

# Day 1

## Eighth Note and Eighth Rest



Eighth note  
-1/2 beat



Two eighth notes  
connected by a bar  
-1/2 beat each



Eighth Rest  
-1/2 beat  
of silence

### *Warm-up for Week 1*



**1<sup>st</sup> Star Objective**  
Clap the rhythm  
as you count out  
loud.



**2<sup>nd</sup> Star Objective**  
R.H. alone. Perfect  
timing and  
technique.



**3<sup>rd</sup> Star Objective**  
L.H. alone.  
Perfect timing  
and technique.



**Challenge Objective**  
Metronome = 90 bpm.  
As you feel comfortable,  
continuously increase  
the tempo 10 bpm.