

Notes (Play)

Rests (Don't Play)

1

Whole Note

Whole Rest

Half Notes

Half Rests

Quarter Notes

Quarter Rests

Eighth Notes

Eighth Rests

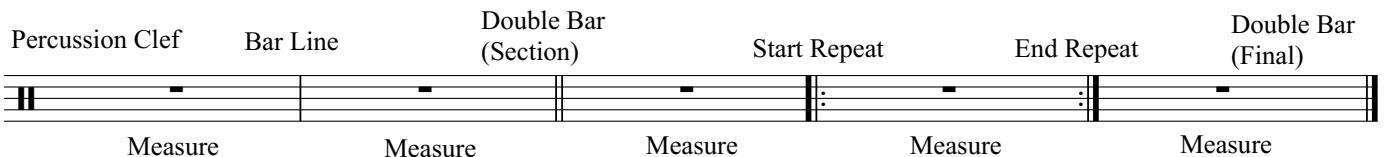
Sixteenth Notes

Sixteenth Rests

Eighth Notes can have a flag or they can be connected by a beam.



Sixteenth Notes can have two flags or they can be connected by two beams.



Here is what the Time Signatures (Meters) mean:

$\frac{4}{4}$ 4 (four) beats per measure
 $\frac{4}{4}$ A 1/4 (quarter) note gets one beat

$\frac{3}{4}$ 3 (three) beats per measure
 $\frac{3}{4}$ A 1/4 (quarter) note gets one beat

$\frac{2}{4}$ 2 (two) beats per measure
 $\frac{2}{4}$ A 1/4 (quarter) note gets one beat

$\frac{5}{4}$ 5 (five) beats per measure
 $\frac{5}{4}$ A 1/4 (quarter) note gets one beat

$\frac{3}{8}$ 3 (three) beats per measure
 $\frac{3}{8}$ An 1/8 (eighth) note gets one beat

$\frac{6}{8}$ 6 (six) beats per measure
 $\frac{6}{8}$ An 1/8 (eighth) note gets one beat

$\frac{5}{8}$ 5 (five) beats per measure
 $\frac{5}{8}$ An 1/8 (eighth) note gets one beat

$\frac{7}{8}$ 7 (seven) beats per measure
 $\frac{7}{8}$ An 1/8 (eighth) note gets one beat

$\frac{9}{8}$ 9 (nine) beats per measure
 $\frac{9}{8}$ An 1/8 (eighth) note gets one beat

$\frac{12}{8}$ 12 (twelve) beats per measure
 $\frac{12}{8}$ An 1/8 (eighth) note gets one beat

Lesson 1

In 4/4 time, a QUARTER NOTE gets one beat,
and since it is a note, it means to play.

In 4/4 time, a QUARTER REST also gets one beat,
but instead, it means to count a beat without playing.



TAP your foot

Repetition

COUNT out loud

1 1 2 3 4
R L R L

2 1 2 3 4
R L R

3 1 2 3 4
R L L

4 1 2 3 4
R R L

5 1 2 3 4
L R L

6 1 2 3 4
R L

7 1 2 3 4
R R

8 1 2 3 4
R L

9 1 2 3 4
L R

10 1 2 3 4
L L

11 1 2 3 4
R L

12 1 2 3 4

R

13 1 2 3 4

L

14 1 2 3 4

R

15 1 2 3 4

L

16 1 2 3 4

By now you've probably noticed the R's and L's under the notes. This is called **STICKING**.

If the note is on a **STRONG BEAT**, it is played with the **RIGHT** hand.

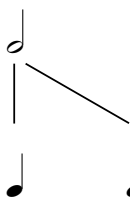
If it's on a **WEAK BEAT**, it is played with the **LEFT** hand.

In 4/4 time, beats 1 and 3 are **STRONG BEATS (RIGHT)**,
and beats 2 and 4 are **WEAK BEATS (LEFT)**.

R L R L

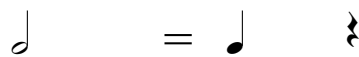
Reading

Lesson 2



In 4/4 time, a HALF NOTE gets two beats.

That means to play on the first beat, then count a second beat without playing.



TAP your foot

Repetition

COUNT out loud

10 exercises for 4/4 time, each consisting of a 4-beat sequence followed by a 4-beat sequence. The exercises are numbered 1 through 10, and each exercise is marked with a 4/4 time signature and a repeat sign.

Exercise 1: 1 2 3 4 (R) (R) | | | |

Exercise 2: 1 2 3 4 (R) (R) (L) | | | |

Exercise 3: 1 2 3 4 (R) (L) (L) | | | |

Exercise 4: 1 2 3 4 (R) (L) (R) | | | |

Exercise 5: 1 2 3 4 (R) (R) | | | |

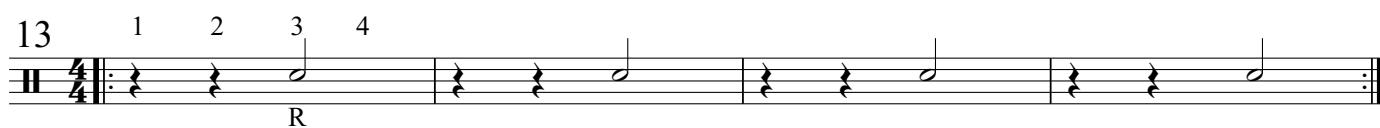
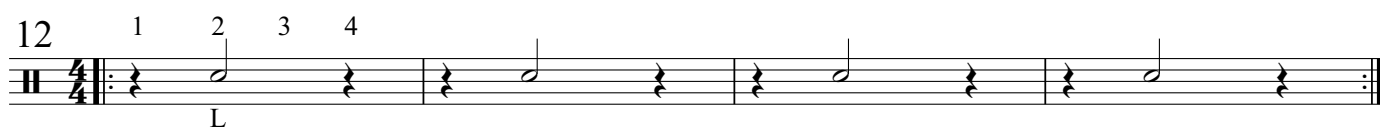
Exercise 6: 1 2 3 4 (R) (L) | | | |

Exercise 7: 1 2 3 4 (R) (L) | | | |

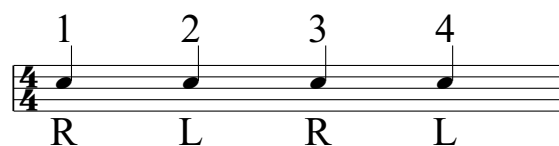
Exercise 8: 1 2 3 4 (L) (L) | | | |

Exercise 9: 1 2 3 4 (R) (R) | | | |

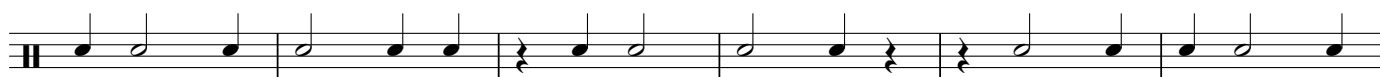
Exercise 10: 1 2 3 4 (L) (R) | | | |



STICKING:



Reading

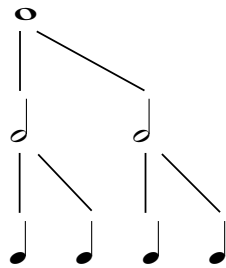


Lesson 3

In 4/4 time,
a HALF REST gets two beats,
like a half note, but don't play.



A WHOLE NOTE gets four beats. That means
to play on the first beat, then count a second,
third and fourth beat without playing.



A WHOLE REST is a four beat rest,
or a rest for the entire measure,
no matter what the meter is.



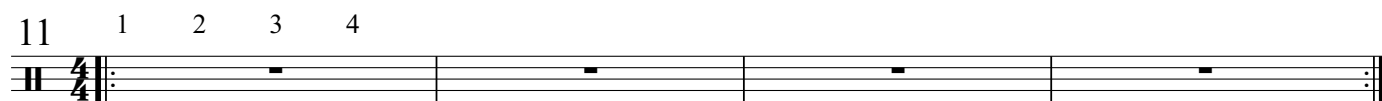
TAP your foot

Repetition

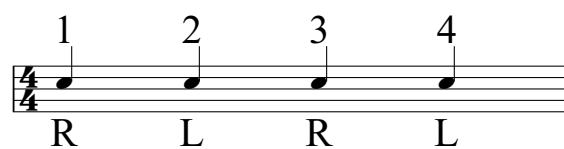
COUNT out loud

Eight musical exercises in 4/4 time, each consisting of four measures. The exercises are numbered 1 through 8. Each exercise includes a staff with a key signature of one sharp (F#) and a 4/4 time signature. The exercises are designed to be repeated and counted out loud.

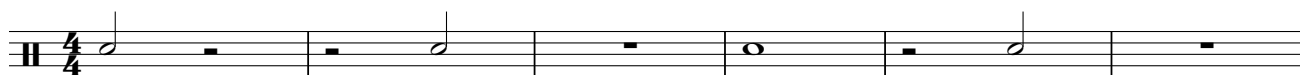
- Exercise 1: Right hand (R) plays a whole note on the first beat of the first measure, followed by three measures of whole rests.
- Exercise 2: Right hand (R) plays a whole note on the third beat of the first measure, followed by three measures of whole rests.
- Exercise 3: Right hand (R) plays a quarter note on the first beat, and Left hand (L) plays a quarter note on the second beat of the first measure, followed by three measures of whole rests.
- Exercise 4: Right hand (R) plays a quarter note on the first beat, and Left hand (L) plays a quarter note on the third beat of the first measure, followed by three measures of whole rests.
- Exercise 5: Right hand (R) plays a quarter note on the third beat, and Left hand (L) plays a quarter note on the first beat of the first measure, followed by three measures of whole rests.
- Exercise 6: Right hand (R) plays a quarter note on the first beat, followed by a quarter rest on the second beat, followed by two measures of whole rests.
- Exercise 7: Left hand (L) plays a quarter note on the second beat, followed by a quarter rest on the first beat, followed by two measures of whole rests.
- Exercise 8: Right hand (R) plays a quarter note on the third beat, followed by a quarter rest on the first beat, followed by two measures of whole rests.



STICKING:



Reading



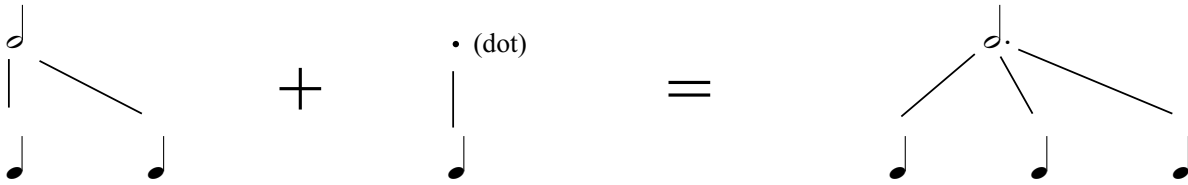
Lesson 4

A DOT added after a note (or rest) means to add half the value of the note (or rest) to it.

So a half note,
(equal to two quarter notes)

with a DOT,
(equal to one quarter note)

becomes a DOTTED HALF NOTE.
(equal to three quarter notes).



TAP your foot

Repetition

COUNT out loud

10 rhythmic exercises in 3/4 time, each consisting of 8 measures. The exercises are numbered 1 through 10. Each exercise is written on a single staff with a treble clef and a 3/4 time signature. The exercises are designed to be repeated and counted out loud.

Exercise 1: R L L R L L

Exercise 2: R L R L

Exercise 3: R L R L

Exercise 4: L L L L

Exercise 5: R R

Exercise 6: L L

Exercise 7: L L

Exercise 8: (All rests)

Exercise 9: R L R L

Exercise 10: R L R L

11 1 2 3 1 2 3
R R

12 1 2 3 1 2 3
R R

13 1 2 3 1 2 3
L L

14 1 2 3 1 2 3
L L

15 1 2 3 1 2 3
R R

16 1 2 3 1 2 3

In 3/4 time, beat 1 is STRONG (RIGHT)
and beats 2 and 3 are WEAK (LEFT).

STICKING:

1 2 3
R L L

Reading