

# How to Befriend Your Metronome

Max Rainwater

♩ = 60, 72, 90, 120+

Step 1: Visualize practice spot with indexing; singing or humming

*solfege:* do re mi fa sol fa mi re  
scale degree: 1 2 3 4 5 4 3 2

3 Step 2: Create a practice loop

(8x)

5 Step 3: Insert deliberate pauses

9 Step 4: Subdivide

*metronome "on the ♩"*

Step 5: Play syncopation games

11 "Stop & Go"

13 "Swinging ♩s"

"Backward swinging ♩s"