



5. Set your metronome to a tempo anywhere between 80 and 100. Each of these clicks will be your quarter note tempo. Counting 1 2 3 4, clap each line of the chart above starting with a whole note, then two half notes, then four quarter notes, then eight eighth notes, and finally sixteen sixteenth notes. You can keep saying 1 2 3 4 throughout, or add "&" for the eighth note line and the "e & a" for the sixteenth note line.