

L3 Training Plan Overview

Level 3 Pre-Chute Plan

Technique Progression

- Participation in Online Classes.
- Drill Breaks (Audio Download Training Tools).
- Cymbal Jams (Audio Dwnld Training Tools).
- SL3 - vibrations

Online classes 3x a week (each format)

- JL3 - taking FF as well as the SL3 include JSF
- SL3 - Don't forget DM

Certification Choreography (L5 eval)

Technique Drills (L5 eval)

Performance Catalog (continual)

Education Catalog (continual)

Required Videos (watch list)

Finger cymbal practice (C-Jams & L dom)

Nomenclature

Music Research

Set List Listening & Practice

Dance Art Book and Collaging

Level 3 Testing Chute Plan

Online classes 3x a week (each format)

- JL3 - taking FF & SL3 that include JSF.
- SL3 - Don't forget DM
- SL3 - vibrations

Required Reading and Research List

Straddle Squat (4 minutes)

Improvisation Practice (music sets)

Dance Art Book and Collaging

Pre Workshop & Journal Assignments

Pre Chute Testing Submissions

- Technique Drills – Signed off (L5 eval)
- Cert Choreography – signed off (L5 for eval)

L4 Training Plan Overview

Level 4

Technique Progression

- Participation in Online Classes.
- Drill Breaks (Audio Download Tools).
- Cymbal Jams (Audio Download Tools).

Online classes 3x a week

Music & Dance Research (per format era)

Cymbal Jams (R&L dom focus)

Required Videos (watch list)

Art Book with 10 pages new material

Costume preparation/research (per format)

Education Catalog Project (ongoing)

Review all Gauntlet Choreography

Pre Test Chute Submissions

- **Improvisation Sets** – (for catalog)
- **Perf. Catalog** – signed off (L5 eval)
- **Technique Drills** - signed off (L5 eval)
- **Solo Sets** – Signed off (L5 eval)
- **Cert. Choreography signed off** (L5 eval)
- **Gauntlet Performance**

Personal Drum Solo (approved at L4)

Choreography Development Workshop

Choreography Dev. Pre-Workshop assignments

Performance Prep Workshop

Performance Prep Pre-Workshop assignments

Things to consider or incorporate that do not necessarily need to be included in the Training Plan:

- Endurance training
- Cardio and strength building
- Body care and work (massage)
- Diet for an athletic goal
- Injury strengthening