

# Banjo Rolls with the Metronome

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When you are practicing with a metronome its important to try to get in a groove with it. You have to get the rhythm in your body and agree with it. You can do that by rocking, swaying or tapping your foot but its important to actually feel the beat in your body. These are a few of the practicing techniques I use.

## Single Note

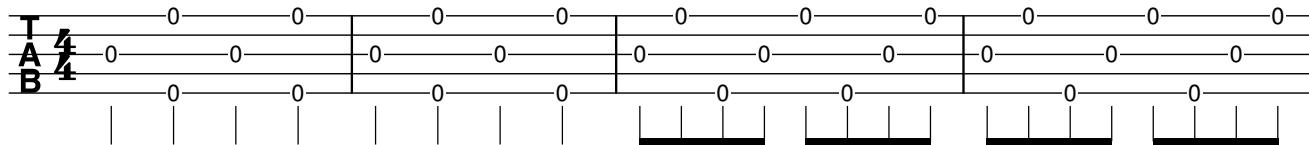
- Set the metronome to 60 to 80 bpm for the half note. (Higher if you have more experience)
- Feel the beat for a moment and rock with it.
- Calibrate to the metronome by playing the 3rd string with the thumb or index in time with the tick of the metronome. These are half notes so they are on beats 1 and 3.
- Once you are locked in add, a pinch on beats 2 and 4. This should be a familiar pattern.

## Add Alternating Roll (T I T M T I T M)

- Follow the same steps as above to locate the beat and get in the groove.
- Once you are locked in, switch to an alternating roll for a few measures then go back.
- Switch back and forth between the pluck pinch pattern and the alternating roll staying locked in with the groove of the metronome.
- Try staying on the roll longer and if you feel your rhythm start to waver switch back to the pinch pluck to calibrate.

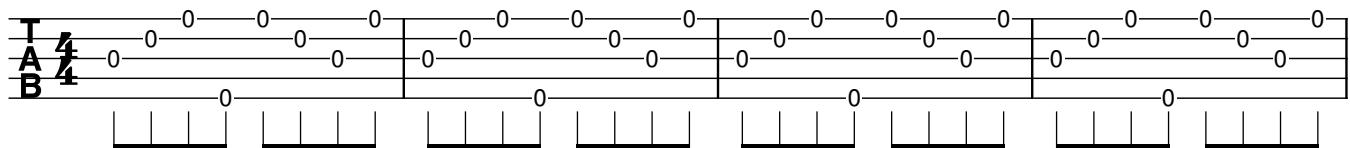
### Repeat with forward rolls (T M T I M T I M or I M T I M T I M)

- This is a little more difficult because the accents on the forward roll are not as evenly spaced within the measure.
- If the metronome loses you, use the pluck-pinch to calibrate the quarter note and return to the forward roll.

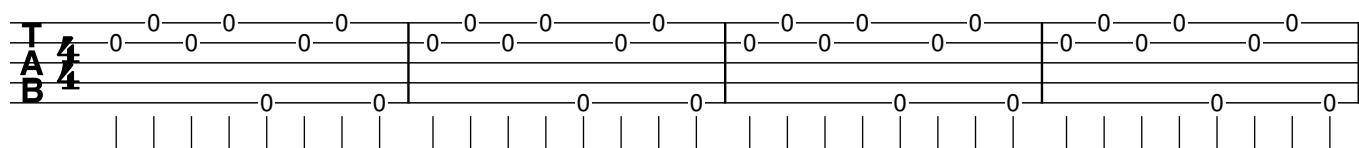


You can use this Calibration process with any roll or roll variation, but here are some basics to start with:

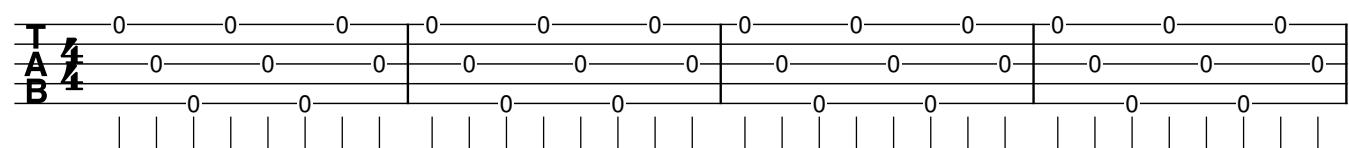
### Forward Reverse (T I M T M I T M)



### Foggy Mountain Roll (T M T I M T I M)



### Backward Roll (M I T M I T M I)



## Continuous Forward Rolls

We often use forward rolls that are kind of squared off by skipping a finger:

Its also important to understand and practice continuous forward rolls. Something that helped me get the hang of it was hearing the accents shift each measure from one finger to the next.