

## About the ICT-App:

This book is especially formatted on the ICT-App for iOS devices. (Available in the App Store). That is why I present the functions of this App in detail here:

## What should I do, when I do not have an IOS device??

If you do not own an Apple device it is not the end of the world! With little effort, the Click Pattern from the ICT App can be programmed to fit any midi capable music software program. If you do use it via an Android Smartphone or Tablet, you can subscribe to the prospective list at: [www.inner-clock-trainer.com](http://www.inner-clock-trainer.com)

You will then be informed as soon as the ICT App is available for your device.

Notes can be sent to you on request. Just send your question to "info@inner-clock-trainer.com"!

## ICT functions at a glance

Selectable one, two or four bar Click Pattern. When you tap the screen, a submenu opens, revealing first the four areas (Subdivision-, Micro-, Space- and Standard-Clicks). Once there, you can select the desired click Pattern, by pressing each 'NOTE' image

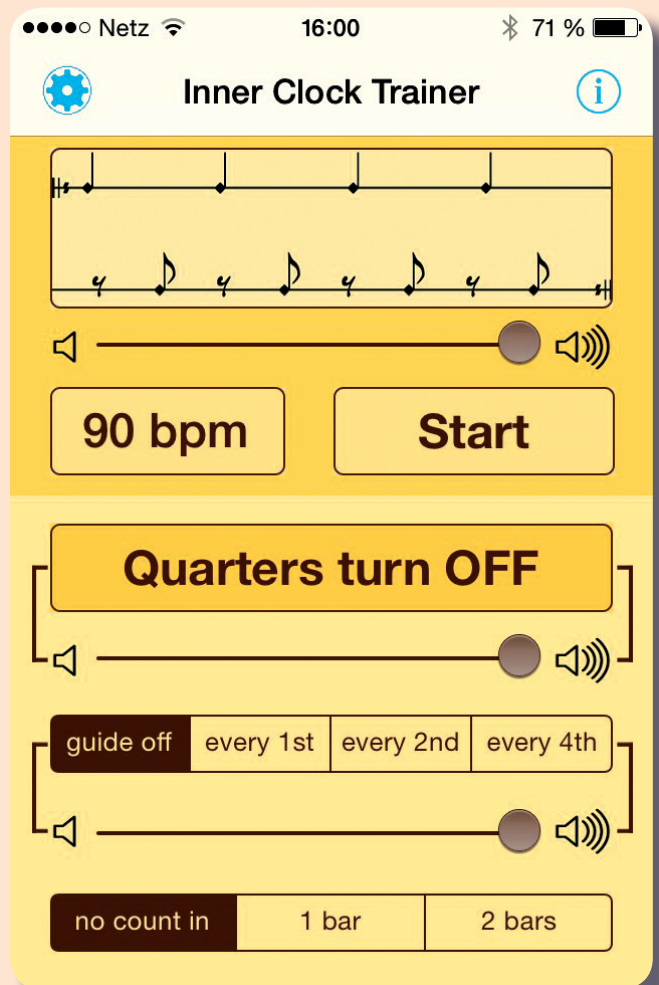
The volume is adjustable.

Tempo Selection (submenu opens by tapping) and Start-Button

Using this switch, Quarters can be turned on/off (Volume adjustable).

Switchable and volume adjustable "Guides", to mark each, every second or every fourth 'ONE'

Switchable single or two measure count in.



## Click-Patterns of the ICT-App

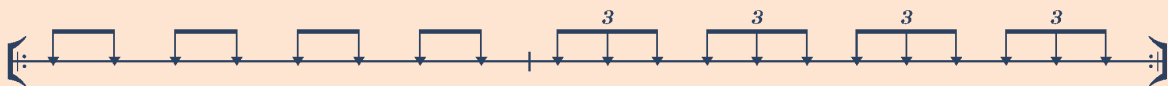
The selectable Click Patterns on the ICT App are divided into 4 departments.

- **Subdivision Clicks**
- **Micro Clicks**
- **Space Clicks**
- **Standard Clicks**



### Subdivision Clicks

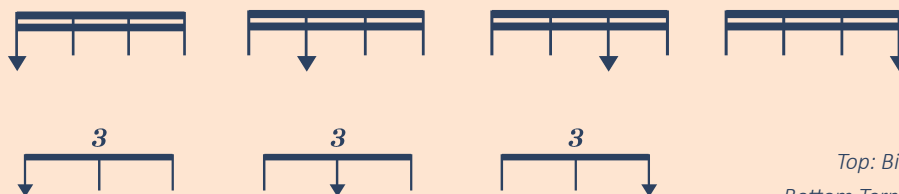
To understand Time, you need not only a secure feeling for the Pulse, but also for the space between: The Subdivisions. The ICT offers different audible Subdivisions.



*An example for Subdivision Clicks. Here alternate an 8th and a triplet.*

### Micro Clicks

Based on the concept of Micro Time. Here are some Clicks that are placed on the individual points of the Subdivision. You will learn to "feel" each of the placements.



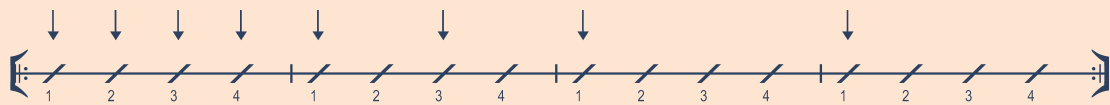
*Top: Binary placements  
Bottom Ternary Placements*

## Space Clicks

The Space Clicks provides 4th Clicks with differently sized gaps. You will then more or less bridge these gaps "yourself". Let's see whether you hit the next "One" correctly!

By this manner, you will learn to place the beats equally within a measure. You will get into the feeling and and acquire a steady tempo.

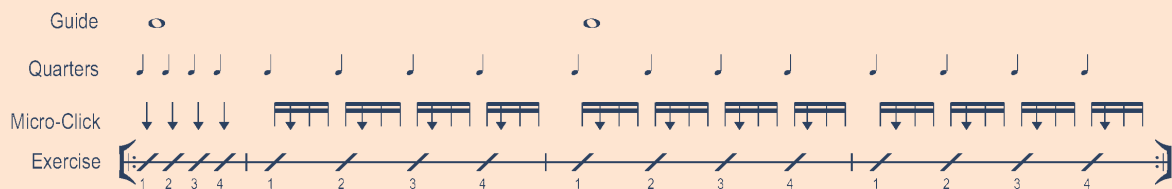
That is, for example, very important when changing forms or using dynamic changes. Tricky parts with many notes or fills are easily played too fast or you end up hitting before the "One"



Example for a 4 Bar Space Click Pattern. The notes with the point represent the Click.  
The slashes on the Note Line represent the exercise you are working on.

## Guide Function

"Lost in Clicks?" – Just keep cool! The ICT helps with training, but also shows you to always stay on track. The switchable and adjustable "Guides" mark the "One" and assist your orientation. The "Quarters" are volume adjustable as well, while marking the 4th beat. They can be switched off directly to silent mode, when you feel confident.



In this example you can see the slashes for your exercise and a 4 beat Micro Click Pattern, which lays on the Downbeat on the first beat, then varies on the 2nd 16th position. To assist orientation, the quarters and every 2nd beat of the guide are switched on.

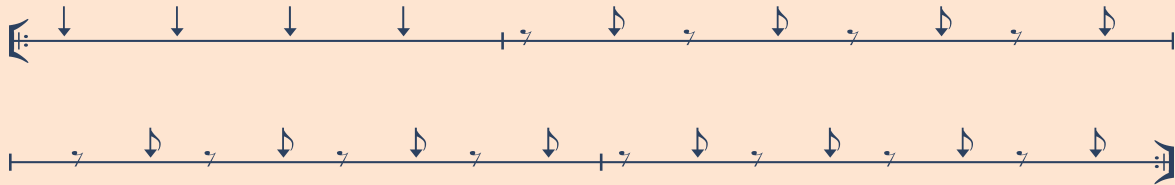
## Basic Metronome Function

Obviously, you can use the ICT, with the appropriate setting, as a basic/standard metronome. The "Quarters" give you the 4th beat and the Click Pattern contains the Subdivisions. The volume levels, as usual, can be freely adjusted.

## Using ICT Features

To play a pattern and thereby hear a Micro Click, that lays for example on the second 16th note beat, seems almost impossible at first sight. You might soon feel the syncopation of the Clicks as a Downbeat. The goal is to **feel** the click on the position where it actually lays! Here the features of ICT app are ideal. With their help, you can adjust the requirement level of your exercises to perfectly fit your individual skills.

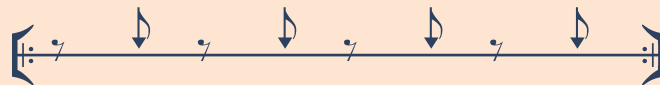
You can vary the range of syncopation through touch selection:



Example with downbeats in the first of four bars.

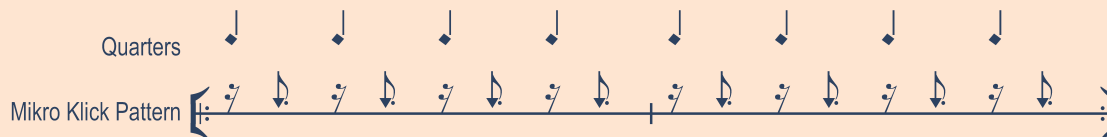


Downbeats in the first of two bars



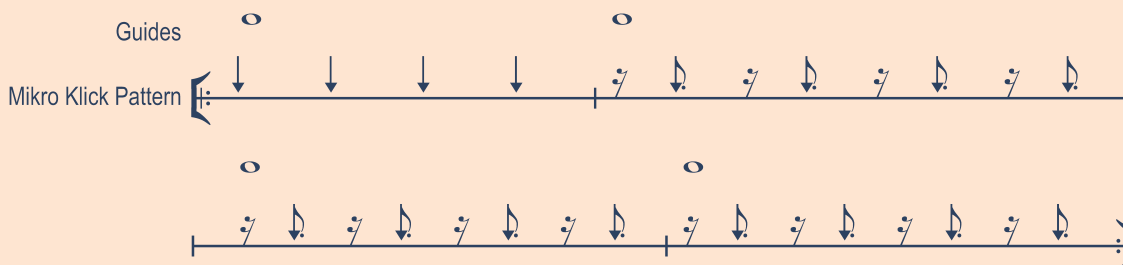
No downbeat

The **Quarters** are volume adjustable and clearly state where the pulse actually is.



Example with Mikro Click on every 2nd 16th position. The Quarters help you to keep the beat.

The **Guides** show you the "One" in different intervals.



Example with Guides on every "One". It's also possible to set guides on every 2nd or every 4th "One".