

Brain Salad

Brain Salad is designed to mess with your head. Used primarily in marching band drum lines, this disciplined little exercise challenges you to keep focused and concentrate on your phrasing.

Use a metronome to measure your progress in Beats Per Minute (BPM). Precision counts, good luck!

Date: _____

BPM Target: _____

R L R R L R R L R R L R R R L R R L R R L

R L L R L L R L L R L L L L R L L R L L R L L R L

R L R R L R R R L R R L R L L R L L L R L L R L

R L R R R L R L L L R L R R R L R L L L R L