

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**

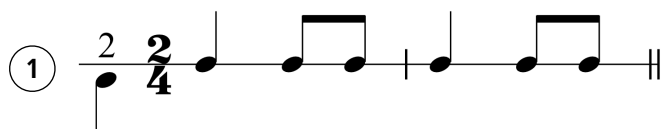
Completed Levels 9 – 12: You are on a **World Tour**

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

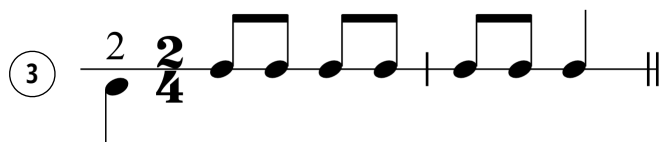
Training Levels

DUPLER RHYTHM PATTERNS

Metronome Tempo: ♩ = 80

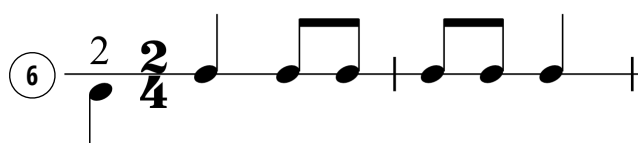
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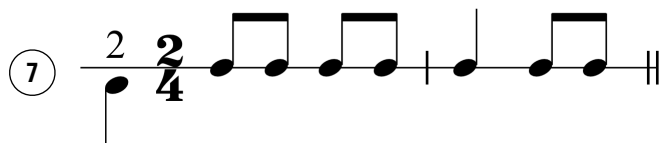
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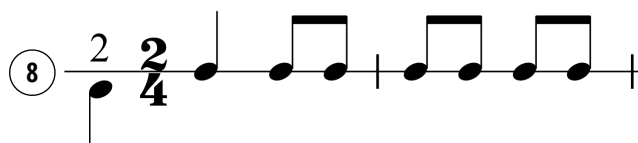
③ 

④ 

⑤ 

⑥ 

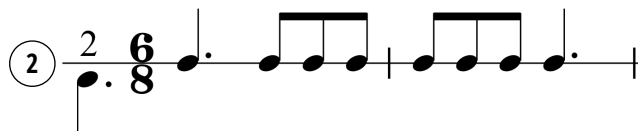
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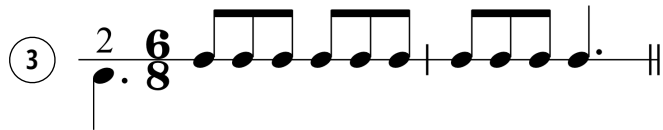
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TRIPLE RHYTHM PATTERNS

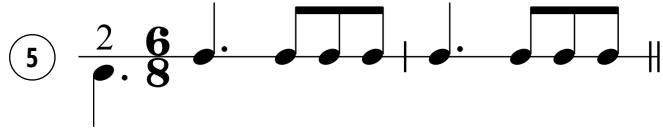
Metronome Tempo: ♩ = 68

① 

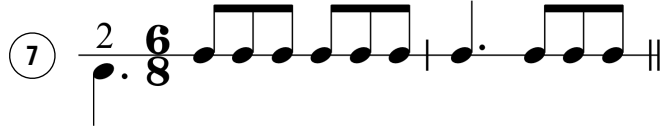
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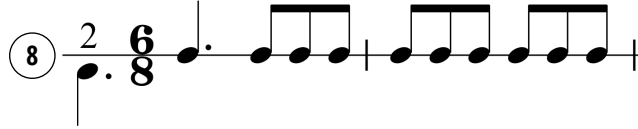
③ 

④ 


⑤ 

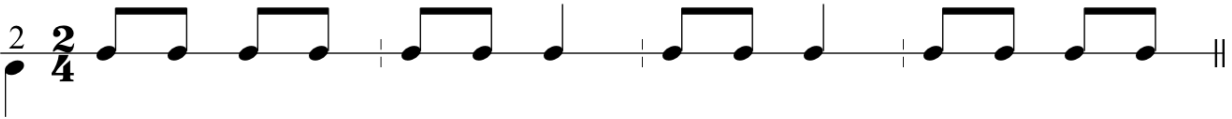
⑥ 

⑦ 

⑧ 

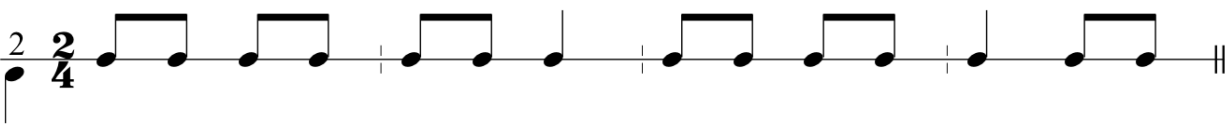
LEVEL 1 ♩ = 80

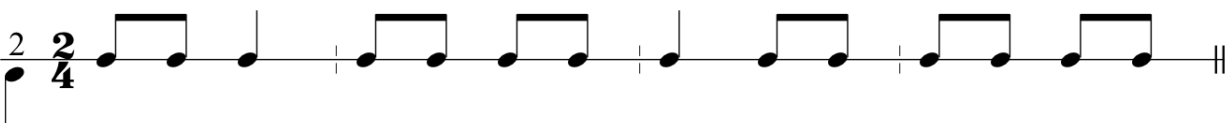
① $\frac{2}{4}$ 

② $\frac{2}{4}$ 

Date Completed: _____

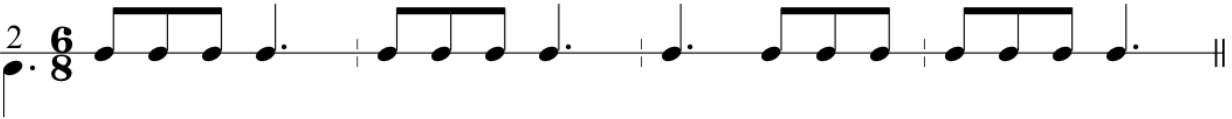
LEVEL 2 ♩ = 80

① $\frac{2}{4}$ 

② $\frac{2}{4}$ 

Date Completed: _____

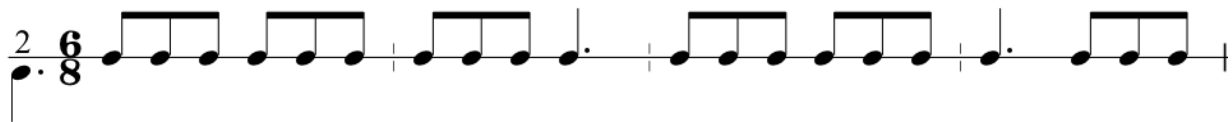
LEVEL 3 ♩ = 68

① $\frac{2}{8}$ 

② $\frac{2}{8}$ 

Date Completed: _____

LEVEL 4 ♩ = 68

① $\frac{2}{8}$ 

② $\frac{2}{8}$ 

Date Completed: _____

LEVEL 5

$\text{♩} = 80$

①

$\frac{4}{4}$

②

$\frac{4}{4}$

Date Completed: _____

LEVEL 6

$\text{♩} = 120$

①

$\frac{2}{4}$

②

$\frac{2}{4}$

Date Completed: _____

LEVEL 7

$\text{♩} = 68$

①

$\frac{3}{8}$

②

$\frac{3}{8}$

Date Completed: _____

LEVEL 8

$\text{♩} = 120$

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

① $\frac{3}{4}$ 

② $\frac{3}{4}$ 

③ $\frac{3}{4}$ 

④ $\frac{3}{4}$ 

Date Completed: _____

LEVEL 14 ♩ = 68

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: _____