



## Lars Ulrich

### Metallica's Drummer

*"Passionate, driven and a dynamic force at the heart of Metallica"*

Lars Ulrich is a Danish drummer and one of the founding members of the American heavy metal/thrash metal band Metallica. He is a vital part of the songwriting core and also a supreme communicator, adept at handling all matters out of the studio and off the stage, and being the self-confessed biggest fan of Metallica.

#### TOPICS:

- Creativity
- Motivation/Inspiration
- Teamwork

#### LANGUAGES:

He presents in English.

#### IN DETAIL:

Lars was originally a drummer in San Francisco. He then moved to Los Angeles at age sixteen in the summer of 1980 to train in the sport of tennis. However, rather than playing tennis, he began playing the drums. He became known as a pioneer of fast thrash drum beats, featured on many of Metallica's early songs. He has also been considerably influential due to both the popularity of his band, as well as his drum techniques, such as the double bass drum in the song "One" (...And Justice for All) and Dyers Eve

#### WHAT HE OFFERS YOU:

Lars Ulrich offers unique and flexible corporate events customised for individual organisations. He teaches how to play the drums on his own drum kit while telling stories from the world of rock n roll, with the opportunity to build energy, encourage team work, break down corporate barriers and just generally have the best time ever.

#### HOW HE PRESENTS:

Using his own life experiences, Lars engages and motivates and encourages, challenges and inspires participants to step beyond their perceived limitations.