

DAILY PRACTICE ROUTINE

START DATE: __/__/20__

			WEEK 1					WEEK 2					WEEK 3					WEEK 4					WEEK 5				
			DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
(a)	Limb Positioning	Posture (i)																									
(b)	Rudiments	Limb Targeting (ii)																									
(c)	Sight Reading	Rhythms (iii)																									
(d)	Grooves	Fills (iv)																									
(e)	Groove Rules																										
(f)	Song/ Homework																										
	SIGN OFF																										

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(a)	Limb Positioning	Posture (i)																									
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	SIGN OFF																										

(a) LIMB POSITIONING:

- a) Right foot on Bass Drum Pedal.
- b) Left foot on Hi hat Pedal.
- c) Left hand on Snare Drum.
- d) Right hand over Left!

(b) RUDIMENTS:

Order of hand movements while playing basic rhythms.

(c) SIGHT READING:

(Will be provided)

(d) GROOVES:

Quarter Note, Eighth Note and Sixteenth Note grooves including '*Variations*' and '*Alterations*'.

(e) GROOVE RULES:

- a) There are 4 beats in a bar. Beats 1 and 3 are played on the Bass Drum.
- b) Beats 2 and 4 are played on the Snare Drum.
- c) The type of rhythm played on the Hi Hats, gives the groove its name, i.e.
8th Notes on the Hi Hats = 8th Note Groove

(f) SONG / HOMEWORK:

(Will be provided)

(i) POSTURE:

- a) Sit up straight.
- b) Shoulders down and relaxed.
- c) *Limb Positioning*
- d) Palms down/inward.

(ii) LIMB TARGETING:

Playing any rhythm or drum part with singularly targeted limbs.

(iii) RHYTHM:

Everything from song structures to quick "licks" and triplets.
(Will be provided)

(iv) FILLS:

- a) Whole bar Fills.
- b) Half bar Fills.
- c) 1 beat Fills
- d) 'Sweet As' Fills

HOW IT WORKS:

1. If you aim to practice **“LEFT SIDE (a) Limb Positioning”** for **5mins per day** for week 2:

Find the explanation for **“(a) Limb Positioning”** on the supplementary page and actively work through the steps. If you only manage to get in **3mins** of practice on Day 1 of Week 2, this is how the time spent should be recorded:

START DATE: __/__/20__

				WEEK 1					WEEK 2					
				DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	
				1	2	3	4	5	1	2	3	4	5	
(a)	Limb Positioning	Posture	(i)						3,0					
(b)	Rudiments	Limb Targeting	(ii)											
(c)	Groove Rules	Rhythms	(iii)											
(d)	Grooves	Fills	(iv)											
(e)	Sight Reading	Play Along	(v)											
(f)	Technique													
(g)	Song/ Homework													
SIGN OFF														

3 mins Left,
0 mins Right

2. If you aim to practice **“RIGHT SIDE (iii) Rhythms”** for **5mins per day** for week 2:

Find the explanation for **“(iii) Rhythms”** on the supplementary page and actively work through the steps. If you only manage to get in **3mins** of practice on Day 1 of Week 2, this is how the time spent should be recorded:

START DATE: __/__/20__

				WEEK 1					WEEK 2				
				DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY
				1	2	3	4	5	1	2	3	4	5
(a)	Limb Positioning	Posture	(i)										
(b)	Rudiments	Limb Targeting	(ii)										
(c)	Groove Rules	Rhythms	(iii)						0,3				
(d)	Grooves	Fills	(iv)										
(e)	Sight Reading	Play Along	(v)										
(f)	Technique												
(g)	Song/ Homework												
SIGN OFF													

0 mins Left,
3 mins Right

3. If you aim to practice both **“LEFT SIDE (d) Grooves”** and **“RIGHT SIDE (iv) Fills”** for **5mins per day** for week 2:

Find the explanations for both on the supplementary page and actively work through the steps. If you manage to get in **5mins** of practice for each on Day 1 of Week 2, this is how the time spent should be recorded:

START DATE: ___ / ___ / 20__

			WEEK 1					WEEK 2				
			DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
(a)	Limb Positioning	Posture	(i)									
(b)	Rudiments	Limb Targeting	(ii)									
(c)	Groove Rules	Rhythms	(iii)									
(d)	Grooves	Fills	(iv)					5,5				
(e)	Sight Reading	Play Along	(v)									
(f)	Technique											
(g)	Song/ Homework											
SIGN OFF												

5 mins Left,
5 mins Right

At the end of each day you'll need to **“Sign Off”** that the day is done, whether you've practiced or not.

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			WEEK 1					WEEK 2				
			DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
(a)	Limb Positioning	Posture	(i)					5,5		5,5	5,5	
(b)	Rudiments	Limb Targeting	(ii)									
(c)	Groove Rules	Rhythms	(iii)									
(d)	Grooves	Fills	(iv)									
(e)	Sight Reading	Play Along	(v)									
(f)	Technique											
(g)	Song/ Homework											
SIGN OFF								✓	✓	✓	✓	✓