

Breaking the Speed Barrier

The metronome says go, but your fingers say no!

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"Just before you break through the sound barrier, the cockpit shakes the most."

- Brigadier General Charles Elwood Yeager, the first human to travel faster than the speed of sound.

The Three Traps

1. The Four Minute Mile Fallacy. It can't be done.
2. The Cold Water Deception. It feels terrible for a little while.
3. The "Make No Mistakes" Mistake. It's a mess!

Two "Speed Up" Practice Strategies

1. The Tempo Pyramid: Five speeds, two directions and a plan.
 - Comfy tempo.
 - Medium tempo (25% faster than Comfy).
 - Fast tempo (10-15% faster than Medium).
 - Optional Bonus Burst (5-10% faster than Fast).
 - Halfway Down (Halfway between Medium and Comfy).

Pyramid up (slow to fast)

Comfy tempo - once
Medium tempo - twice
Fast tempo - twice
Optional Bonus Burst - once
Medium tempo - twice
Halfway tempo - once

Pyramid down (fast to slow)

Fast tempo - twice
Medium tempo - twice
Comfy tempo - once
Halfway tempo - once
Medium tempo - twice

Sample metronome speeds:

40/ 50/ 56/ (63)/ 50/ 46
50/ 66/ 72/ (80)/ 66/ 58
60/ 76/ 88/ (96)/ 76/ 69
80/ 100/ 112/ (120)/ 100/ 88

2. The Plunge

- Play your piece once at your goal tempo.
- Work down a notch or two at a time (2-4 bpm) until you can ALMOST keep up.
- Play it twice at that “almost keeping up” speed.
- Then play it once at a “comfy” tempo to refresh the notes and calm your mind.

The “Breaking the Barrier” Formula: Relax. Release. Decrease. Laugh.

LINKS:

- [Finger Agility For The Accident Prone: Your Guide To More Facile Fingers.](#) **Remember to subscribe while you're there!**
- [Cracking the Code Webinar](#)
- [My Harp Mastery first to know list](#)
- [Harp mastery.com](#)