PRACTICE WORKSHEET 04 / 10

Find the COASTLINE tempo with Tap Tempo

Tap the practice tempo into Tap Tempo. Check the result and use the ±1 BPM buttons to approach the original study's 96 BPM.

PRACTICE EXAMPLE

COASTLINE | Reference practice tempo: 96 BPM

Start by tapping your steady beat into Tap Tempo

Final adjustment: -1 / +1 BPM as needed

PRACTICE IN FERASTAGE

1. Tap Tap Tempo several times at regular intervals.
2. Write the resulting BPM on the first line below.
3. If needed, use -1/+1 to reach 96 BPM and compare it with another attempt.

WHAT TO LOOK FOR

Tap Tempo gives you a starting value. Check and enter 96 BPM yourself as the final setting.

YOUR PRACTICE NOTES

Accent map — mark the start of each group

1	2	3	4

Round	BPM	Subdivision / feel	My entrance / following note
1			
2			
3			

One thing I will change on the next attempt
