

## How to Build Speed CD Track Sheet

1. Dixie Breakdown - fast tempo 1:51
2. Opening Discussion
3. You have to work at it!
4. Building up your ability and endurance
5. Practice time
6. Approaching the banjo like a drummer
7. Practicing rolls
8. Tuning 1:05
9. Timing Exercise 1
10. Timing Exercise 2
11. Timing Exercise 3
12. Timing Exercise 4
13. Timing Exercise 5
14. Timing Exercise 6
15. Timing Exercise 7
16. Timing Exercise 8
17. Timing Exercise 9
18. Alternating Thumb Roll 1 :57
19. Alternating Thumb Roll 2 1:13
20. Alternating Thumb Roll 3 1:19
21. Forward Roll 1- slow/med/fastt 1:11
22. Forward Roll 2 - slow/med/fast 1:11
23. Forward Roll 3 - slow/med/fastt 1:11
24. Reverse Roll 1- slow/med/fast 1:11
25. Reverse Roll 2 - slow/med/fast1:11
26. Reverse Roll 3 - slow/med/fast 1:21
27. Backward Roll 1 - slow/med/fast 1:14
28. Backward Roll 2 - slow/med/fast 1:13
29. Backward Roll 3 - slow/med/fast 1:14
30. Foggy Mountain Roll - slow/med/fast 1:23
31. Forward Backward Roll - slow/med/fast 1:23
32. Single String Roll - slow/med/fast 1:00
33. Doug Dillard Roll - slow/med/fast 1:06
34. Combination Roll 1- slow/med/fast 1:10
35. Combination Roll 2 - slow/med/fast 1:09
- 36-37. Advice on practicing rolls/description of upcoming tracks
38. Dixie Breakdown-fast tempo 1:51
39. Dixie Breakdown- med. tempo 2:18
40. Dixie Breakdown- slow tempo 2:59
- 41-43. First solo instruction 5:09
- 44-45. Second solo instruction 5:21
- 46-47. Third solo instruction 5:49
48. Fourth solo instruction 3:15
49. Ending instruction :29
50. Rhythm track description :55
51. Dixie Breakdown rhythm track/slow 3:00
52. Dixie Breakdown-rhythm track/med 2:20
53. Dixie Breakdown-rhythm track/fast 1:52