



# Assess

## Lesson 3

Name of Track?

Rudiment Level 1 Track

Date Started?

April 10<sup>th</sup>

Goal date of completion?

June 5<sup>th</sup>

Are you on schedule to meet your completion goal?

No, I'm a week and a half behind.

If not, why?

I had a huge project come up at work that took a week and my wife's birthday party wound up taking more time to plan than I expected.

If you are not working on schedule, what three things could you change to make it possible to meet your completion goal date?

1. I'm going to add 30 minutes of extra practice before bed on Sunday's
2. I can squeeze in 10 minutes of pad practice after lunch at work every day
3. I am not watching any more football until I'm back on schedule (bring the pain!)

How has this track impacted your playing thus far?

(Ex: new ideas, a different outlook, practical application, etc...)

I never realized how many rudiments can be practically applied to my fills. I also never realized how bad my technique was until I started trying to speed the rudiments up. I'm revisiting my grip this week :)

Have you been listening to your three chosen drummers daily?

YES!!!

What have you learned from those drummers?

That paradiddles are everywhere! I'm also seeing how much Buddy Rich incorporated basic rudiments in some really cool ways.