

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



1st Star Objective
Clap the rhythm
as you count out
loud.



2nd Star Objective
R.H. alone. Perfect
timing and
technique.



3rd Star Objective
L.H. alone.
Perfect timing
and technique.



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