

# 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).

1 2 3 4  
  
 R L R L

## Reading

