

Red band

Play all of the following 8 times. All @ 90 bpm

We're gonna have the craic.

In and out.

Swimmers (4 each side)

Double left accent

Spoons

Spin.

Songs:

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

Eyre Sq.

Columbia.

Alf.

In this grade you compose your own song that is 30-90 seconds long and including at least 5 beats from all the beats you know and at least 5 moves from all the other bands. Record a video of it and send it for grading. It has to be to a click. The tempo is chosen by the drummer (no extra marks for going fast.)

After achieving these pieces you are up to black band 1 and are eligible for:

XP