

THE RHYTHM TRIALS #1

QUARTER NOTES AND RESTS

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To pass **RHYTHM TRIAL #1** you must perform this clapping exercise while counting outloud with the specified metronome BPM (beats per minute) levels listed below.

- YOUNGLING** = 120 BPM (or faster) -Great job, you passed! Speed it up to gain higher levels!
PADAWAN = 240 BPM (or faster) -If you record a video at this level or higher, I will put your video on our website!
KNIGHT = 320 BPM (or faster) -The Rhythm is with you.
MASTER = 400 BPM (or faster) -You have brought balance to the Rhythm.

Tips

- Practice with a metronome at all times!
- Practice "speed limit" should be found by knowing how slow you need to go to clap and count all notes w/o error!
- Speed up slowly, and may the Rhythm be with you!!!!



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