Gap click mutes the metronome MetronomeWorld metronome for set bars before **metronome** returning. It is a powerful timing test.

The exercise

Start with two bars on and two off. Play straight through the silence. When the click returns, you should be exactly together.

Make it harder

Increase the silent bars to four or eight as your time improves. Try it at slow tempos, where rushing is most common.

Why it works

It moves the timekeeping from the machine to you, exactly what bands need.