

Using the Metronome as a Pace Maker to increase Handspeed

The Following is a list of metronome markings followed by a guide as to how many beats you will play in 60 seconds if you maintain even 32nd notes (groups of 8) or 16th note triplets (groups of six) or 16th notes (groups of 4) per pulse at this tempo.

TIP: A good way to get the 8 beats per pulse going initially, is to set the metronome away at the desired speed then try to play 16th notes with the right or left hand (count 1 e & a 2 e & a ...etc) then once you have this comfortably in time, try to fill in with the other hand to produce even 32nd notes. As you play, ensure that the leading hand is falling in line with the click every 8 beats (or 6 or 4 depending on which subdivision you are using.)

Metronome Mark	Groups of 8	Groups of 6	Groups of 4
40	320	240	160
42	336	252	168
44	352	264	176
46	368	276	184
48	384	288	192
50	400	300	200
52	416	312	208
54	432	324	216
56	448	336	224
58	464	348	232
60	480	360	240
63	504	378	252
66	528	396	264
69	552	414	276
72	576	432	288
76	608	456	304
80	640	480	320
84	672	504	336
88	704	528	352
90	720	540	360
92	736	552	368
96	768	576	384
100	800	600	400
104	832	624	416
108	864	648	432
112	896	672	448
116	928	696	464
120	960	720	480
126	1008	756	504
132	1056	792	528
138	1104	828	552
144	1152	864	576