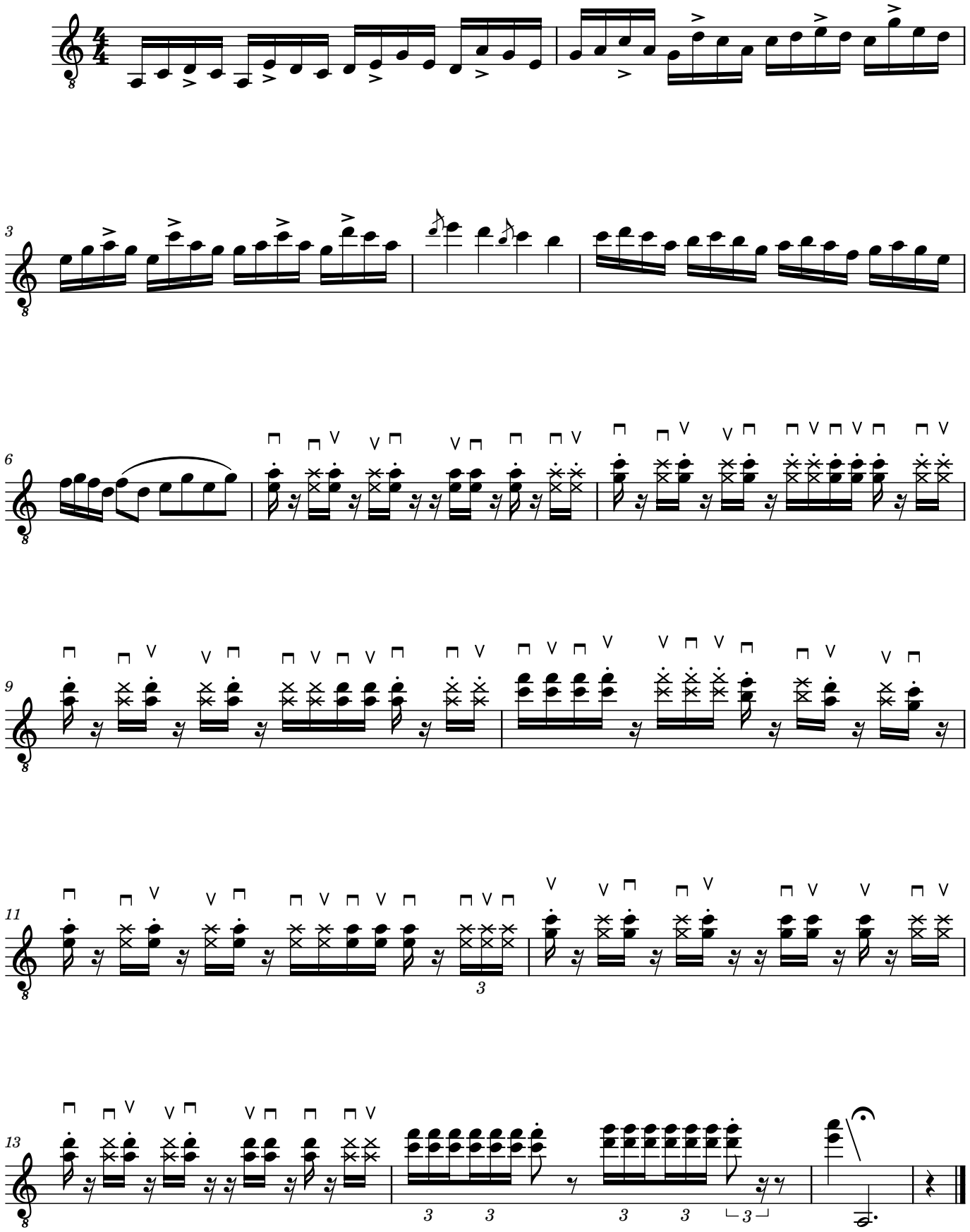
PRACTICE

with a metronome, preferably