

# Lesson 7 - Verbally Counting Subdivisions



In Lesson 6, we learned to subdivide the beat. Now it is very important that we also get comfortable knowing how to count the subdivisions out loud as a reference for ourselves. The easier you can do this, the more possibilities and ideas will open up to you as you play.

Below are the three main types of notes that we will be using regularly. Underneath each is the verbal count. Note the red dot which shows the quarter note click of the metronome.

**The ultimate goal in this lesson is that you should:**

- (1) Instantly know the count for each type of note (8th note = "1 +," 16th note = "1 E + A")
- (2) Be able to hear the count in your head as the click plays

**Quarter Note**

**1**                      **2**                      **3**                      **4**  
○                                      ○                                      ○                                      ○  
                                    "one      two      three      four"

**Eighth Note**

**1**    +    **2**    +    **3**    +    **4**    +  
○                      ○                      ○                      ○  
                                    "one and two and three and four and"

**Sixteenth Note**

**1**    e    a    **2**    e    a    **3**    e    a    **4**    e    a  
○                      +                      ○                      +                      ○                      +                      ○                      +  
                                    "one-e-and-uh    two-e-and-uh    three-e-and-uh    four-e-and-uh"

Figure 7-1

○ - metronome click



10 minutes per day

## Lesson 7 - "Hands On" Exercises

- With Metronome to 70 BPM, go through the counts in Figure 7-1 until you can say them "evenly" spaced within the clicks.
  - Run through these until you can do them from memory.
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### Why It Matters

Understanding the framework of these counts will open up a world of creativity and possibilities with your playing. It's important to be able to say these from memory, but it is even more important to know how the counts fit within the pulse of the beat.

### Common Mistakes To Avoid

Be sure to practice with a metronome at first to hear accurate spacing between the notes. Audio samples for this lesson are crucial to ensure you are learning the counting correctly (Video course available, also). **It won't do you any good if you practice them over and over with the incorrect timing and spacing.**