

In this chapter, we have discussed musical time as it relates to both rhythm and meter. Remember, rhythm is the duration of pitch and silence in music; meter is rhythm measured into regular recurrent beats. We will now start with some simple rhythm exercises.

Beginning Rhythm Exercises

Clap and count out loud:

12 rhythm exercises in 4/4 and 3/4 time, each with a four-measure staff and a corresponding count below.

- 1 2 3 4 | 1 2 + 3 4 | 1 2 3 + 4 + | 1 2 3 4
- 1 2 + 3 4 | 1 2 3 4 | 1 2 + 3 + 4 | 1 2 3 4
- 1 2 3 + 4 + | 1 2 3 + 4 + | 1 + 2 3 4 | 1 + 2 3 4
- 1 + 2 + 3 4 | 1 + 2 3 4 + | 1 2 3 4 | 1 + 2 + 3 + 4
- 1 2 3 | 1 + 2 + 3 | 1 + 2 3 | 1 + 2 + 3 +
- 1 + 2 + 3 | 1 2 + 3 | 1 + 2 3 | 1 + 2 3
- 1 + 2 3 4 | 1 + 2 + 3 4 + | 1 2 3 + 4 + | 1 2 3 4
- 1 2 + | 1 + 2 + | 1 + 2 + | 1 2 +
- 1 2 + 3 4 | 1 + 2 + 3 + 4 | 1 + 2 + 3 | 1 + 2 3 4
- 1 + 2 + 3 + 4 | 1 + 2 3 + 4 | 1 2 + 3 + 4 | 1 2 3 4
- 1 2 3 | 1 2 + 3 | 1 2 + 3 + | 1 2 + 3
- 1 2 + 3 + 4 | 1 2 + 3 4 + | 1 2 3 + 4 | 1 + 2 3 + 4