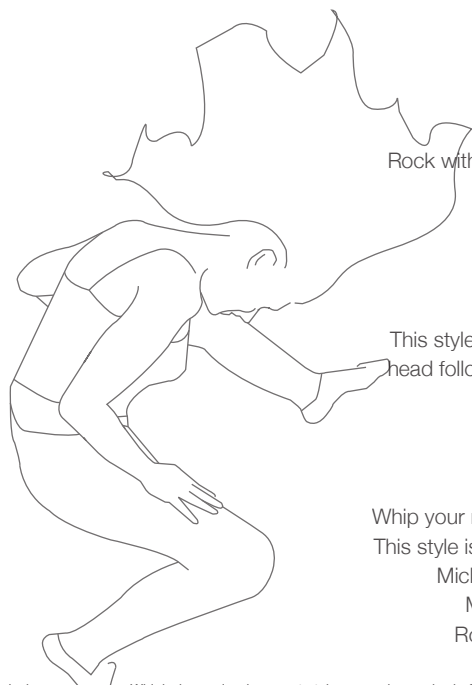


Head/bang

Rock out*

Up&down
a/b

The most common style of head-banging. It may be performed with soft movements (The low-profile). Or, as a heavier form where the hair obscures the face (The whiplash). Possibly pioneered by AC/DC's Angus Young, Metallica's Cliff Burton.



Tandem
c+d

Rock with a partner for a great visual effect.

Figure 8
f/g/h/i/h/g/f

This style involves moving the head following the figure eight.

Side to side
c/d

Whip your rock hair side to side
This style is for ex. practised by;
Mick Thompson-Slipknot
Martin mendez-Opeth
Robert Trujillo-Metallica

Circular swing
f/g/h/i

This style is also known as windmill or helicopter. Keep the legs apart and hold on to your knees and move the head in a circular shape.

Half circle
g/h/i

Swing your head side to side in a downward arc.

All-out
e/j

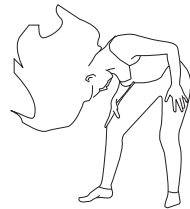
The heavy style. Grab on to any fixed objects or reach for the floor! When the head movements become so heavy it seriously affects the balance.

*Warning: Headbanging may lead to a headache if done too enthusiastically. Keep headache medication handy as headbanging headaches may appear. Whiplash can develop, so stretch your rock muscles before and relax your neck while headbanging. Preventing injury allows you to rock another day.

a



b



c



d



e



f



g



h



i



j

