

## Using the Metronome for Jazz

Below are some suggestions for how to use the metronome when playing jazz. The list is arranged in level of difficulty, with the easiest approaches given first.

1. Put the click on all four beats (the quarter note in 4/4, for example).
2. Put the click on beats one and three.
3. Put the click on beats two and four for 4/4; or, put the click on beat two for 3/4.
4. Put the click on any single beat of the measure. For the click to sound only once over four beats, however, the tempo you end up with may be fairly quick, even if the metronome is set at its slowest setting.
5. Set the click so that it sounds on the upbeat for all four beats of the measure. It would sound on the second eighth note with straight or swung eighth notes. In swing, the click would actually be sounding on the *third triplet* of each beat.
6. For swing rhythm, set the click on the *third triplet* (the upbeat) of each beat of the measure.
7. For swing rhythm, set the click on the *third triplet* (the upbeat) of beats one and three.
8. For swing rhythm, set the click on the *third triplet* (the upbeat) of beats two and four.
9. For swing rhythm, set the click on the *third triplet* (the upbeat) of any single beat of the measure.
10. For swing rhythm, set the click on the *second triplet* of each beat of the measure.
11. For swing rhythm, set the click on the *second triplet* of beats one and three.
12. For swing rhythm, set the click on the *second triplet* of beats two and four.
13. For swing rhythm, set the click on the *second triplet* of any single beat of the measure.

Points to remember:

1. The principle idea is to develop a strong sense of the beat. When the metronome is clicking on the second or third triplet, it requires an effort and concentration to avoid turning the upbeat into a downbeat. In other words, the tendency will be to want to feel or hear the metronome clicking on the down beat (the first eighth note or triplet eighth note of each beat.) You must, however, fight that tendency. As a result, you will develop your rhythm "muscle" and a stronger sense of beat and time.
2. Setting the metronome to click at wider intervals of time (for example, on only beat three) will promote your sense of tempo, since if you are not keeping a very steady tempo, you're unlikely to be in synch with the metronome when it clicks again in the following measure.