

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 R

3 1 2 3 4

R L R L

4 1 2 3 4

R R L L

5 1 2 3 4

L R L L

6 1 2 3 4

R L R R

7 1 2 3 4

R R R R

8 1 2 3 4

R R L L

9 1 2 3 4

L R R R

10 1 2 3 4

L L L L

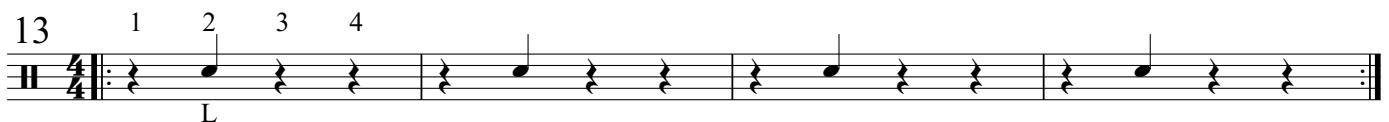
11 1 2 3 4

R L R L

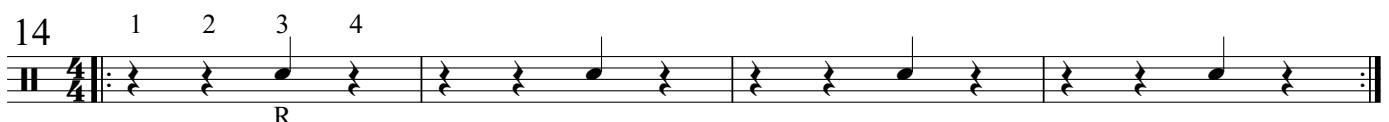
12 1 2 3 4



13 1 2 3 4



14 1 2 3 4



15 1 2 3 4



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).



Reading

