

12 TIPS

FOR WORKING WITH A METRONOME

- 1 | Get the ***niciest*** sounding metronome, so you can practice with it for long periods of time, without getting irritated by the sound.
- 2 | Take time to ***practice with a percussion instrument***, like claves, instead of your major instrument. Make sure it has a short sound, to avoid the sustain covering the metronome sound. The goal is to hide the metronome with the attack sound, not the sustain sound.
- 3 | ***Calm the mind***, settle in.
- 4 | ***Use your imagination***, for example
 - Imagine that you are making the metronome sound
 - Imagine the sound of the metronome with the metronome off
 - Imagine the pulse in various ways
 - Imagine the subdivisions
 - Sit still and imagine yourself playingThe imagination is the path to developing inner-pulse.
- 5 | There's the ***beats***, and there's the ***space*** between the beats. ***Feel and play*** the space between the beats. The beats can feel like trampolines; spring off each beat, and fly through space to the next.
- 6 | ***Slower is better***, the slower the better
- 7 | ***Avoid frustration***, it's an infinite process, you keep getting better and better
- 8 | Work with a metronome every day, for at least a little while.
Start your day with pulse.
- 9 | ***Work with rests*** in the metronome pattern
(available with the *RhythmSource* metronome)
- 10 | Work with ***changing subdivisions***
(available with the *RhythmSource* metronome)
- 11 | ***Feel the rhythm as circular***, not linear
(as displayed by the *RhythmSource* metronome)
- 12 | When practicing repertoire, ***imagine the metronome as other than the main pulse***; displace it all over the bar, as outlined in *How To Improve Your Sense Of Rhythm* published by RhythmSource Press.