Black Band 2.

Play 8 times unless stated.

Single Accent [2 bar version] (4 times only)
Gonna eat a big cake
Herta (4 times only)
I'm gonna be at the Headford Mart
Double paradiddle (4 each side)
Dynamics (Normal, loud, normal quiet, whole sequence x 2 times)
Drag (4 bars, 8 each side, every second one)

All @ 100bpm

Songs:

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

Lumo

Conor

Samba

X men

After achieving these beats you will be up to Black band 3 and be eligible for:

Bash Brothers.