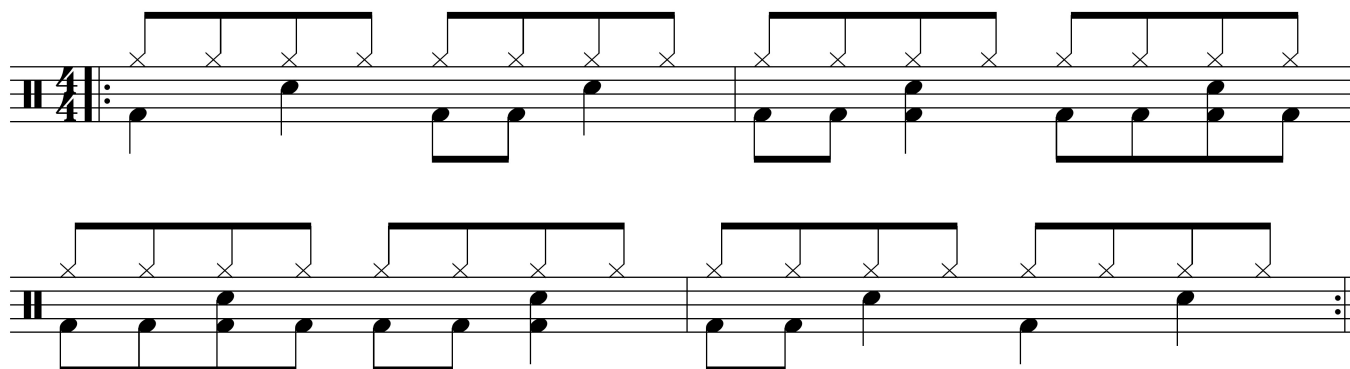


Hand Speed Exercise 2



Tempo	Date Achieved	Tempo	Date Achieved
60		138	
63		141	
66		144	
69		147	
72		150	
75		153	
78		156	
81		159	
84		162	
87		165	
90		168	
93		171	
96		174	
99		177	
102		180	
105		183	
108		186	
111		189	
114		192	
117		195	
120		198	
123		201	
126		204	
129		207	
132		210	
135		213	

Eighth Note Bass Drum Builder



Tempo	Date Achieved	Tempo	Date Achieved
60		138	
63		141	
66		144	
69		147	
72		150	
75		153	
78		156	
81		159	
84		162	
87		165	
90		168	
93		171	
96		174	
99		177	
102		180	
105		183	
108		186	
111		189	
114		192	
117		195	
120		198	
123		201	
126		204	
129		207	
132		210	
135		213	

Eighth Note Accuracy

Use a metronome set to count eighth notes

Count: 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

Tempo	Date Achieved	Tempo	Date Achieved
60		180	
65		185	
70		190	
75		195	
80		200	
85		205	
90		210	
95		215	
100		220	
105		235	
110		240	
115		245	
120		250	
125		255	
130		260	
135		265	
140		270	
145		275	
150		280	
155		285	
160		290	
165		295	
170		300	
175		305	

Hand Speed Exercise 1

Tempo	Date Achieved	Tempo	Date Achieved
60		180	
65		185	
70		190	
75		195	
80		200	
85		205	
90		210	
95		215	
100		220	
105		235	
110		240	
115		245	
120		250	
125		255	
130		260	
135		265	
140		270	
145		275	
150		280	
155		285	
160		290	
165		295	
170		300	
175		305	

Hand & Foot Co-ordination 1

Sticking 1: R L R L R L R L
 Sticking 2: R R R R L L L L

Tempo	Date Achieved	Tempo	Date Achieved
60		138	
63		141	
66		144	
69		147	
72		150	
75		153	
78		156	
81		159	
84		162	
87		165	
90		168	
93		171	
96		174	
99		177	
102		180	
105		183	
108		186	
111		189	
114		192	
117		195	
120		198	
123		201	
126		204	
129		207	
132		210	
135		213	