

Rhythmic Exercises

Lesson 1

Alex Terrier

www.jazzvideolessons.net

R 1 R 1 R 1 R 1
R L R L
1 + 2 + 3 + 4 +

r = unaccented right hand
l = unaccented left hand
R = right foot or accented right hand
L = left foot or accented left hand
F= foot
T = both hands together

2

R 1 R 1 R 1 R 1
R R L L
1 + 2 + 3 + 4 +

On this page we subdivide each beat into two pulses. This is called the duple-pulse structure and it refers to beats divided by two or a multiple thereof. Your hands tap the pulses while your foot taps the main beats. Vervalize the pulses: one, and, two, and etc.

3

L r L r L r L r
R L R L
1 + 2 + 3 + 4 +

4

L r L r L r L r
R R L L
1 + 2 + 3 + 4 +

6

r l r l r l r l r l r l r l
 F F F F
 1 e + a 2 e + a 3 e + a 4 e + a

Subdivide each beat into four pulses

7

R l r l R l r l R l r l R l r l
 R L R L
 1 e + a 2 e + a 3 e + a 4 e + a

8

R l r l R l r l R l r l R l r l
 R R L L
 1 e + a 2 e + a 3 e + a 4 e + a