



Whole Note (4 Beats)	Half Note (2 Beats)	Quarter Note (1 Beat)
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Eighth Note (2 counts per beat)	Triplet (3 counts per beat)	Sixteenth Note (4 counts per beat)
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### How to Count Rhythms

- 1) 4/4 = 4 quarter notes per measure (measure= 4 beats)
- 2) tap your foot while counting out loud and clap the rhythms,
- 3) the + means and, so 1 + 2 + 3 + 4 + means 1 and 2 and 3 and four and
- 4) notice that the + in the sixteenth note measure lines up with the + of the eighth note measure ( the + would be where an eighth note would start)
- 5) practicing must be done with a metronome, otherwise you will develop a poor sense of time that does not line up with an outside source such as a drummer.

You have to use a metronome in order to tell if you are rushing (playing ahead of the beat) or dragging (playing behind the beat). The goal is to be dead on the beat. If you are doing this correctly, you will notice that the metronome "disappears" because you are playing exactly when the click happens. Start by clapping quarter notes ( 1 2 3 4) and aim to have each clap replace the sound of the metronome. If you are struggling to do this, clap half notes ( every 2 beats).

7 Whole Note Rest (4 Beats)      Half Note Rest (2 Beats)      Quarter Note Rest (1 Beat)

1 (2,3,4)      1 (2)      3 (4)      1      2      3      4

10 Eighth Note Rest (2 counts per beat)      Triplet Rest (3 counts per beat)      Sixteenth Note Rest (4 counts per beat)

1 + 2 + 3 + 4 +      1 la li 2 la li 3 la li 4 la li      1 e + a 2 e + a 3 e + a 4 e + a

Do not count out loud on rests, rests indicate that you do not play the duration of the note, count in your head instead

13      1      (2)      (3)      4                      1      2      (+)      (3)      (4)                      1 e + (a)      (2)      (3)      (4)

Adding a dot increases the note by half its value

Dotted Half= Half note+Quarter note

Dotted Quarter= Quarter note + Eighth note

Dotted Eighth= Eighth note + Sixteenth note