Subdividing means splitting each beat evenly. Feeling subdivisions is the secret to steady time.

Common subdivisions

Eighths *metronome* divide each beat in half, counted 1 and 2 and. Triplets split it in three: 1 trip-let. Sixteenths split it in four: 1 e and a.

Swing

Swing divides the beat unevenly, using the first and last notes of **metronome** a triplet. It is the basis of jazz and blues shuffles.

Slow tempos need subdivisions

At 50 BPM there is over a second between clicks, so players tend to rush. Hearing the subdivisions keeps every note in place.

Try this exercise

At one tempo play one, two, three then four notes per beat, then back down. It builds real rhythmic control.