



METRONOME

METHOD

- Pick one section to work on.
- Start by finding a metronome speed that you are comfortable playing at.
- Move the metronome speed up by 3 bpm and try the section again.
- If you are successful at the new speed, move up another 3 bpm. If you are unsuccessful at the new speed, move back down 3 bpm.
- Continue in this way until you get stuck around the same tempo for 6 or more turns in a row. This tempo is your personal best for today, write it in pencil at the top of the section.
- When you revisit this section, start the Metronome Method 6 bpm lower than your personal best. If you beat your previous number, write your new personal best beside the old one.
- Continue repeating the Metronome Method in this way, until you reach your desired tempo, or hit a roadblock you can't get through.