

2016 ARTS EMPOWER MEGA CONFERENCE  
*"Do's and Don'ts of Percussion Education and  
Performance"* - by David Whitman  
SUPPLEMENT

**DIFFERENT WAYS THE METRONOME CAN---AND SHOULD---  
BE USED**

1. Metronome is the "an" or "+" of the beat.
2. Metronome is only select beats (1,2,3,4,1 and 3, 2 and 4)
3. Metronome is the "e" or "a"
4. Metronome is the second or third triplet ("ti" or "ta"/"pull" or "let")
5. Metronome subdivides the beat (eighths, sixteenths, triplets, etc)
6. Metronome drops out at regular intervals. Increase the drop-out duration during each practice session and, more broadly, across sessions.
7. MSE (Metronome Subdivision Exercise): Practice subdivisions as you would a musical scale, with each subdivision representing a scale degree.
8. Play *exactly* with the metronome and try to make it perfect (difficult if your standard is high).
9. Use a drop-out metronome to train yourself to accurately receive a tempo (also difficult to do if your standard is high!).
10. Set the metronome to dropout a certain percentage of beats, and gradually increase that percentage.
11. Increase your listening and ensemble skills by setting the metronome to varied rhythmic pulses that contrast with what you are playing, such as dotted quarter notes, triplets against eighths, or a different time signature.

**ESSENTIAL TECHNICAL/MECHANICAL CONCEPTS AND  
VOCABULARY**

1. Rebound Stroke
2. Up-stroke and Down-stroke
3. Double Vertical, Single Independent, Double Lateral, and Single Alternating (four-mallet stroke mechanics)
4. Primary Stroke
5. Roll Speed
6. Multiple Bounce vs. Double Stroke
7. Shifting (Mallet and Multi-Perc)

View the session presentation or download this supplement online at:

[www.davidwhitmanmusic.com](http://www.davidwhitmanmusic.com)

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