

$$\frac{1 \text{ terekheta}}{4 \text{ beats}} \times \frac{360 \text{ beats}}{1 \text{ minute}} = 90 \text{ terekhetas/minute}$$

Try to get the other mantras at an equivalent speed, so:

HS 2 @ 36/min

HS 3 @ 23/min

HS 4 @ 23/min

HS 5 @ 23/min

HS 6 @ 23/min

Hattuti 1 @ 23/min

If this doesn't make much sense to you, or if you are not such a math person, don't worry, just try to get faster at all the hand practice beats.