

NAME: \_\_\_\_\_

# Rhythm Rock-Star

Completed Training: You are the **Opening Act**

Completed Levels 1 – 4: You are a **Headliner**

Completed Levels 5 – 8: You are on a **National Tour**

Completed Levels 9 – 12: You are on a **World Tour**

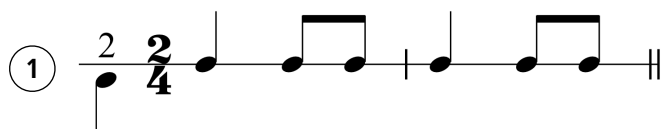
Completed Levels 13 – 16: You are a **Rock Star!**



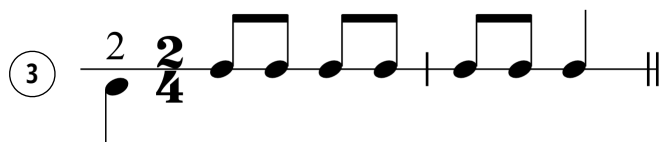
# Training Levels

## DUPLER RHYTHM PATTERNS

Metronome Tempo: ♩ = 80

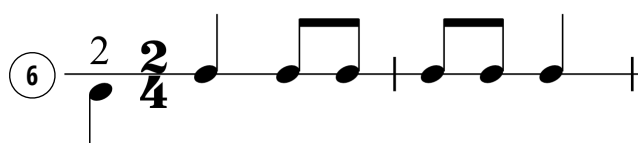
① 

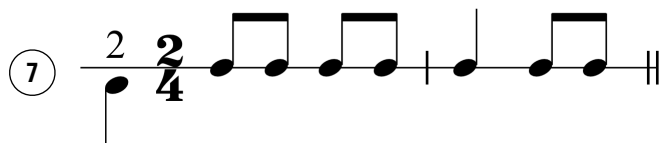
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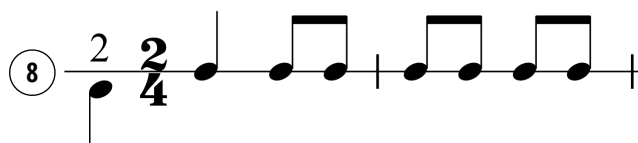
③ 

④ 

⑤ 

⑥ 

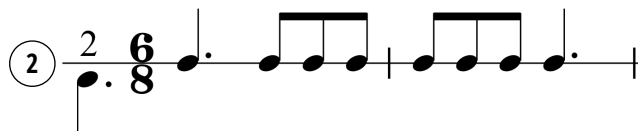
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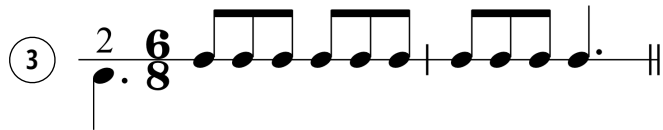
⑧ 

## TRIPLE RHYTHM PATTERNS

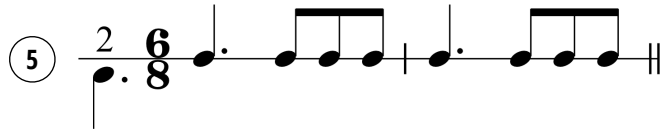
Metronome Tempo: ♩ = 68

① 

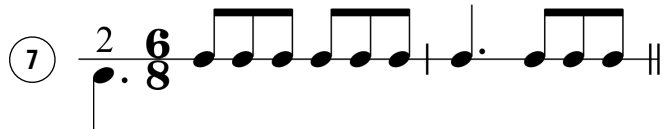
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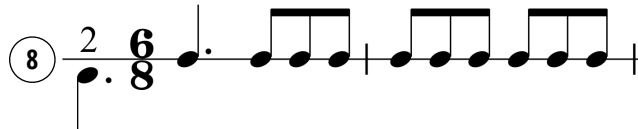
③ 

④ 


⑤ 

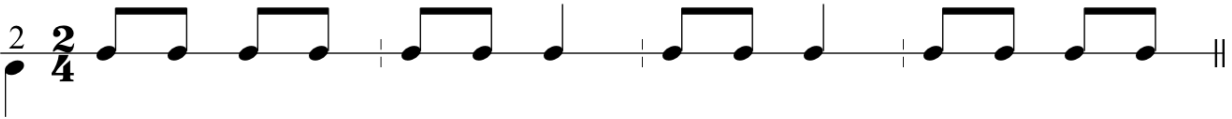
⑥ 

⑦ 

⑧ 

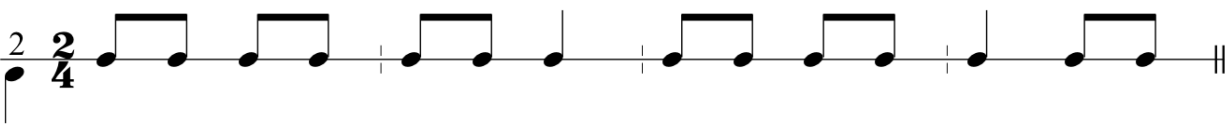
# LEVEL 1 $\text{♩} = 80$

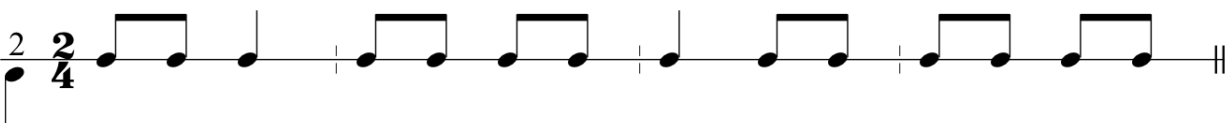
①   $\frac{2}{4}$  

②   $\frac{2}{4}$  

Date Completed: \_\_\_\_\_

# LEVEL 2 $\text{♩} = 80$

①   $\frac{2}{4}$  

②   $\frac{2}{4}$  

Date Completed: \_\_\_\_\_

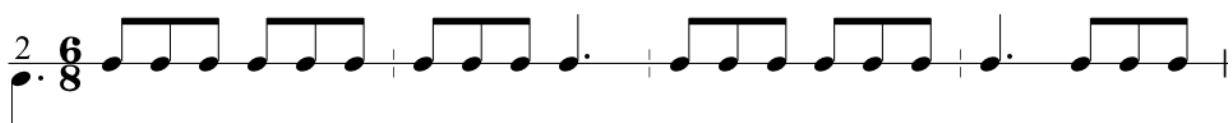
# LEVEL 3 $\text{♩} = 68$

①   $\frac{2}{8}$  

②   $\frac{2}{8}$  

Date Completed: \_\_\_\_\_


# LEVEL 4 $\text{♩} = 68$

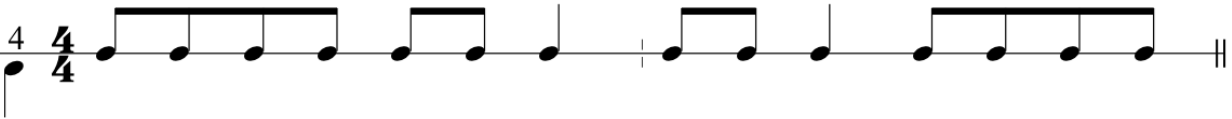
①   $\frac{2}{8}$  

②   $\frac{2}{8}$  

Date Completed: \_\_\_\_\_


**LEVEL 5** ♩ = 80


①   $\frac{4}{4}$  

②   $\frac{4}{4}$  

Date Completed: \_\_\_\_\_

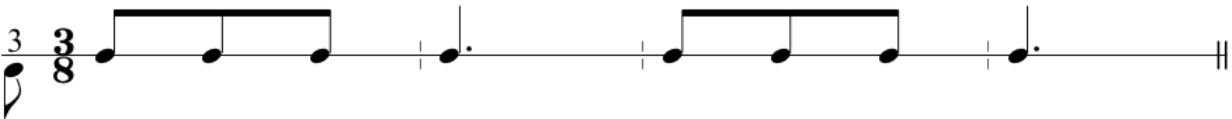
**LEVEL 6** ♩ = 120

①   $\frac{2}{4}$  

②   $\frac{2}{4}$  

Date Completed: \_\_\_\_\_

**LEVEL 7** ♩ = 68

①   $\frac{3}{8}$  

②   $\frac{3}{8}$  

Date Completed: \_\_\_\_\_

**LEVEL 8** ♩ = 120

①   $\frac{3}{4}$  

②   $\frac{3}{4}$  

Date Completed: \_\_\_\_\_

**LEVEL 9** ♩ = 80

①  

②  

Date Completed: \_\_\_\_\_

**LEVEL 10** ♩ = 80

①  

②  


Date Completed: \_\_\_\_\_

**LEVEL 11** ♩ = 80

①  


②  

③  

④  

Date Completed: \_\_\_\_\_

**LEVEL 12** ♩ = 80

①  

②  

Date Completed: \_\_\_\_\_

**LEVEL 13** ♩ = 120

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①   $\frac{3}{4}$  

②   $\frac{3}{4}$  

③   $\frac{3}{4}$  

④   $\frac{3}{4}$  

Date Completed: \_\_\_\_\_

**LEVEL 14** ♩ = 68

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①   $\frac{2}{8}$  

②   $\frac{2}{8}$  

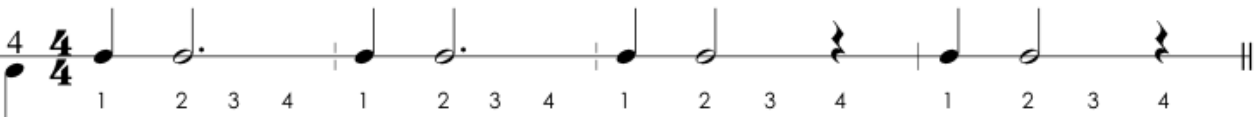
③   $\frac{2}{8}$  

④   $\frac{2}{8}$  

Date Completed: \_\_\_\_\_

# LEVEL 15 $\text{♩} = 80$

①  

②  

③  

④  


Date Completed: \_\_\_\_\_

# LEVEL 16 $\text{♩} = 80$

①  

②  

③  

④  

Date Completed: \_\_\_\_\_