

Lesson 14

One 8th note equals two 16TH NOTES.

Also, one quarter note (equal to two 8th notes) equals four 16TH NOTES.

That means that in 2/4 time, there are four 16TH NOTES in one beat.

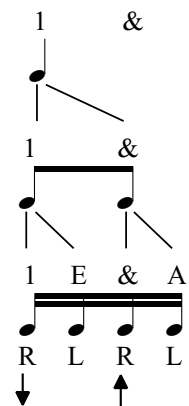
Notice that the 16TH NOTES are connected with TWO BEAMS.

Now the beat has to be subdivided into smaller parts, between the DOWNBEAT and the UPBEAT.

The 16TH NOTE after the downbeat is counted "E", and the 16TH NOTE after the upbeat, is counted "A".

The DOWNBEAT and UPBEAT are played with the RIGHT and the "E" and "A" with the LEFT.

REMEMBER that the foot should tap DOWN on the DOWNBEATS and lift UP on the UPBEATS.



TAP your foot

Repetition

COUNT out loud

Seven musical exercises in 2/4 time, each consisting of four measures. The exercises are numbered 1 through 7. Each exercise begins with a dynamic marking *f* (forte). The exercises are designed to practice the subdivision of a beat into four 16th notes, using the counting system "1 E & A 2 E & A".

Exercise 1: *f* 1 E & A 2 E & A 1 E & A 2 E & A

Exercise 2: *f* 1 E & A 2 & 1 E & A 2 &

Exercise 3: *f* 1 & 2 E & A 1 & 2 E & A

Exercise 4: *f* 1 E & A 2 & 1 E & A 2 &

Exercise 5: *f* 1 & 2 E & A 1 & 2 E & A

Exercise 6: *f* 1 E & A 2 & 1 E & A 2 &

Exercise 7: *f* 1 & 2 E & A 1 & 2 E & A

Reading

The musical score consists of six systems, each with two staves. The first staff of each system begins with a treble clef, a key signature of one sharp (F#), and a 2/4 time signature. The first system includes a dynamic marking of *f* (forte) below the first staff. The exercises are composed of eighth and sixteenth notes, often beamed together in groups, and include rests. The second system also includes a dynamic marking of *f* below the first staff. The third system includes a dynamic marking of *f* below the first staff. The fourth system includes a dynamic marking of *f* below the first staff. The fifth system includes a dynamic marking of *f* below the first staff. The sixth system includes a dynamic marking of *f* below the first staff. The exercises are designed to improve reading skills and rhythmic accuracy.

Lesson 15

TAP your foot

COUNT out loud

Repetition

1 *p* 1 E & A 2 E & A 3 E & A 1 E & A 2 E & A 3 E & A
 RLRLRLRLRL RLRLRLRLRL

2 *p* 1 E & A 2 & 3 & 1 E & A 2 & 3 &
 RLRLRLRL RLRLRLRL

3 *p* 1 & 2 E & A 3 & 1 & 2 E & A 3 &
 RLRLRLRL RLRLRLRL

4 *p* 1 & 2 & 3 E & A 1 & 2 & 3 E & A
 RLRLRLRL RLRLRLRL

5 *p* 1 E & A 2 E & A 3 & 1 E & A 2 E & A 3 &
 RLRLRLRL L RLRLRLRL L

6 *p* 1 E & A 2 & 3 E & A 1 E & A 2 & 3 E & A
 RLRL L RLRL RLRL L RLRL

7 *p* 1 & 2 E & A 3 E & A 1 & 2 E & A 3 E & A
 L RLRLRLRL L RLRLRLRL

8 *p* 1 E & A 2 & 3 & 1 E & A 2 & 3 &
 RLRL L L RLRL L L

9 *p* 1 & 2 E & A 3 & 1 & 2 E & A 3 &
 L RLRL L L RLRL L

10 *p* 1 & 2 & 3 E & A 1 & 2 & 3 E & A
 L L RLRL L L RLRL

11 *p* 1 E & A 2 & 3 & 1 E & A 2 & 3 &
 RLRLR L RLRLR L

12 $\text{H } \frac{3}{4}$ 1 & 2 E & A 3 & 1 & 2 E & A 3 &
 R R L R L L R R L R L L
p

13 $\text{H } \frac{3}{4}$ 1 & 2 & 3 E & A 1 & 2 & 3 E & A
 R L R L R L R L R L R L
p

14 $\text{H } \frac{3}{4}$ 1 E & A 2 & 3 & 1 E & A 2 & 3 &
 R L R L L R R L R L L R
p

15 $\text{H } \frac{3}{4}$ 1 & 2 E & A 3 & 1 & 2 E & A 3 &
 L R L R L R L R L R L R
p

16 $\text{H } \frac{3}{4}$ 1 & 2 & 3 E & A 1 & 2 & 3 E & A
 L R R L R L L R R L R L
p

Reading

$\text{H } \frac{3}{4}$ *p*

$\text{H } \frac{3}{4}$ *p*

Lesson 16

Because one 8th note equals two 16th notes, a group of two 8th notes equals a group of four 16th notes.

However, it isn't necessary that both 8th notes be divided into a pair of 16th notes.

The first 8th note can be divided into a pair of 16th notes, and the second 8th note can stay as it is.

This creates a rhythm with TWO 16TH NOTES AND AN 8TH NOTE, or the "1E&" rhythm.

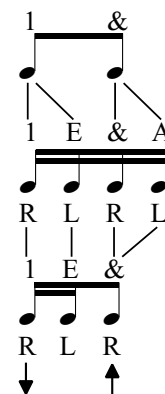
"1E" (RL) is played on the downbeat and "&" (R) is played on the upbeat.

"E" should be evenly spaced between "1" and "&".

The "1E&" rhythm should always be played with "RLR" sticking.

NOT alternating between "RLR" and "LRL".

REMEMBER that the foot should tap down on the downbeat and lift up on the upbeat.



TAP your foot

Repetition

COUNT out loud

11 exercises for the "1E&" rhythm, each in 4/4 time. Each exercise consists of a staff with a melody line and a sticking line below it. The exercises are numbered 1 through 11. The first four exercises (1-4) are marked with a double bar line and repeat sign. The last seven exercises (5-11) are marked with a double bar line and repeat sign. The exercises are as follows:

- 1: 1 E & 2 E & 3 E & 4 E & R L R R L R R L R R L R
- 2: 1 E & 2 E & 3 E & 4 E & A R L R R L R R L R L R L
- 3: 1 E & 2 E & 3 E & A 4 E & R L R R L R R L R L R L R
- 4: 1 E & 2 E & A 3 E & 4 E & R L R R L R L R L R R L R
- 5: 1 E & A 2 E & 3 E & 4 E & R L R L R L R R L R R L R
- 6: 1 E & 2 E & 3 E & A 4 E & A R L R R L R R L R L R L R L
- 7: 1 E & 2 E & A 3 E & 4 E & A R L R R L R L R L R R L R L
- 8: 1 E & A 2 E & 3 E & 4 E & A R L R L R L R R L R R L R L
- 9: 1 E & 2 & 3 & 4 E & R L R R L R R L R R L R
- 10: 1 & 2 E & 3 & 4 E & R L R R L R R L R R L R
- 11: 1 & 2 & 3 E & 4 E & R L R R L R R L R R L R

12 
R L R R L R L R L

13 
R L R L R R L R L

14 
R L R L R L R R L

15 
R L R L R L R L R

Reading


mf


mf


mf


mf


mf


mf


mf


mf


mf


mf

Lesson 17

Here is another example of dividing only one 8th note into two 16th notes.

The first 8th note as it is, and the second 8th note can be divided into a pair of 16th notes.

This creates a rhythm with AN 8TH NOTE AND TWO 16TH NOTES, or the "1 &A" rhythm.

"1" (R) is played on the downbeat and "&A" (RL) is played on the upbeat.

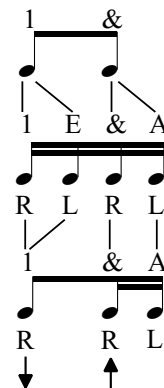
"A" should be evenly spaced between "&" and "1" (or "2", "3", "4", etc.).

There should also be a space between "1" and "&".

The "1 &A" rhythm should always be played with "R RL" sticking,

NOT alternating between "R LR" and "L RL".

REMEMBER that the foot should tap down on the downbeat and lift up on the upbeat.



TAP your foot

Repetition

COUNT out loud

11 exercises for the "1 &A" rhythm in 4/4 time. Each exercise consists of a musical staff with a 4/4 time signature, a sequence of notes, and a sticking pattern (R for right foot, L for left foot) written below the staff. The exercises are numbered 1 through 11.

Exercise 1: 1 & A 2 & A 3 & A 4 & A. Sticking: R R L R R L R R L R R L.

Exercise 2: 1 & A 2 & A 3 & A 4 E & A. Sticking: R R L R R L R R L R L R L.

Exercise 3: 1 & A 2 & A 3 E & A 4 & A. Sticking: R R L R R L R L R L R R L.

Exercise 4: 1 & A 2 E & A 3 & A 4 & A. Sticking: R R L R L R L R R L R R L.

Exercise 5: 1 E & A 2 & A 3 & A 4 & A. Sticking: R L R L R R L R R L R R L.

Exercise 6: 1 & A 2 & A 3 E & A 4 E & A. Sticking: R R L R R L R L R L R L R L.

Exercise 7: 1 & A 2 E & A 3 & A 4 E & A. Sticking: R R L R L R L R R L R L R L.

Exercise 8: 1 E & A 2 & A 3 & A 4 E & A. Sticking: R L R L R R L R R L R L R L.

Exercise 9: 1 & A 2 & 3 & 4 & A. Sticking: R R L R L R L R R L.

Exercise 10: 1 & 2 & A 3 & 4 & A. Sticking: R L R R L R L R R L.

Exercise 11: 1 & 2 & 3 & A 4 & A. Sticking: R L R L R R L R R L.

12 1 & A 2 & 3 & 4 &

R R L R L R L R L

13 1 & 2 & A 3 & 4 &

R L R R L R L R L

14 1 & 2 & 3 & A 4 &

R L R L R R L R L

15 1 & 2 & 3 & 4 & A

R L R L R L R R L

Reading

mf

mf

Lesson 18

TAP your foot

Repetition

COUNT out loud

1 1 E & 2 E & 3 E & 4 E & R L R R L R R L R R L R

2 1 E & 2 E & 3 E & 4 & A R L R R L R R L R R L R

3 1 E & 2 E & 3 & A 4 E & R L R R L R R R L R L R

4 1 E & 2 & A 3 E & 4 E & R L R R R L R L R R L R

5 1 & A 2 E & 3 E & 4 E & R R L R L R R L R R L R

6 1 E & 2 E & 3 & A 4 & A R L R R L R R R L R R L

7 1 E & 2 & A 3 E & 4 & A R L R R R L R L R R L

8 1 & A 2 E & 3 E & 4 & A R R L R L R R L R R R L

9 1 E & 2 & A 3 & A 4 E & R L R R R L R R L R L R

10 1 & A 2 E & 3 & A 4 E & R R L R L R R R L R L R

11 1 & A 2 & A 3 E & 4 E & R R L R R L R R L R

12 1 E & 2 & A 3 & A 4 & A R L R R R L R R L R R L

13 1 & A 2 E & 3 & A 4 & A R R L R L R R L R R L

14 1 & A 2 & A 3 E & 4 & A R R L R R L R R L R R L

15 *1 & A 2 & A 3 & A 4 E &*

R R L R R L R R L R L R

16 *1 & A 2 & A 3 & A 4 & A*

R R L R R L R R L R R L

Reading

f

mf

mp

p

p *mp* *mf*

mp *p* *mp* *mf* *mp*

p *mp* *mf* *mp* *mf* *mp* *p* *f* *mp*

mf

p

Lesson 19

TAP your foot

COUNT out loud

Repetition

1 1 E & 2 & A 3 E & 4 & A 5 &
 H 5/4: [Musical notation for exercise 1]

R L R R R L R L R R R L R

2 1 & A 2 E & 3 & A 4 E & 5 &
 H 5/4: [Musical notation for exercise 2]

R R L R L R R R L R L R R

3 1 E & 2 & A 3 E & 4 & A 5 & A
 H 5/4: [Musical notation for exercise 3]

R L R R R L R L R R R L R R L

4 1 E & 2 & A 3 & A 4 E & 5 & A
 H 5/4: [Musical notation for exercise 4]

R L R R R L R R L R L R R R L

5 1 & A 2 E & 3 & A 4 E & 5 E &
 H 5/4: [Musical notation for exercise 5]

R R L R L R R R L R L R R L R

6 1 & A 2 E & 3 E & 4 & A 5 E &
 H 5/4: [Musical notation for exercise 6]

R R L R L R R L R R R L R L R

7 1 E & 2 & 3 E & 4 & 5 &
 H 5/4: [Musical notation for exercise 7]

R L R R L R L R R L R L

8 1 E & 2 & 3 & 4 E & 5 &
 H 5/4: [Musical notation for exercise 8]

R L R R L R L R L R R L

9 1 & A 2 E & A 3 & A 4 E & A 5 E & A
 H 5/4: [Musical notation for exercise 9]

R R L R L R L R R L R L R L R L R L

10 1 & A 2 E & A 3 E & A 4 & A 5 E & A
 H 5/4: [Musical notation for exercise 10]

R R L R L R L R L R L R R L R L R L

11 1 E & 2 & 3 & A 4 E & A 5 E & A
 H 5/4: [Musical notation for exercise 11]

R L R R L R R L R L R L R L R L

12 1 E & 2 & 3 & 4 & A 5 E & A
 H 5/4: [Musical notation for exercise 12]

R L R R L R L R R L R L R L

13 1 & A 2 E & A 3 E & 4 & 5 &
 H 5/4: [Musical notation for exercise 13]

R R L R L R L R L R R L R L

14 1 & A 2 E & A 3 E & A 4 E & 5 &
 H 5/4: [Musical notation for exercise 14]

R R L R L R L R L R L R R L

