

## Hand Speed Challenge

This is a simple but effective exercise for improving your speed and accuracy. The tempos listed below are a **target**, based on your approximate level. If you find the tempo too fast, just slow down and gradually work back up to that point (try 5bpm increases). Equally, if it feels too slow you can increase the tempo to something more challenging. The idea is to reach the fastest tempo you can, whilst maintaining consistency and accuracy (you must use a metronome!). Try playing the exercise once a day for a month and record the improvement you make.

The idea is to play 1/8 notes (quavers) for 16 bars of each of the following:

- 4 strokes on each hand
- 8 strokes on each hand
- 16 strokes on each hand
- Followed by another 16 bars of 1/16 note singles

Target Tempos:

Grade 0: 100bpm

Grade 1: 110bpm

Grade 2: 120bpm

Grade 3: 130bpm

Grade 4: 140bpm

Grade 5: 150bpm

Grade 6: 160bpm

Grade 7: 170bpm

Grade 8: 180bpm

Video yourself on day 1 at the fastest **comfortable** tempo you can manage. Do this as often as you like, gradually increasing the tempo to show your improvement. Record your final video after one month showing the highest tempo!