PRACTICE WORKSHEET 01 / 10

Set the tempo for NEON WALK

Enter 108 BPM and 4/4 manually to rehearse the original study. Compare quarter-note and eighth-note subdivisions, then choose a suitable click sound.

PRACTICE EXAMPLE

NEON WALK | 108 BPM | 4/4

Compare: quarter-note and eighth-note subdivisions

First beat accented; the other three beats normal

PRACTICE IN FERASTAGE

1. Enter 108 in the BPM field and set 4/4 time.
2. Count eight bars with quarter-note subdivisions, then switch to eighth-note subdivisions.
3. Keep the same hand motion and note which subdivision is easier to follow.

WHAT TO LOOK FOR

Compare the subdivision change by ear and with the visual beats while the tempo stays at 108 BPM in 4/4.

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

PRACTICE WORKSHEET 02 / 10

Choose a clear beat for SHADOW GROOVE

Set 116 BPM and 4/4. Choose the Stage Clear or Cowbell click sound and adjust the volume to suit your practice space.

> **PRACTICE EXAMPLE**
>
> SHADOW GROOVE | 116 BPM | 4/4
>
> Click: Stage Clear first, then Cowbell
>
> Practice: eight bars with each sound

PRACTICE IN FERASTAGE

1. Set 116 BPM and 4/4 time.
2. Try eight bars with Stage Clear, then eight bars with Cowbell.
3. Adjust the volume for your practice space and write why you prefer one sound.

WHAT TO LOOK FOR

Compare two click sounds at the same tempo and time signature in your own practice space.

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

PRACTICE WORKSHEET 03 / 10

Follow three beats in GLASS WALTZ

Select 72 BPM and 3/4. Accent the first beat and practice the waltz feel with the audible click and visual beat indicators.

PRACTICE EXAMPLE

GLASS WALTZ | 72 BPM | 3/4

Accent pattern: strong - normal - normal

Practice: four rounds of eight bars

PRACTICE IN FERASTAGE

1. Set 72 BPM and 3/4 time.
2. Accent the first beat and leave the others normal.
3. Follow the three-beat pattern for four rounds. After each round, record how many bars you counted without losing your place.

WHAT TO LOOK FOR

Each bar has three beats; the accented first beat helps you follow the three-beat cycle.

YOUR PRACTICE NOTES

Accent map — mark the start of each group

1	2	3

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

One thing I will change on the next attempt

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

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

PRACTICE WORKSHEET 06 / 10

Enter a custom time signature for ODD HORIZON

Enter 5/4 in the custom time signature field and apply it, then set 112 BPM. Choose which of the five beats you want to accent.

PRACTICE EXAMPLE

ODD HORIZON | 112 BPM | 5/4

Custom time signature: 5/4

Suggested accents: beats 1 and 4; select them manually

PRACTICE IN FERASTAGE

1. Enter 5/4 in the custom time signature field and apply it.
2. Set 112 BPM and manually choose the accented beats in the five-beat pattern.
3. Count 1-2-3-4-5 for eight bars, then mark your accent choices below.

WHAT TO LOOK FOR

The time signature shows 5/4 and the accents within its five beats follow your selection.

YOUR PRACTICE NOTES

Accent map — mark the start of each group

1	2	3	4	5

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

One thing I will change on the next attempt

PRACTICE WORKSHEET 07 / 10

Set the uneven accents for SEVEN STEPS

Set 7/8 and 126 BPM. Select the accents manually for a 2+2+3 feel, then try the pattern slowly before returning to the practice tempo.

PRACTICE EXAMPLE

SEVEN STEPS | 7/8 | Target: 126 BPM

Starting attempt: 84 BPM

Accents for 2+2+3: beats 1, 3 and 5

PRACTICE IN FERASTAGE

1. Select 7/8 and start at 84 BPM.
2. Accent beats 1, 3 and 5 for a 2+2+3 feel.
3. When comfortable, increase the BPM manually and finally try the 126 BPM target.

WHAT TO LOOK FOR

Follow a 2+2+3 grouping across seven beats, starting groups on 1, 3 and 5. Increase the tempo manually.

YOUR PRACTICE NOTES

Accent map — mark the start of each group

1	2	3	4	5	6	7

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

One thing I will change on the next attempt

PRACTICE WORKSHEET 08 / 10

Start EVENING ROAD with a count-in

Set 90 BPM and 3/4, then choose a two-bar count-in. Use the count-in to prepare for the first beat before the click starts.

> **PRACTICE EXAMPLE**
>
> EVENING ROAD | 90 BPM | 3/4
>
> Count-in: two bars
>
> Place your first note on beat 1 after the count-in

PRACTICE IN FERASTAGE

1. Set 90 BPM and 3/4 time.
2. Choose a two-bar count-in and start the metronome.
3. Enter on the first beat after the count-in and record the results of four attempts.

WHAT TO LOOK FOR

Prepare to enter on the first beat after the two-bar count-in.

YOUR PRACTICE NOTES

Accent map — mark the start of each group

1	2	3

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

One thing I will change on the next attempt

PRACTICE WORKSHEET 09 / 10

Practice with a silent pulse for PAPER SKY

Set 88 BPM and 4/4. Choose Silent Visual Pulse and follow the tempo using the animation and beat indicators.

PRACTICE EXAMPLE

PAPER SKY | 88 BPM | 4/4

Practice mode: Silent Visual Pulse

Count eight bars by following the visual beats

PRACTICE IN FERASTAGE

1. Set 88 BPM and 4/4 time.
2. Turn on Silent Visual Pulse.
3. Count eight bars using only the visual beat indicators to follow the timing.

WHAT TO LOOK FOR

Follow beats with the silent visual pulse, using the indicator instead of an audible click.

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

PRACTICE WORKSHEET 10 / 10

Compare subdivisions in FINAL CUE

At 104 BPM and 4/4, switch between quarter-note, eighth-note and sixteenth-note subdivisions. Then open the Jazz Swing preset to explore how its swing ratio changes the practice feel.

PRACTICE EXAMPLE

FINAL CUE | 104 BPM | 4/4

In order: quarter notes, eighth notes, sixteenth notes

Final attempt: Jazz Swing and its swing ratio

PRACTICE IN FERASTAGE

1. At 104 BPM in 4/4, try quarter-note, eighth-note and sixteenth-note subdivisions in turn.
2. Open the Jazz Swing preset and inspect its swing ratio.
3. Compare straight and swung versions of the same musical phrase below.

WHAT TO LOOK FOR

Compare subdivisions and swing feel. The preset does not automatically increase the tempo.

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
