

"Quarters - Back and Forth"

Ear training exercise for a better understanding of time, that also helps:

- playing with a click
- noticing and controlling when rushing or dragging
- controlling to play up-front or laid-back
- get a better feeling of subdivisions
- get a feeling of displacements

First try-out: Quarter note click to 60 bpm -> play quarters "on top" and get slightly slower -> noticing when exactly between the clicks (8ths subdivision), stay there a while -> slow down more till "on top" of the second click -> gradually speed up to the first click again -> take a break again on the 8ths subdivision note in between

Starting point for practicing all beats of a subdivision: around 35 bpm -> take a little break on every blue dot (picture below) -> go back and forth

Goal: besides just doing it, being able to know (or feel) when playing the 2nd (or 7ths) note of septuplets or the 2nd (or 8ths) note of 32ths - depending on the tempo you should then be able to hear small distances in time (f.e.: 90 bpm -> 10 ms)

