

IS THE 8020 PRINCIPLE REAL FOR DRUMS?

PARETO SOURCES

TIM'S ORIGINAL VIDEO

PARETO - INVENTOR OF 8020

WIKIPEDIA ARTICLE ON PARETO
ARTICLE ON THE PARETO PRINCIPLE
POWER LAW/PARETO DISTRIBUTIONS

THE PREMISE

THE ASSMPTION WE'RE TESTING

-80% OF RESULTS IN DRUMMING COME FROM 20% OF INPUTS
-BY FOCUSSING ON THE "CRUCIAL" 20%, YOU CAN MASTER DRUMS IN WEEKS INSTEAD OF YEARS*

*TIM FERRIS DID *NOT* MAKE THIS CLAIM

CAVEATS

NATE'S INCONVENIENT QUESTIONS

-DO DRUM PRACTICE INPUTS REALLY FOLLOW A POWER LAW?
-OR ARE THEY MORE LIKE A NORMAL DISTRIBUTION
-DO A SMALL NUMBER OF EXERCISES ACCOUNT FOR *ALMOST ALL* RESULTS? OR ARE SOME EXERCISES A LITTLE BETTER THAN OTHERS?

EFFICIENT FRONTIERS

WHY DRUMS MIGHT NOT BE POWER-LAWED

-EFFICIENT FRONTIERS - ARTICLE
-NASH EQUILIBRIA - ARTICLE
-DICK FOSBURY - VIDEO
-NATE'S HYPOTHESIS - DRUMS ARE CLOSE TO THE EFFICIENT FRONTIER, ESPECIALLY AT HIGHER LEVELS.

SLOW 8020

WHY YOU CAN STILL USE A BELL CURVE

-NATE'S HYPOTHESIS - "REPS" ARE A "HARD SPEED LIMIT" TO PHYSICAL LEARNING
-BUT REPS VARY IN RELEVENCY
-EVEN IF SOME EXERCISES ARE ONLY LINEARLY MORE RELEVANT, ADVANTAGES ARE HUGE OVER THE COURSE OF YEARS

THE VERDICT

IS IT BULLSHIT?

-YES, IF WE MEAN AN AVERAGE DRUMMER BECOMING GREAT IN ONE WEEK
-NO, IF WE MEAN SAVING YOURSELF YEARS OVER A 10-YEAR TIMELINE
-NO, IN TIM'S CASE, BECAUSE WAS A *COMPLETE* BEGINNER

