

# Gong Playing Techniques

These techniques are ways of shaping  
**how energy moves through sound**

## 1. Striking

Used to initiate sound

Can be soft or strong

Marks the **beginning of the cycle**

→ opening the field

## 2. Rolling

A continuous, flowing technique

Creates gentle **agitation** in the sound

→ produces a sustained field of vibration

## 3. Swelling & Crescendo

Gradually increasing:

- volume
- intensity

Works with the nervous system's sense of:

**anticipation** → **activation**

## 4. Damping (Muting)

Touching the gong to reduce or stop vibration

Brings:

- sudden stillness
- containment

Can be used to:

- create contrast
- reset the space

## 5. Friction playing

Using a friction mallet or tool  
to draw out higher tones

Creates:

- more ethereal
- higher frequency sounds

*(Less traditional, but can be effective when used with awareness)*

## 6. Pacing & Space

Allowing the sound to fully decay

Letting silence do the work

## Rhythm & awareness

All of these techniques sit within **rhythm**

It's not just what you play  
but **when and how you play it**

## Traditional perspective

In traditional contexts, there was often:

Less emphasis on complex technique

More emphasis on:

- timing
- intention
- allowing the sound to unfold

## The real skill

The real skill is not doing more

It is knowing: **how much is enough**