

DAY 4

Category 4: TIME&SPEED

LEVEL 1

TIMING FOUNDATIONS RHYTHMIC TIMING SCALES

PROGRESSION 1: →

1/4 Notes

R	L	R	L
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1/8 Notes

R	L	R	L	R	L	R	L
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TIMING SCALE 1

R	L	R	L
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R	L	R	L	R	L	R	L
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PROGRESSION 2: →

1/8 Notes

R	L	R	L	R	L	R	L
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1/16 Notes

R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L
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TIMING SCALE 2

R	L	R	L
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R	L	R	L	R	L	R	L
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R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L
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PROGRESSION 3: →

TIMING SCALE 3

R	L	R	L	R	L	R	L	R	L	R	L
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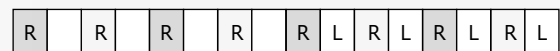
R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L	R	L
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LEVEL 2

TIMING DEVELOPMENT SPEED CONTROL & ACCURACY

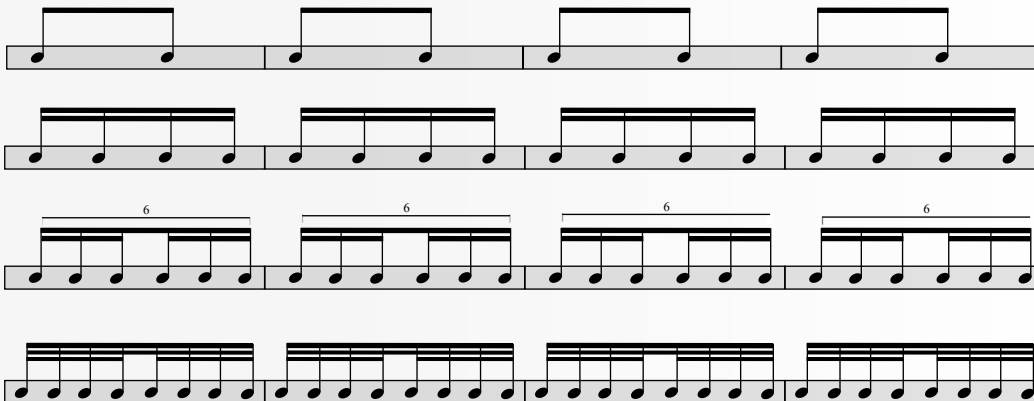
PROGRESSION 1: →

SINGLE STROKE SPEED



PROGRESSION 2: →

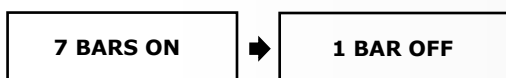
TIMING SCALE 4



LEVEL 3

TIMEKEEPING MASTERY THE SILENT CLICK METHOD

PROGRESSION 1: →



PROGRESSION 2: →



PROGRESSION 3: →

