



LEVEL ONE – STEP TWO

DAILY ROUTINE TRACKING

Performer Name: _____ Ensemble: _____

Complete each day's tasks. If you need to schedule the time to make it happen do it. You can do this on your own or with another person working on the step. If you feel you need more time to work on a part of Zombie Squirrels or Break It Down... spend more time!

YOU NEVER GET OUT MORE THAN YOU PUT IN!

DAY ONE	DATE	
Est Time Required	Action	Done
5 minutes	Pick one song of your choice and mark time and clap Letter "A" of the Eighth Note Sheet from Level One Step One	
5 minutes	Read and learn the appropriate grip for your instrument. In Drumline Fundamentals in the Lesson Vault @ coreypearce.com	
5 minutes	Play one song of your choice. Put your sticks with proper grip in front of you ready to play. Right hand moves and left stays in the tacit position. Take 8 counts to bend your wrist up. Straight path upward. Take 8 counts to bend your wrist down. Straight path downward. Left hand moves and right stays in the tacit position. Take 8 counts to bend your wrist up. Straight path upward. Take 8 counts to bend your wrist down. Straight path downward. Keep repeating, Move slow and with purpose!	
7 minutes	Play Zombie Squirrels and Break It Down with the track 3 times each. Tracks are in the Lesson Vault @ coreypearce.com	



COREY PEARCE

— percussion —

DAY TWO	DATE	
Est Time Required	Action	Done
5 minutes	Pick one song of your choice and mark time and clap Letter "A" of the Eighth Note Sheet from Level One Step One	
5 minutes	Read and learn the appropriate grip for your instrument. In Drumline Fundamentals in the Lesson Vault @ coreypearce.com	
5 minutes	Play one song of your choice. Put your sticks with proper grip in front of you ready to play. Right hand moves and left stays in the tacit position. Take 8 counts to bend your wrist up. Straight path upward. Take 8 counts to bend your wrist down. Straight path downward. Left hand moves and right stays in the tacit position. Take 8 counts to bend your wrist up. Straight path upward. Take 8 counts to bend your wrist down. Straight path downward. Keep repeating, Move slow and with purpose!	
7 minutes	Play Zombie Squirrels and Break It Down with the track 3 times each. Tracks are in the Lesson Vault @ coreypearce.com	

DAY Three	DATE	
Est Time Required	Action	Done
5 minutes	Pick one song of your choice and mark time and clap Letter "A" of the Eighth Note Sheet from Level One Step One	
10 minutes	Watch and play along with Video 1 – Extreme Hands Makeover Step 1 Isolated Free Stokes in the Lesson Vault @ coreypearce.com	
7 minutes	Pick two songs of your choice and practice Isolated Free Stroke. Play on count 2 and 4, playing 2 bars on the right, 2 bars both hands, 2 bars on the left, 2 bars both hands and repeat.	
7 minutes	Play Zombie Squirrels and Break It Down with the track 3 times each. Tracks are in the Lesson Vault @ coreypearce.com	



COREY PEARCE

— percussion —

DAY Four	DATE		
Est Time Required	Action		Done
5 minutes	Pick one song of your choice and mark time and clap Letter "A" of the Eighth Note Sheet from Level One Step One		
8 minutes	Watch and play along with Video 2 – Extreme Hands Makeover Step 2 Consecutive Free Stokes in the Lesson Vault @ coreypearce.com		
7 minutes	Pick one song of your choice and practice Isolated Free Stroke. Play on count 2 and 4, playing 2 bars on the right, 2 bars both hands, 2 bars on the left, 2 bars both hands and repeat. Pick one song of your choice and practice Isolated Free Stroke. Play 1 bar of eighth notes on the Right, Both, Left, Both and repeat.		
7 minutes	Play Zombie Squirrels and Break It Down with the track 3 times each. Tracks are in the Lesson Vault @ coreypearce.com		

DAY Five	DATE		
Est Time Required	Action		Done
5 minutes	Pick one song of your choice and mark time and clap Letter "A" of the Eighth Note Sheet from Level One Step One		
8 minutes	Watch and play along with Video 3 – Extreme Hands Makeover Step 3 Isolated Free Stokes 1 st Finger Only in the Lesson Vault @ coreypearce.com		
7 minutes	Pick one song of your choice and practice Isolated Free Stroke. Play on count 2 and 4, playing 2 bars on the right, 2 bars both hands, 2 bars on the left, 2 bars both hands and repeat. Pick one song of your choice and practice Isolated Free Stroke. Play 1 bar of eighth notes on the Right, Both, Left, Both and repeat.		
7 minutes	Play Zombie Squirrels and Break It Down with the track 3 times each. Tracks are in the Lesson Vault @ coreypearce.com		



COREY PEARCE

— percussion —

DAY Six	DATE	
Est Time Required	Action	Done
5 minutes	Pick one song of your choice and mark time and clap Letter "A" of the Eighth Note Sheet from Level One Step One	
6 minutes	Watch and play along with Video 4 – Extreme Hands Makeover Step 4 Trigger Finger ISO Eight On a Hand in the Lesson Vault @ coreypearce.com	
7 minutes	Pick one song of your choice and practice Isolated Free Stroke. Play on count 2 and 4, playing 2 bars on the right, 2 bars both hands, 2 bars on the left, 2 bars both hands and repeat. Pick one song of your choice and practice Isolated Free Stroke. Play 1 bar of eighth notes on the Right, Both, Left, Both and repeat.	
3 minutes	Play along with Eight On A Hand Track @ 90bpm and 100bpm at dynamic level 4 (12"/f) Letter "A" only.	
7 minutes	Play Zombie Squirrels and Break It Down with the track 3 times each. Tracks are in the Lesson Vault @ coreypearce.com	

DAY Seven	DATE	
Est Time Required	Action	Done
5 minutes	Pick one song of your choice and mark time and clap Letter "A" of the Eighth Note Sheet from Level One Step One	
9 minutes	Watch and play along with Video 5 – Extreme Hands Makeover Step 5 Finger Adder in the Lesson Vault @ coreypearce.com	
7 minutes	Pick one song of your choice and practice Isolated Free Stroke. Play on count 2 and 4, playing 2 bars on the right, 2 bars both hands, 2 bars on the left, 2 bars both hands and repeat. Pick one song of your choice and practice Isolated Free Stroke. Play 1 bar of eighth notes on the Right, Both, Left, Both and repeat.	
3 minutes	Play along with Eight On A Hand Track @ 90bpm and 100bpm at dynamic level 4 (12"/f) Letter "A" only.	
7 minutes	Play Zombie Squirrels and Break It Down with the track 3 times each. Tracks are in the Lesson Vault @ coreypearce.com	



COREY PEARCE

— percussion —

DAY Eight	DATE	
Est Time Required	Action	Done
5 minutes	Pick one song of your choice and mark time and clap Letter "A" of the Eighth Note Sheet from Level One Step One	
10 minutes	Review and play along with Video 2 - Extreme Hands Makeover Step 2 Consecutive Free Strokes Eight On a Hand in the Lesson Vault @ coreypearce.com	
7 minutes	Pick two songs of your choice and practice Consecutive Free Stroke. Play 1 bar of eighth notes on the Right, Both, Left, Both and repeat.	
3 minutes	Play along with Eight on A Hand Track @ 90bpm and 100bpm at dynamic level 4 (12"/f) Letter "A" only. Stand up and mark time while playing along.	
7 minutes	Play Zombie Squirrels and Break It Down with the track 3 times each. Tracks are in the Lesson Vault @ coreypearce.com	

DAY Nine	DATE	
Est Time Required	Action	Done
5 minutes	Pick one song of your choice and mark time and clap Letter "A" of the Eighth Note Sheet from Level One Step One	
10 minutes	Review and play along with any video you feel with help from video 1 to 5 in the Lesson Vault @ coreypearce.com	
7 minutes	Pick two songs of your choice and practice Consecutive Free Stroke. Play 1 bar of eighth notes on the Right, Both, Left, Both and repeat.	
3 minutes	Play along with Eight On A Hand Track @ 90bpm and 100bpm at dynamic level 4 (12"/f) Letter "A" only. Stand up and mark time while playing along.	
7 minutes	Play Zombie Squirrels and Break It Down with the track 3 times each. Tracks are in the Lesson Vault @ coreypearce.com	



COREY PEARCE

— percussion —

DAY Ten	DATE	
Est Time Required	Action	Done
5 minutes	Pick one song of your choice and mark time and clap Letter "A" of the Eighth Note Sheet from Level One Step One	
10 minutes	Review and play along with any video you feel with help from video 1 to 5 in the Lesson Vault @ coreypearce.com	
7 minutes	Pick two songs of your choice and practice Consecutive Free Stroke. Play 1 bar of eighth notes on the Right, Both, Left, Both and repeat.	
6 minutes	Play along with Eight On A Hand Track @ 90bpm, 100bpm and 110bpm at dynamic level 4 (12"/f) Letter "A" only. Stand up and mark time while playing along.	
7 minutes	Play Zombie Squirrels and Break It Down with the track 3 times each. Tracks are in the Lesson Vault @ coreypearce.com. Stand up and mark time while playing along.	

DAY Elevem	DATE	
Est Time Required	Action	Done
5 minutes	Pick one song of your choice and mark time and clap Letter "A" of the Eighth Note Sheet from Level One Step One	
3 minutes	Watch Impact Eight On A Hand video.	
7 minutes	Pick two songs of your choice and practice Consecutive Free Stroke. Play 1 bar of eighth notes on the Right, Both, Left, Both and repeat.	
6 minutes	Play along with Eight On A Hand Track @ 90bpm, 100bpm and 110bpm at dynamic level 4 (12"/f) and level 1 (3'/p) Letter "A" only. Stand up and mark time while playing along.	
7 minutes	Play Zombie Squirrels and Break It Down with the track 3 times each. Tracks are in the Lesson Vault @ coreypearce.com. Stand up and mark time while playing along.	



COREY PEARCE

— percussion —

DAY Eleven	DATE	
Est Time Required	Action	Done
5 minutes	Pick one song of your choice and mark time and clap Letter "A" of the Eighth Note Sheet from Level One Step One	
7 minutes	Pick two songs of your choice and practice Consecutive Free Stroke. Play 1 bar of eighth notes on the Right, Both, Left, Both and repeat.	
9 minutes	Play along with Eight On A Hand Track @ 90bpm, 100bpm and 110bpm at dynamic level 1 (3'/p), level 2 (6"/mp), Level 3 (9"/mf) and level 4 (12"/f), Letter "A" only. Stand up and mark time while playing along.	
7 minutes	Play Zombie Squirrels and Break It Down with the track 3 times each. Tracks are in the Lesson Vault @ coreypearce.com. Stand up and mark time while playing along.	

DAY Twelve	DATE	
Est Time Required	Action	Done
5 minutes	Pick one song of your choice and mark time and clap Letter "A" of the Eighth Note Sheet from Level One Step One	
7 minutes	Pick two songs of your choice and practice Consecutive Free Stroke. Play 1 bar of eighth notes on the Right, Both, Left, Both and repeat.	
9 minutes	Play along with Eight On A Hand Track @ 90bpm, 100bpm, 110bpm and 120bpm at dynamic level 1 (3'/p), level 2 (6"/mp), Level 3 (9"/mf) and level 4 (12"/f), Letter "A" only. Stand up and mark time while playing along.	
7 minutes	Play Zombie Squirrels and Break It Down with the track 3 times each. Tracks are in the Lesson Vault @ coreypearce.com. Stand up and mark time while playing along.	

When you have completed all 12 days and filled out tracking sheet have to Educational Team and let them know when you are ready to be tested!

YOU GOT THIS!!!