Steps to Working with a Metronome:
(student checklist)

☐ Be able to count 1 & 2 & 3 & 4 & out loud, smoothly and comfortably for at least 10 repetitions.

☐ Be able to count 1 & 2 & 3 & 4 & out loud with a metronome. Start slowly! Around 50 bpm is a good starting point. Get used to counting with a metronome. You should say the numbers at the same time as a click. **Do only this for at least one week. 10 repetitions, several times a day. Each 'practice session' only takes a few minutes!**

```
1     &     2     &     3     &     4     &
I           I           I           I
```

Where 'I' is a metronome click.

When this is comfortable, move on...

☐ Add foot tapping. Down on a number, up on an &. Make the movement smooth and even. Take your time moving to each step. Don't move on until you are ready. For some students, that's one day, for others a few months. It doesn't matter, just stick with it and be patient. (By the way, I was one of those students where it took months.)

☐ Add clapping. Start by clapping on the numbers with the foot tap. Then try just '1' - the first beat of each measure. Then do different combinations, for example:

```
            X                       X
                    or
X                       X
1     &     2     &     3     &     4     &
I           I           I           I
```

Where 'I' is a metronome click and 'X' is a clap.

When that is comfortable and 'in your muscles', move on...

☐ 'Air-bow' quarter notes while counting and then with both counting and foot tapping.

☐ When using the metronome with the printed music for the first time **draw lines in the music (in pencil) where the beats occur**. These lines serve as a guide so you know where the clicks should occur when playing. Without playing, just follow the music with the metronome on.

☐ 'Air-Bow' the rhythms with the metronome. With or without holding your bow, do the bowing motions in the air with the metronome while counting and tapping. SPEED DOES NOT COUNT. ACCURACY DOES. Go as slowly as you need to in order to be accurate.

*use the *'as slow as'* rule (from *Effortless Mastery* by Kenny Werner) - do the exercises *as slow as* needed to play it perfectly.

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