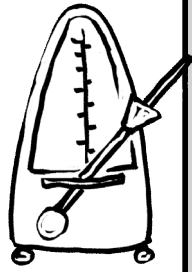
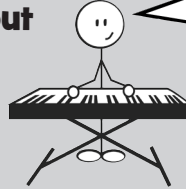


Rhythm Master!

SCORE SHEET



In music, martial arts and sports you need not just speed - but focus, control and accuracy.



DID YOU KNOW THAT SOME PROFESSIONAL ATHLETES USE A SPECIAL METRONOME TO HELP THEM BUILD THEIR SKILLS FOR PEAK PERFORMANCE?

Use these charts to help you train. Write in the date and your slowest ("focus") and fastest ("speed") times. Remember - You must be accurate and hit the beat right on - or it doesn't count.

SONG	SCORES (FASTEST AND SLOWEST SPEED)								
	Finger Exercise #12	DATE:	7/12	7/19	7/26	8/2			
FOCUS:		60bpm	56bpm	54bpm	52bpm				
SPEED:		94bpm	96bpm	100bpm	101 bpm				

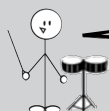
	DATE:								
	FOCUS:								
	SPEED:								

	DATE:								
	FOCUS:								
	SPEED:								

	DATE:								
	FOCUS:								
	SPEED:								

	DATE:								
	FOCUS:								
	SPEED:								

	DATE:								
	FOCUS:								
	SPEED:								



THIS KIND OF TRAINING WILL ALSO PREPARE YOU TO PLAY IN A BAND WITH A DRUMMER SOMEDAY.

SONG	SCORES (FASTEST AND SLOWEST SPEED)								
	DATE:								
	FOCUS:								
	SPEED:								

	DATE:								
	FOCUS:								
	SPEED:								

	DATE:								
	FOCUS:								
	SPEED:								

	DATE:								
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	DATE:								
	FOCUS:								
	SPEED:								