9 7 5 7 | 7 5 3 | 1 1 1 1 |
R 8 6 6 | 8 6 4 2 | 4 4 4 4 |

1. 1 1 1 1 | 1 1 1 1 | 3 3 3 3 |
4 4 4 4 | 4 4 4 2 | 5 5 5 5 |

2. 3 3 3 3 | 1 1 1 1 | 1 1 1 1 |
5 5 5 2 | 4 4 4 4 | 4 4 4 2 |

3 3 3 3 | 3 3 3 3 | 4 4 4 4 |
5 5 5 5 | 5 5 5 8 | 6 6 6 6 |

4 4 4 4 | 3 3 3 3 | 3 3 3 3 |
6 6 6 8 | 5 5 5 5 | 5 5 5 2 |

1 1 1 1 | 1 1 1 1 | 9 7 5 7 |
4 4 4 4 | 4 4 4 4 | 8 6 6 6 |

7 5 3 2 | 1 1 1 1 | 1 |
8 6 4 2 | 4 4 4 4 | 4 |

3X

All melodies and chords in this piece follow the accent pattern 2 + 2 + 3. This rhythm is a bit unusual at first, but becomes appealing when mastered.



Video

Back to G

African Roots Groove



Conny Sommer

L
R 4 4 | 4 4 4 4 4 4 4 4

1 3 1 1 3 2 | 1 2 2 1 3 3
4 4 4 4 4 4 4 4 4 4 4 4

4X

1 3 1 1 3 2 | 1 3 1 1 3 2
4 4 4 4 4 4 4 4 4 4 4 4

6 1 3 6 1 3 | 5 1 3 5 1 3
4 4 4 4 4 4 4 4 4 4 4 4

1 3 1 1 3 2 | 1 3 1 1 3 2
4 4 4 4 4 4 4 4 4 4 4 4

6 1 3 6 1 3 | 7 1 3 7 1 3
4 4 4 4 4 4 4 4 4 4 4 4

8 1 3 8 1 3 | 7 1 3 7 1 3
4 4 4 4 4 4 4 4 4 4 4 4

1.

9 7 9 7 9 7 9 7 | 9 7 9 7 9 7 5 3 |
8 6 8 6 8 6 8 6 | 8 6 8 6 8 6 4 2 |

2.



1 3 1 1 3 2 |
4 4 4 4 4 4

4X



last X rit.

All the melodies, grooves and chords in this piece revolve around G, which in the off-beat and, together with the bass line, create echoes of West African drum rhythms. Let your creativity run wild and try to find your own phrases to incorporate into this piece.



Video



METAL SOUNDS

tel +33 (0)5 34 27 20 10

mobile +33 (0)6 21 10 10 18

ZA Piossane II

2 impasse d'Occitanie

31590 VERFEIL

FRANCE

<https://metalsounds-shop.com>

info@metalsounds.fr



All texts, compositions, photos and videos by Conny Sommer

English translation: Jonathan Kavanagh