- Have your instrument and Essential Elements Book
- Basics on the instrument
  - Flute - Head Joint exercises
  - Clarinet - Mouthpiece sound, open sound on clarinet
  - Brass - High and Low sounds
  - Percussion - Proper mallet grip and stroke
- #12 - “First Flight”
- #14 - “Rolling Along”
- Yellow Belt Quiz*
- #18 - “Go Tell Aunt Rhodie”
- #21 - “The Whole Thing”
- Orange Belt Quiz*
- #23 - “March Steps”
- #25 - “Lightly Row”
- Green Belt Quiz*
- #31 - “A Mozart Melody”
- #35 - “Jump Rope”
- Blue Belt Quiz*
- #42 - “Skip To My Lou”
- #43 - “Long, Long Ago”
- Purple Belt Quiz*
- #44 - “Oh, Susanna”
- #47 - “Two By Two”
- Red Belt Quiz*
- #48 - “High School Cadets”
- #51 - “Play The Dynamics”
- Brown Belt Quiz*
- Earn 100% on the Band Assessment
- Learn one solo from the Black Belt Solo Packet
- *After submitting your solo recording, you will be able to celebrate your black belt by playing your solo for the class!*

*SPECIAL NOTE FOR PERCUSSION STUDENTS:
You start Band Karate on Bells only, but with the PURPLE BELT, RED BELT, and BROWN BELT, you need to play BOTH Bells and SNARE DRUM for each item listed to earn your belt.*