

Metronome Motivation

You can't have a better tomorrow if you are thinking about yesterday all the time. ~ Charles Kettering

Use the metronome as a motivational tool !

1. Become **friends** with your metronome, its heartbeat. It is a good friend and a **Truth Teller**.
2. **Breathe in tempo** with the metronome. (This is **the secret** to using it with **comfort** and **control**.)
3. It is a **key motivator for success**, & an **essential tool** to attaining performance goals.

Make a chart for yourself:

First - What speed is **your goal tempo** ? _____

Second - How many beats per minute can you **currently play it - now - with ease & accuracy** ? _____

Third - Note the number of **days or weeks** you have to learn this piece. _____

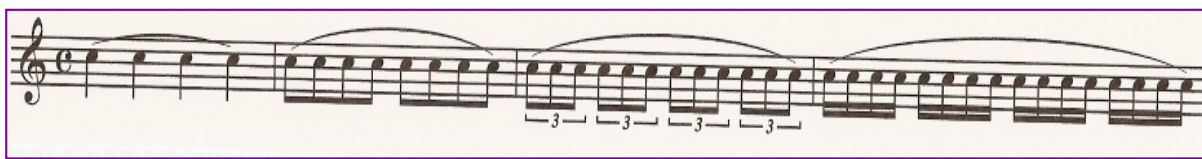
Fourth - Take that number and figure out how many **beats per minute you have to add each day** to reach your goal tempo? _____ **Or how many per week?** _____

More Ideas: Use different rhythm apps. One of my favorites is itabla. There are many on line metronomes and app's too, like- tonal energy!

Listen: Mickey Hart and master percussionists **CD:** Planet Drum **Look:** [Zahkir Hussain- Masters of Percussion](#)

Precision & Flow

Seize the moment. ~ Sophocles



Use Precision & Flow to :

1. Attain an awareness and control for rhythmic precision.
2. Playing between the notes. Flow Breath - Sound between notes. Graceful & Elegant fingers movement.
3. Facilitate the precision and flow of any interval work.
4. Clarify and refine articulation.

Consider using your Metronome to vary the Tempi of the quarter note.

Try this :

1. On a single note ? Vary your pitches, one at a time to include all the possible notes on the flute.
2. Use above rhythm as a Vibrato exercise.
3. Interval work - Use Taffanel and Gaubert #17, trills or any 2 notes that you are working to make smooth.
4. Articulation - Use the above with your single, double, triple tongue and as a tongueless, hu, hu, a'la Rampal, exercises.

Listen: Mathieu DuFour, flute **CD:** Fantasia **Look:** [Ravel- Bolero, Mathieu DuFour](#)