



The Warrior Way Checklist

Task 1: The DBD Boot Camp Quick Start Guide

- ☐ DBD Boot Camp Quick Start Guide Intro Video
- ☐ Step 1: What Is A Drum Warrior?
- ☐ Step 2: Take A Tour Of The DBD Academy
- ☐ Step 3: Fill Out The DBD Assessment Questionnaire
- ☐ Step 4: Complete Your Forum Profile
- ☐ Step 5: Introduce Yourself To The Community
- ☐ Step 6: Start Your Lesson Plan

Task 2: Beginner Lesson Track 1

- ☐ Lesson 1: Grip
- ☐ Lesson 2: My First Drum Beats
- ☐ Lesson 3: My First Drum Fills
- ☐ Lesson 4: "Billie Jean" by Michael Jackson
- ☐ Lesson 5: Common Kick Drum Patterns
- ☐ Lesson 6: "Free Fallin" by Tom Petty
- ☐ Lesson 7: How to Set Up Your Kit for You
- ☐ Lesson 8: Drum Fills for the Beginner

Task 3: Beginner Lesson Track 2

- ☐ Lesson 1: Bass Drum Control Part 1

- ☐ Lesson 2: Bass Drum Control Part 2
- ☐ Lesson 3: Bass Drum Control Part 3
- ☐ Lesson 4: "Rolling in the Deep" by Adele
- ☐ Lesson 5: An Introduction to Hand & Foot Coordination
- ☐ Lesson 6: Beginner Hand & Foot Studies part 2
- ☐ Lesson 7: Beginner Hand & Food Studies part 3
- ☐ Lesson 8: "Clocks" by Coldplay

Task 4: Beginner Lesson Track 3

- ☐ Lesson 1: Incorporating What We Know with Transitions
- ☐ Lesson 2: Independence Studies 1
- ☐ Lesson 3: Independence Studies 2
- ☐ Lesson 4: Independence Studies 3
- ☐ Lesson 5: "Shook Me All Night Long" by AC/DC
- ☐ Lesson 6: Playing in 6/8
- ☐ Lesson 7: Playing in 6/8 with 16th Notes
- ☐ Lesson 8: "Like a Rolling Stone" by Bob Dylan

Task 5: Hand Technique 101

- ☐ Lesson 1: How To Grip The Stick
- ☐ Lesson 2: Common Hand Technique Problems
- ☐ Lesson 3: The Gladstone Stroke/Free Stroke
- ☐ Lesson 4: The Moeller Stroke
- ☐ Lesson 5: Moeller Multiple Bounce 3 Stroke
- ☐ Lesson 6: Moeller Multiple Bounce 4 & 5 Strokes
- ☐ Lesson 7: Mixed Moeller Strokes
- ☐ Lesson 8: Moeller Stroke: Interlacing The Hands

Task 6: The Basics of Groove Track 1

- ☐ Lesson 1: Basics of Groove Part 1
- ☐ Lesson 2: Basics of Groove Part 2
- ☐ Lesson 3: Basics of Groove Part 3
- ☐ Lesson 4: Basics of Groove Part 4
- ☐ Lesson 5: Basics of Groove Part 5
- ☐ Lesson 6: Basics of Groove Part 6
- ☐ Lesson 7: Basics of Groove Part 7
- ☐ Lesson 8: Basics of Groove Part 8

Task 7: Fills That Work

- ☐ Lesson 1: Fills That Work Part 1
- ☐ Lesson 2: Fills That Work Part 2
- ☐ Lesson 3: Fills That Work Part 3
- ☐ Lesson 4: Fills That Work Part 4
- ☐ Lesson 5: Fills In 3/4 Time
- ☐ Lesson 6: Trash Can Endings
- ☐ Lesson 7: Transforming Your Fills With Dynamics
- ☐ Lesson 8: Sticky Notes

Task 8: The Basics of Groove Track 2

- ☐ Lesson 1: Basics of Groove Part 9
- ☐ Lesson 2: Basics of Groove Part 10
- ☐ Lesson 3: Basics of Groove Part 11
- ☐ Lesson 4: Basics of Groove Part 12
- ☐ Lesson 5: Basics of Groove Part 13
- ☐ Lesson 6: Basics of Groove Part 14
- ☐ Lesson 7: Basics of Groove Part 15
- ☐ Lesson 8: Basics of Groove Part 16

- ☐ Lesson 8: Basics of Groove Part 15

Task 9: Hand & Foot Singles Track

- ☐ Lesson 1: Hand & Foot Singles Part 1
- ☐ Lesson 2: Hand & Foot Singles Part 2
- ☐ Lesson 3: Hand & Foot Singles Part 3
- ☐ Lesson 4: Hand & Foot Singles Part 4
- ☐ Lesson 5: Hand & Foot Singles Part 5
- ☐ Lesson 6: Hand & Foot Singles Part 6
- ☐ Lesson 7: Hand & Foot Singles Part 7
- ☐ Lesson 8: Hand & Foot Singles Part 8

Task 10: The Basics of Groove Track 3

- ☐ Lesson 1: Basics of Groove Part 17
- ☐ Lesson 2: Basics of Groove Part 18
- ☐ Lesson 3: Basics of Groove Part 19
- ☐ Lesson 4: Basics of Groove Part 20
- ☐ Lesson 5: Basics of Groove Part 21
- ☐ Lesson 6: Basics of Groove Part 22
- ☐ Lesson 7: Basics of Groove Part 23
- ☐ Lesson 8: Basics of Groove Part 24

Task 11: Hand & Foot Doubles Track

- ☐ Lesson 1: Hand & Foot Doubles Part 1
- ☐ Lesson 2: Hand & Foot Doubles Part 2
- ☐ Lesson 3: Hand & Foot Doubles Part 3
- ☐ Lesson 4: Hand & Foot Doubles Part 4
- ☐ Lesson 5: Hand & Foot Doubles Part 5
- ☐ Lesson 6: Hand & Foot Doubles Part 6

- ☐ Lesson 7: Hand & Foot Doubles Part 7
- ☐ Lesson 8: Hand & Foot Doubles Part 8

Task 12: Email Stephen (seriously...I want to know you finished)

- ☐ Send completion email to Stephen at stephen@stephensdrumshed.com