

Drum Lesson Commitments

Because drumming is a physical skill it requires nearly daily exercise to develop muscle memory. As with many athletic skills if you skip a day or two, no matter how much you practice you can't make up for what you've lost. In fact, if you practice too long, you will probably injure yourself. Drumming is also an art, and as with all artists, practice must become an ingrained habit of your life until you absolutely love it and the absorbed skills can then become the overflow of your heart. Drumming, like music, must come from within, but to get it inside of you it takes commitment. Desire may get you started on your journey, but habits are what get you to your destination. As with any habit, it is not so much how long you do it but how often you do it. It only takes 21 days in a row to create a habit – a habit that can make your dream come true! Remember, there are no shortcuts to success – everybody pays the same dues. Because it takes continued commitment to reach your dreams, we will need to work together! It takes a “team” that depends on each other to overcome the obstacles that can sidetrack you from your dreams.

Therefore I, Michael W. Burris _____ as your instructor, commit myself to you, the student _____, to help you reach your dreams for drumming. By signing this, you and your parent(s) _____ (if a minor) are also making a commitment to you and the instructor to follow the suggestions below. In this way, you and your “team” are able to track your progress toward your goals to help you stay on course and reach your destination. It takes a “map” to find your way, but it also takes a “full tank of gas” to get there!

“Assignments and Practice Log” each week

1. At each lesson, I'll ask you what your **goals for drumming** are and I'll write them at the top of the “Assignments and Practice Log.” The assignments on this will be geared toward these goals.
2. This is the “map” of what you are to work on for the week, so **start your practice session by looking here first and working on what is assigned.** Only after you have completed this should you “mess around and do your own thing,” because this tends to be what you already know well instead of what you need to learn. I'm trying to streamline 40-plus years of drumming into the most direct “road” to your goals so you don't end up wasting time “reinventing the wheel” or going down a “dead-end alley” that produces little results or worse – bad habits! Thanks for trusting me.
3. **Logging a minimum of 15 minutes a day for at least 5 days a week is required** to make much progress toward creating the muscle memory necessary for drumming. Less than this and you'll only frustrate yourself and probably quit! I wouldn't go more than 1 hour per day unless you are an advanced student, because you'll get burned out and possibly injure yourself. Remember the way to eat an elephant is one bite at a time!
4. **If you are a minor**, your parent(s) should **review your Log and sign it on top** where indicated.