

Lesson #12: Rhythm exercise - steady eighth notes

Steady eighth notes are particularly important for the genres punk rock and heavy metal.

In the exercises 1 c), 1 d), 2 c), and 2 d), a so-called **tie** is used:



It means that you pluck only the first note, not the second one, instead you let the first ring. When this happens at the beginning of a bar (as in the examples below) it may be called an „**anticipated beat one**“.

Play the exercises in the third position.

Use a metronome to practice the exercises for speed. First you practice the exercises without a metronome until you can play them fluently. Then you set the metronome at a tempo you can comfortably play, let's say 80 or 90 bpm. When that works you increment the tempo in small steps. The important thing is that you must not play inaccurately! Rather go back to a slower tempo and try again. When you have managed a tempo of 110 or 120 you can move on to the next lesson.

In the long run you should strive for a tempo of 180. Return to this lesson in regular intervals, make a note of the tempo last reached, and try to increase it every time a bit. At the end of the complete course at the latest you should have reached a tempo of 180.

