

Black Band 1.

Play all the following 8 times. All @ 80 bpm

Paradiddle

Single accent

Samba

Flam tap (4 each side)

55,5555

Wiper w/double left.

Butt 2 tip.

Double stroke. (2 bars, 1e+a, 2e+a, 3e+a, 4e+a x 2)

4 stroke ruff. (4 each side)

Cross rhythm 4 over 3. (4 bars of 3, count in 3s)

Songs:

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

Burundi

Connacht

Shop St.

After getting this grade you will be onto Black band 1 and will be eligible for

Macnas

Stadium games