Subdividing means splitting each beat evenly. Counting them in your head is what keeps tempo rock-solid.

## The main subdivisions

Eighth notes split the beat in two: 1 metronome and 2 and. Triplets split it in three: 1 trip-let. Sixteenths divide it into four, counted 1 e and a.

## Swing

Swing plays the beat long-short, using the first and last notes *metronome* of a triplet. Jazz and blues are built on it.

## Slow tempos need subdivisions

At 50 BPM there is over a second between clicks, so players tend to rush. Turning on eighth notes gives you more reference points.

## A quick exercise

At one tempo play one, two, three then four notes per beat, then back down. It trains you to feel the beat rather than the notes.