



## The Wrong Way To Learn Something New

One of the most common things that happens when students are trying to learn a challenging pattern or technique is to try and rush through the motions while continually playing it incorrectly. Another scenario is to mix playing it correctly, then incorrectly as they attempt to learn it. Finally, once they play the motion correctly two or three times they immediately bump the speed up significantly before they have mastered it.

## Give Your Brain A Chance

When we try and learn something new, our brain is studying the motions to “memorize” them. If we continually play it correctly and then incorrectly, it confuses the brain and it doesn’t know which set of motions to learn - the correct motions or the incorrect motions. The more times, you can play it correctly in a row, the faster, your brain and muscles will memorize it. The best way to accomplish this is to start out very slowly!

## The “Secret Formula” For Progress On The Drums

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### SLOW, CORRECT REPETITION

### Follow These Steps For Progress:

- Start out as slow as needed to play it correctly every time.
- Play it slowly 40-50 times at a slow speed as your brain and body memorize it correctly.
- When you can play a pattern for 60 seconds without making a mistake, and without thinking about it (let your mind wander), then you are ready to bump up the speed a small amount (5-7 BPM).
- Each time you raise the speed, follow the 60 second guideline above before speeding up again.

I know you want to get faster and develop speed, but be patient. **The speed will come when your body and brain have memorized the motions and you can do it properly without even thinking about it.**

