

Black Band 3.

Once the black band 3s are acquired a final certificate will be awarded to anyone who can complete the highest level. It is a comprehensive challenge.

Play all 8 times unless stated.

Single accent with drag. @ 140 bpm

5 stroke roll @ 80 bpm

Flam accent (2 Bars) @ 70 bpm

6y thing (2 bars) @ 150 bpm

Para diddle diddle (2 bars @ 150bpm)

6's @ 90 bpm (8 bars)

5 stroke roll with a 5. @ 90bpm

Herta fast. (2 bars finish on the 3 of the 2nd bar) @ 160bpm

Flam a diddle. @ 70 bpm. (4 bars)

Songs:

Play along with the following songs without youtube, just listen to the track through headphones and play along.

Abbey St.

Mainguard St.

Bruce Lee.