



ZENKO[®]
solstice

Tutorial & Songbook

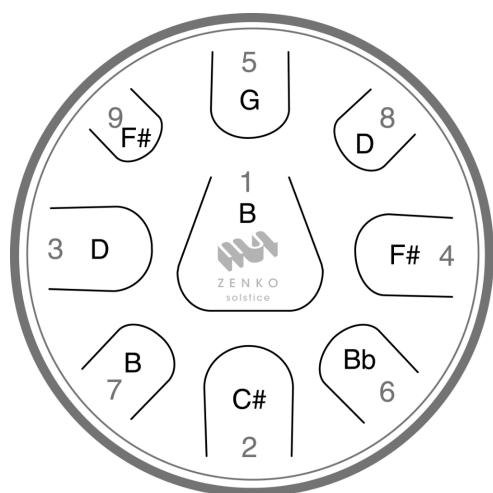


Zenko Solstice - Tutorial & Songbook

Introduction

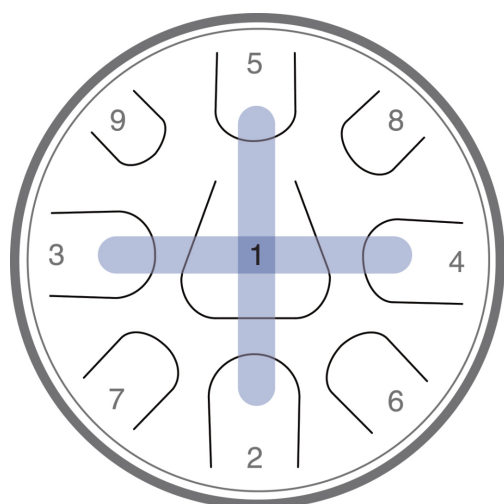
Dear client, thank you for choosing our **Zenko solstice!** The Zenko, created by **Metal Sounds**, producers of the finest percussion instruments, hand making high quality stainless steel drums in France, since 2014.

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>



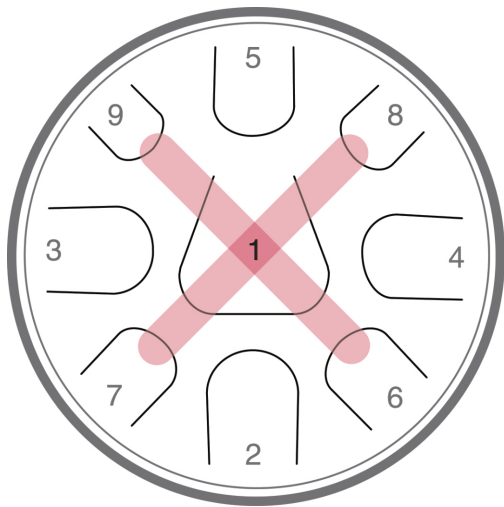
Range

The Zenko solstice comes tuned to B3, C#4, D4, F#4, G4, Bb4 (A#4), B4, D5 and F#5. This range corresponds to the Bb minor scale



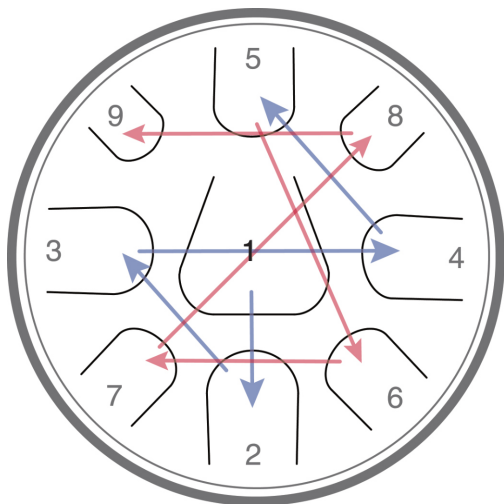
Note Layout 1-5

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.

L 1 3 5 7 9	Tabs/Tablature
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



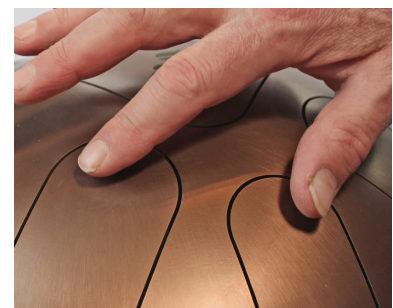
Index Finger Slap

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

Ballade nocturne



Simple Melody

Conny Sommer

L 1 3 | 1 3 2 4 |
R 2 4 | 2 1 4

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

6 6 9 9 | 6 2 2 2 |
4 4 4 4

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

6 5 6 5 | 6 5 6 5 |
4 4 4 4

7 3 7 3 | 7 3 7 3 |
4 4 4 4

7 3 7 3 | 7 3 7 3 2 |
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

Afterglow

Atmospheric Ostinato



Conny Sommer

L 3 3 | 1 3 1 | 1 3 2 2 |
R 4 4 | 1 4 1 1 | 4 1 1 5 |

1 3 1 | 1 3 9 7 | 1 3 1 |
1 4 1 1 | 4 1 1 8 | 1 4 1 1 |

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

1 3 1 | 5 7 5 4 | 5 7 5 7 |
4 1 1 1 | 4 6 6 4 | 4 6 6 4 |

5 7 5 7 | 5 4 5 |
6 4 6 4 | 6 4 6 |

D.C. con Rep al Coda

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

The sixteen notes / semiquavers in this piece require a little practice. Make sure they sound regular and are played not too loud.



Video

Two against Five

Polyrhythmic Groove in 5/8



Conny Sommer

L 2 2 2 2 | 2 2 2 2 |
R 4 1 4 1 4 | 1 4 1 4 1 |

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

3 3 3 3 | 3 3 3 3 |
5 1 5 1 5 | 1 5 1 5 1 |

1 1 1 1 | 1 1 1 1 |
4 8 4 8 4 | 8 4 8 4 8 |

7 5 5 5 | 3 7 |
6 6 4 6 4 | 1 4 |

In this piece, the hands work polyrhythmically against each other, while the right hand plays a regular two note melody, the left plays an accented structure in five time signature. A cyclical form is created and is repeated every two bars.



Video

Stop and Go

Hand played Groove



Conny Sommer

L 1 1 1 1 1 1 1 1 | 1 1 1 1 1 1 7 5 |
R 1 1 1 1 1 1 1 1 | 1 1 1 1 1 1 6 4 |

3X

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

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

1.

1 1 1 1 1 1 1 1 | 9 9 9 9 9 |
1 1 1 1 1 1 1 1 | 6,4 6,4 6,4 6,4 6,4 6,4 6,4 6,4 6,4 6,4 |

2.

Fine

7,3 7,3 7,3 7,3 7,3 | 7,3 7,3 7,3 7 5 |
4 4 4 4 4 4 4 4 | 4 4 4 4 4 4 6 4 |

1. 2.

D.S. al Fine

This piece is played with the hands only. All the notes represented by a cross should be muted with the fingertips




Video

Chord Exercise


Bm **F#**

L 3 3 3 3 | 2 6 2 6 |
 R 1 4 1 4 | 4 4 4 4 |




Bm **F#**

7 3 7 3 | 2 6 2 6 |
 4 4 4 4 | 4 4 4 4 |



G **F#5+** **F#**

7 7 7 5 | 6 6 2 4 |
 5 8 5 8 | 4 8 6 6 |



G **F#**

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





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