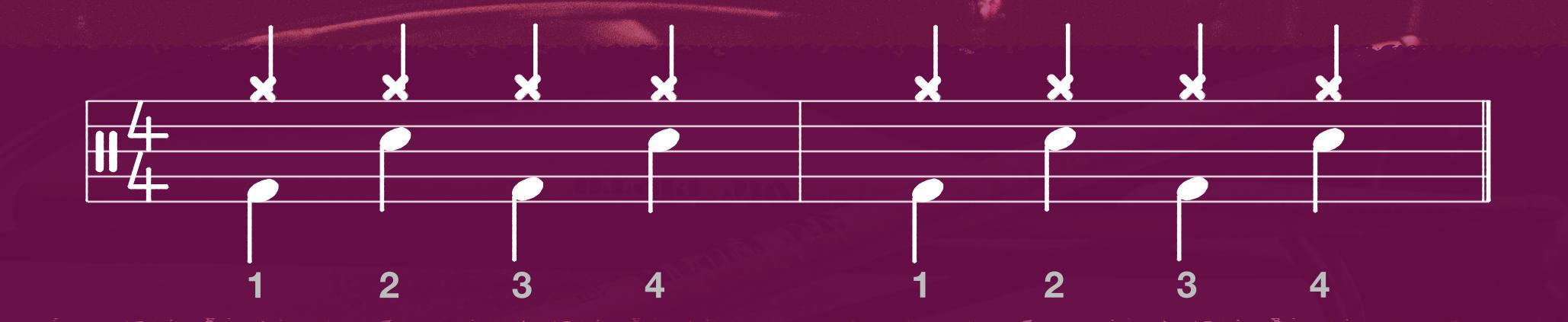
METAL



The Metal badge will see us developing coordination skills as we learn to play separate instruments in unison with each other.



In lessons we'll be playing along to metal music tracks at 80-90 beats per minute. If you would like a copy of the book that features these, and the music to practice at home, please ask!

