

Silent Time

Set up your metronome to do the following exercises. Repeat each line many times, and work towards being able to hold a consistent tempo throughout the bars of silence. Try beats, fills, or solos throughout the silent time. Try to know what it feels like to not follow the metronome, but agree with it no matter whether it is on or silent.

① 20X

② 20X

③ 20X

④ 20X

⑤ 20X

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⑥ 20X