

# Attack of the Metronome

It's no secret that the fundamental element of playing the drum set is time keeping. It's also a commonly known fact that the key to learning to keep good time is practicing with a metronome. But how? And how do you fight back when it feels like the metronome is attacking you?

Naturally the metronome is NOT attacking you, and this exercise will help you begin a lifelong friendship with the metronome.

**The secret is in the quarter note.** The quarter note (one, two, three, four) is ever present and it dictates the tempo and the pulse of a tune. It never changes and it never lies. This exercise is designed to help you HEAR the quarter note, FEEL the quarter note, and BE the quarter note.

## A few Suggestions:

- Practice this exercise between 50 and 90 beats per minute.
- As you move through the rhythms, play each line twice before moving to the next line.
- As you get more comfortable, try playing each line once before moving to the next line.
- Once you get the transitions, learn to count the pulse (quarter, 8<sup>th</sup>, triplet) of the next line before you play it. eg: while playing line 3 count 1e&a 2e&a in your head.

## Be the Quarter note!

**Start** by progressing through the straight grooves

1, 2, 4, 5, 7

**Learn** to transition from the straight grooves to the triplet grooves

2 to 3 and 5 to 6

**Progress** through all of the time feels

1, 2, 3, 4, 5, 6, 7

**Master** the process by learning to switch between random combinations

1, 3, 6 or 3, 7, 5 etc...

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1

2

3

4

5

6

7