PRACTICE WORKSHEET 05 / 10

Time your practice with AMBER SOUL

Set 82 BPM and 4/4, then choose a 10-minute session. Use Start, Pause and Resume to manage your practice time.

PRACTICE EXAMPLE

AMBER SOUL | 82 BPM | 4/4

Session: 10 minutes

Break: pause at about five minutes, then resume

PRACTICE IN FERASTAGE

1. Set 82 BPM and 4/4, with a 10-minute session.
2. Start the session, then use Pause and Resume once during practice.
3. At the end, note the musical phrase you focused on and your actual practice time.

WHAT TO LOOK FOR

You can distinguish the session’s start, pause and resume states.

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
