THE RHYTHM TRIALS

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To pass **RHYTHM TRIAL #I** 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!

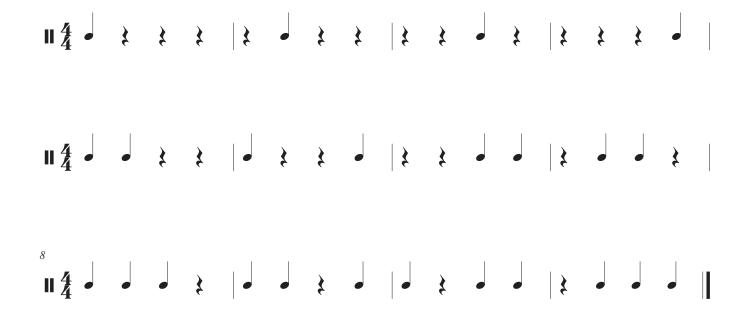
PADAWAN = 240 BPM (or faster) -If you record a video at this level or higher, I will put your video on our website!

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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