

Music Learning Workshop

Accelerated Learning
Getting It Down Cold



Rhythm

Sample Rhythm Work set



Version 2

Music Learning Workshop

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The base or fundamental patterns are the most critical to learn because everything else is built off of them. Take your time in the first stages it will pay off as you start into the variations. Do this and you will get it down cold and master the concepts.

The base pattern is the extensively developed worksheet pages, after that the worksheets are shortened in notation but carry just as much weight.

Notations:

The following notations are found in the work sheets.

In our worksheets we start showing the how the beat would look on a music staff.

We will typically use two measures to show the rhythm and repeat those measures to achieve our target of the moment.

R = right hand
L = Left hand
B = both hands.

The metronome is used to pace your rhythm. Use it gain consistency in speed and smoothness. Metronome speed = the number of beats per minute is used to set the speed at which you play.

Your pace is shown as  =60, quarter note equals 60 beats per minute.

The suggested speed to start is 60. Slow it down if you can not keep in time with the metronome. Your objective is to tap or clap in time with the metronome.

When you own it you will be able to hear the clicks disappear when you master the rhythm.

When you master rhythm you will be able to hear your tapping in front of or behind the click "on purpose".

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Rhythm Foundations Introduction

$\frac{4}{4}$ TIME SIGNATURE RHYTHMS

Quarter and Eighth Note Variations

This workbook establishes 12 Basic 4/4 time signature Rhythm variations for quarter note and eight notes. These are basic patterns and are intended to help the student master the basic rhythms and push advancement off the base rhythm in a way that as the more difficult rhythms are learned they will become easier and faster.

The student will use these work sets to learn, gain endurance, and then master the rhythms. We call it "Getting It Down Cold".

Foundation series are for the beginning student or students that struggle to remain consistent in holding their rhythm. The work sets focus intently on just one rhythm and approach it in several ways, providing multiple experiences with one rhythm. In doing so the basic patterns are owned by the student as they experience adding notes and chords to their learning experience. This focused experience of concentration and energy and a path to completion is basic in all methods of completing any task. We use it here to accelerate learning of music concepts.

The work-sets and allow the student to monitor progress directly on the worksheets at the point they are learning, so that they can pick up right where they have left off. The work sets are typically 5 pages long and can be printed out in individual sets for learning and practice with the electronic edition.

It is possible to use several work sets at a one time. You can be working in step 4 on one set, where you are mastering one rhythm, then step 3 in another as you can gain endurance with a different pattern, or working step 2 to in still one other where you are trying to learn a new pattern. How they are used is going to be based on the students' ability, need to relax after doing a lengthy practice, and other factors that the students instructor may want to develop in the student.

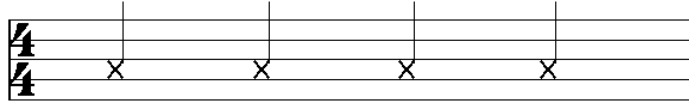
Use the rhythm index and tracking chart to check off the boxes to track your progress. Use the individual work sets to track your at the moment progress. Together they will show the progress that is being made. You can also add dates and assignments to help keep the progress moving forward.

Don't be surprised if during the progress all of a sudden you are feeling the groove before completing the work set. If that happens you will have accomplished the intent of the workbook early and there is nothing wrong with that! Have fun, take your time, and master the rhythms.

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1. ⁴/₄ Rhythm – Basic Beat Pattern



The ⁴/₄ Rhythm is one of the most common rhythms in play today.

The ⁴/₄ Rhythm is also shown as **C**, known as common time. It will not take long to learn. You will build your skill around it in 5 other worksheets, and then begin to break it down into more complex parts.

Step One - Learn It:

Get to know the basic structure. Count out loud and clap the beat as shown. Do it slowly until you feel comfortable with it. Repeat it at least 4 times.

Cross off your progress here:

1 2 3 4

⁴ / ₄ :	♪	♪	♪	♪		♪	♪	♪	♪	:
Count:	1	2	3	4		1	2	3	4	
Clap:	x	x	x	x		x	x	x	x	x

Step two: New Approaches:

Now you need to tap your hand on your legs, the table, or another object. Still count out loud; this is important in our auditory learning sense. Do each 7 times, for any practice you have difficulty, repeat the rhythm series another 7 times. Come back later if you have too.

We start with the right hand (R): Use a metronome speed of 60. If you need to slow down that's OK, it's more important to do it correctly than at speed.

⁴ / ₄ :	♪	♪	♪	♪		♪	♪	♪	♪	:
Count:	1	2	3	4		1	2	3	4	
Tap:	R	R	R	R		R	R	R	R	
Progress:	1	2	3	4		5	6	7		

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1. $\frac{4}{4}$ Rhythm – Basic Beat Pattern-cont

Using the left hand (L):

$\frac{4}{4}$
Count: 1 2 3 4 1 2 3 4
Tap: L L L L L L L L
Progress: 1 2 3 4 5 6 7

Alternate the hands (R L R L):

$\frac{4}{4}$
Count: 1 2 3 4 1 2 3 4
Tap: R L R L R L R L
Progress: 1 2 3 4 5 6 7

Alternate the hands on different beats (L R L R):

$\frac{4}{4}$
Count: 1 2 3 4 1 2 3 4
Tap: L R L R L R L R
Progress: 1 2 3 4 5 6 7

Double up (R R L L):

$\frac{4}{4}$
Count: 1 2 3 4 1 2 3 4
Tap: R R L L R R L L
Progress: 1 2 3 4 5 6 7

Double up (L L R R):

$\frac{4}{4}$
Count: 1 2 3 4 1 2 3 4
Tap: L L R R L L R R
Progress: 1 2 3 4 5 6 7

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1. $\frac{4}{4}$ Rhythm – Basic Beat Pattern-cont

You have covered a lot of ground so far. Congratulations. Is it getting easier and faster? If not, don't worry, a little more time and it will seem like nothing at all.

Accenting beats

Next we are going to change it up some more to add an accent to our rhythm. When you see this sign ">" it will mean to accent or to make louder or stronger. When you count make the accent loud. As in **ONE** two three four. When you tap it will be stronger, don't get carried away, just make it feel a little more forceful than the rest of the taps. We will use different hands as well to help you make the difference known.

Accent Beat 1 (R L L L):

$\frac{4}{4}$:	♪	♪	♪	♪		♪	♪	♪	♪	:
Accent:	>					>				
Count:	1	2	3	4		1	2	3	4	
Tap:	R	L	L	L		R	L	L	L	
Progress:	1	2	3	4		5	6	7		

Next: (L R R R)

Tap:	L	R	R	R		L	R	R	R	
Progress:	1	2	3	4		5	6	7		

Accent Beat 1 & 3 (R L R L):

$\frac{4}{4}$:	♪	♪	♪	♪		♪	♪	♪	♪	:
Accent:	>		>			>		>		
Count:	1	2	3	4		1	2	3	4	
Tap:	R	L	R	L		R	L	R	L	
Progress:	1	2	3	4		5	6	7		

Next: (L R L R)

Tap:	L	R	L	R		L	R	L	R	
Progress:	1	2	3	4		5	6	7		

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1. $\frac{4}{4}$ Rhythm – Basic Beat Pattern-cont

Step three: Work It

Now that you have the basic approach down it is time to develop staying power. The intent of this section is to gain endurance in playing. Taking the variations we have worked with you need to be able to play them for an extended period of time. We have found the best way to do that is by working with them in incremental or small steps.

The chart below allows you to build the rhythm up over time. Do not try to do all the boxes for a line at one time. You may go across, down or both but you can get tired fast. So relax and do one or two boxes at a time.

This is a two part process for time and speed.

Repeat for time indicated this will not be as easy as it sounds. Repeating the same sequence over and over for 5 minutes takes a lot of effort. But be assured it will pay in the end. Use a metronome at a moderate speed. The metronome speeds are suggestions and can be changed to meet your comfort level. Push yourself but make sure you can control it at whatever speed you choose. Preferably you start slow, master it and then increase speed a little at a time.



> = accent	Duration (minutes) / Metronome speed					
	1/2	1	2	3	4	>5
Tap Hand Combination	=60	=64	=68	=72	=76	=80
R R R R	> beat 1	> 1 & 3	> 2 & 4	> beat 1	> 1 & 3	> 2 & 4
L L L L	> beat 1	> 1 & 3	> 2 & 4	> beat 1	> 1 & 3	> 2 & 4
R R L L	> beat 1	> 1 & 3	> 2 & 4	> beat 1	> 1 & 3	> 2 & 4
L L R R	> beat 1	> 1 & 3	> 2 & 4	> beat 1	> 1 & 3	> 2 & 4
R L R L	> beat 1	> 1 & 3	> 2 & 4	> beat 1	> 1 & 3	> 2 & 4
L R L R	> beat 1	> 1 & 3	> 2 & 4	> beat 1	> 1 & 3	> 2 & 4
R L L L	> beat 1	> 1 & 3	> 2 & 4	> beat 1	> 1 & 3	> 2 & 4
L R R R	> beat 1	> 1 & 3	> 2 & 4	> beat 1	> 1 & 3	> 2 & 4
Mix it up*	> beat 1	> 1 & 3	> 2 & 4	> beat 1	> 1 & 3	> 2 & 4

* Play with the different combinations - free form - improvise.

At some point, during this process of gaining endurance you will have made a move from learning to owning the rhythm. Moving into the next step is going to allow you to completely own and control the rhythm.

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1. $\frac{4}{4}$ Rhythm – Basic Beat Pattern-cont

Step Four: Own It

Tap along with any of your favorite songs that you can pick out this simple beat. The idea is not to get into the sub beats but to work only on the major four beat count with this rhythm. You will become aware of all the things going on but you must be able to keep just this beat sequence.

Test yourself with a metronome. Using all the combinations of tapping available to you at any time, mix them up, play them ten or twenty times in a row.

Check off or color in the box when you have been able to tap out the rhythm smooth and in time with the metronome. You won't be perfect, don't worry about it, we all fumble along the way. It's your ability to get back on track and stay with it that counts. Rotate accent notes at will to further your mastery.

R R R R	L L L L	R R L L	L L R R
R L R L	L R L R	R L L L	L R R R

$\frac{4}{4}$

Metronome speed ♩ =	Duration (minutes)							
	2	2	3	3	4	4	5	5
Accent Beats	1	2	3	4	1,3	2,4	1,3	2,4
60								
70								
80								
90								
100								
120								
140								

Having completed the worksheet you should now own this rhythm. If you don't feel like you do. Go back and pick up where you think you need to work on it. For some it comes very quickly for others it takes more work and time.

Congratulations on completing this Rhythm.

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