

# Rhythmic Exercises

## Lesson 1

Alex Terrier

[www.jazzvideolessons.net](http://www.jazzvideolessons.net)

Musical notation for exercise 1 in 4/4 time. The first measure shows four eighth notes with two '">>' symbols above them. Below the notes are the instructions: R 1, R 1, R 1, R 1. The second measure shows four eighth notes with two '">>' symbols above them. Below the notes are the instructions: R L, R L. The third measure shows four eighth notes with two '">>' symbols above them. Below the notes are the instructions: 1 + 2 + 3 + 4 +.

Musical notation for exercise 2 in 4/4 time. The first measure shows four eighth notes with two '">>' symbols above them. Below the notes are the instructions: R 1, R 1, R 1, R 1. The second measure shows four eighth notes with two '">>' symbols above them. Below the notes are the instructions: R R, L L. The third measure shows four eighth notes with two '">>' symbols above them. Below the notes are the instructions: 1 + 2 + 3 + 4 +.

Musical notation for exercise 3 in 4/4 time. The first measure shows four eighth notes with two '">>' symbols above them. Below the notes are the instructions: L r, L r, L r, L r. The second measure shows four eighth notes with two '">>' symbols above them. Below the notes are the instructions: 1 + 2 + 3 + 4 +.

Musical notation for exercise 4 in 4/4 time. The first measure shows four eighth notes with two '">>' symbols above them. Below the notes are the instructions: L r, L r, L r, L r. The second measure shows four eighth notes with two '">>' symbols above them. Below the notes are the instructions: 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

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.

Vocalize the pulses: one, and, two, and etc.

6

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

Subdivide each beat into four pulses

7

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

8

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