

Ultimate
RHYTHM
Guide

Guide Overview

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and Counting
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Rhythm is everywhere. From breathing to walking, we engage ourselves in repetitive tasks that describe a pattern. We can all hear patterns thus be able to get into rhythm. Although it comes more natural to others, with practice, this ability can improve.

Here are a few practice exercises and tips to help you develop your sense of rhythm.

This guide is intended for beginners to intermediary level.

1. Internalize Rhythm

Take the Metronome App and set it to the Common Time, also known as **4/4 80 BPM**. Listen and memorize the sound then turn off the metronome and imagine the beats. Turn it back on to see if you are in sync with the metronome's beat.

Clap your hands according to your memory and then play the App, check if it is similar to the same.

Try these out with different BPM.



2. Exercises

Using a metronome like the Soundbrenner Pulse is important but the initial step is to continue internalizing rhythm by taking outside reference.



Initially you'd want to use only your voice and hands. When you feel the more confident, change to a percussion instrument.



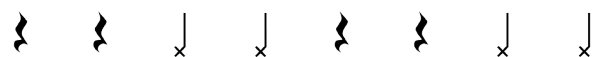
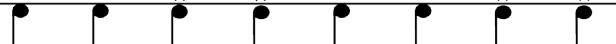
Rest four beats and play the next four beats

Play 
 Met. 

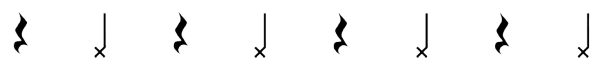
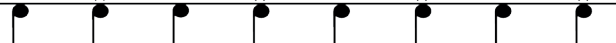
Rest three beats and play the next three beats

Play 
 Met. 



Rest two beats and play the next two beats

Play 
 Met. 

Play alternate beat

Play 
 Met. 



You can also practice rhythm with both your hands.

Displace Pulse

Slowly play slightly after the metronome's beat until you are playing halfway between two metronome's beat, also known as off-beat.

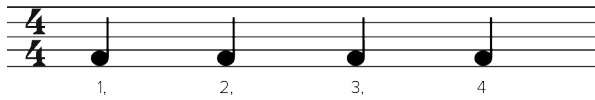
Keep doing it until you feel relaxed.

Play 
 Met. 

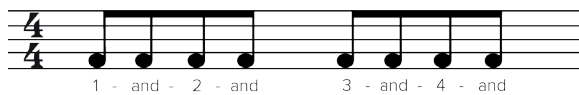
The ability to shift rhythmic phrases across and between bars opens up opportunity for you to explore different fills and groove.

3. Rhythmic Subvision and Counting

Traditional way to count rhythmic subdivisions is by counting, “1, 2, 3, 4, 1, 2, 3, 4”. In this exercise each beat will be represented as a quarter note. under the Common Time signature 4/4.



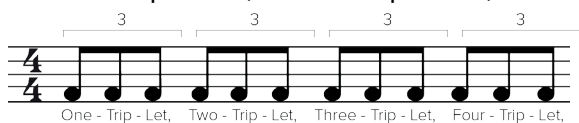
Dividing a beat in two - means you get two eighth notes. Eight notes, “1 - and - 2 - and - 3 - and - 4 - and.”



16th notes, “1 - e - and - a - 2 - e - and - a - 3 - e - and - a - 4 - e - and - a”



Another common way to divide the beat is into three evenly spaced notes in the space of 2. These are called eighth note triplets. To count “One – Trip – Let, Two – Trip – Let, ...”



4. Time Signatures

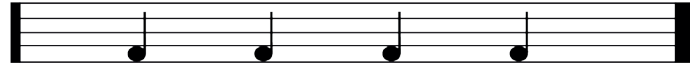
Modern contemporary music often uses 4/4 as the time signature - which is what we call the Common Time. The second most common time would be 3/4 which is the time signature that waltz and country music uses, often placing accents on the accents on the second or third beats.

Other time signatures are put into three categories of simple, compund and complex.

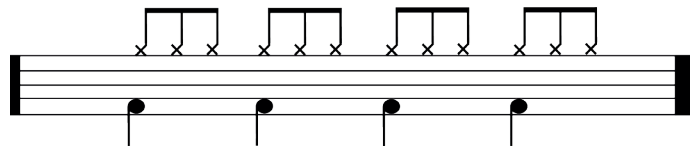
5. Polyrhythms

Polyrhythms are combinations of two or more rhythms. Follow the formula of X-over-Y or X:Y. X is called the counter-rhythm and Y is called the basic pulse.

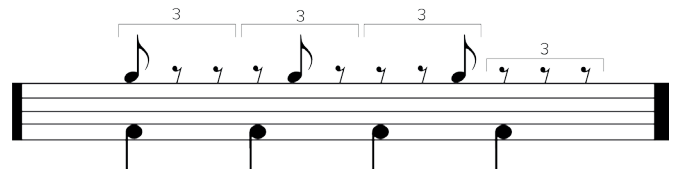
Step 1: Set up the basic pulse.



Step 2: Subdivide each count with X notes. In a 3-over-4 polyrhythm, x is a three which means each count will be subdivided into three notes, that is, into 8th note triplets.



Step 3: Setting the counter rhythm over the basic pulse. Repeat a rhythm each Yth note of the 8th note triplets. This is the counter rhythm to the basic pulse set in step 1. In a 3-over-4 polyrhythm y is 4 which means rhythm is played on each 4th note.



6. Rhythm in Performance

Relax

Open your senses through relaxation - channel into what is going on around you. Take breaks during long rehearsals to keep your body and muscles loose.

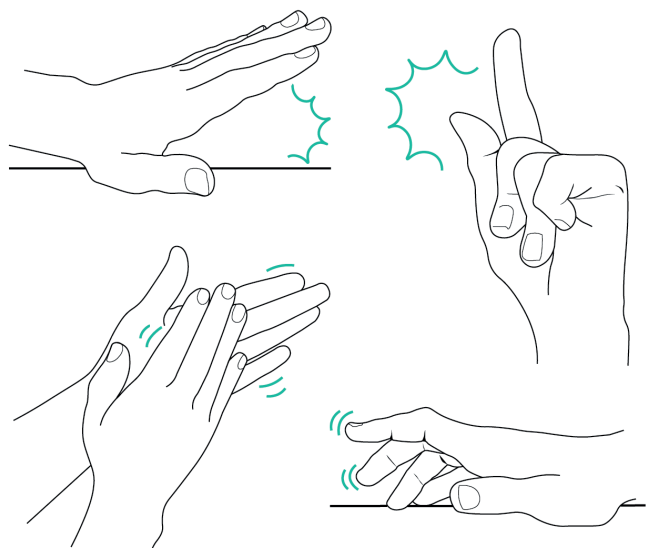
Spend a few minutes focusing on your breathing. Count slowly to 10 while inhaling, hold for 2-3, then exhale for another ten counts.

Concentration

If your thoughts and emotions are affecting your concentration, focus your energy on breathing. Control your emotional states that affect your focus to keep a continuous pulse.

Counting

Count out loud and make it part of your music - the stronger you count, the stronger your rhythm.



Clap, snap, & tap your rhythm to accompany your counting. Research shows that the human motor system and its actions can reciprocally influence the perception of music. In layman's terms, you become physically united with the music when you clap or tap along with the beat of the metronome.

Deal with Rushing and Dragging

Metronome is the secret to not playing early or late! Play loudly on top of the metronome beat. If the sound of your beat covers the rhythm of the metronome, then you are doing it correctly.

If your notes start and end in precisely the right place then your music will have a dramatically stronger effect on your audience than if they don't.

