

BASIC RHYTHM SCALE

LEVEL: INTERMEDIATE

The Basic Rhythm Scale is one of the best exercises you can go with in order to improve your balance, control and speed as well. With this lesson we will go through the whole concept and play the basic values that we meet in the music more often than others. This is a challenging one and you definitely need to get it right before you move on with the Advanced Rhythm Scale.

Here's the order we want to go with this exercise:

-We practice each pattern separately and then we practice the transition to the next, before we play the whole exercise. For example, practicing 8th notes, then 8th note triplets, then moving back and forth from 8th notes to 8th note triplets and then add 16ths and repeat the whole cycle.

-As soon as we have all the patterns down well, we start from 8th notes, go up on 32nd notes and return to 8th notes. Coming back is a bigger challenge but it will do some great work for you!

-After we complete the Patterns, we will move on to Unison and Alternate concepts that will give us control and balance on different areas.

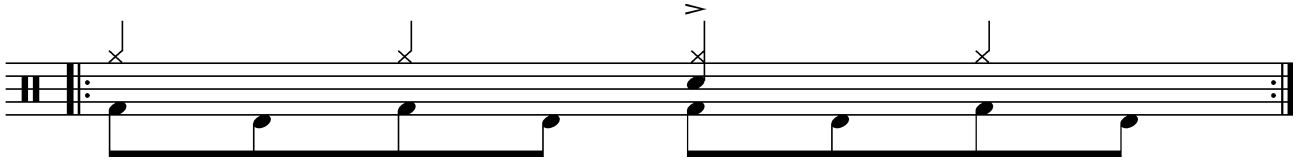
Here's a quick example of the complete exercise, I repeat each bar 2 times but I suggest you to go with 4 times or more:

The image displays five staves of musical notation for a rhythm exercise in 4/4 time. Each staff begins with a treble clef and a 4/4 time signature. The notation includes various rhythmic patterns with accents and repeat signs. The patterns are as follows:

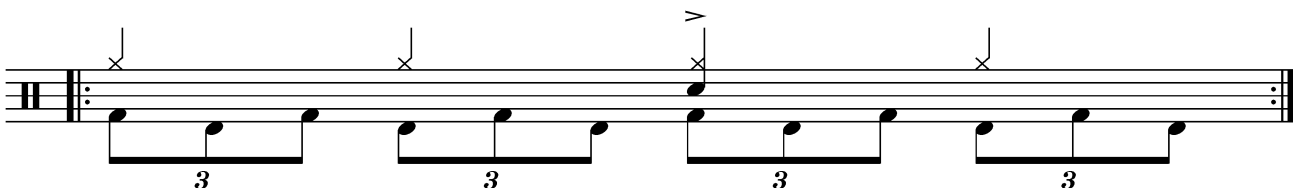
- Staff 1: Four measures of eighth notes (quarter rest, eighth note, eighth note, quarter rest), followed by a repeat sign. Then four measures of eighth note triplets (quarter rest, eighth note triplet, eighth note triplet, quarter rest), followed by a repeat sign.
- Staff 2: Four measures of sixteenth notes (quarter rest, eighth note, eighth note, quarter rest), followed by a repeat sign. Then four measures of sixteenth note triplets (quarter rest, eighth note triplet, eighth note triplet, quarter rest), followed by a repeat sign.
- Staff 3: Four measures of thirty-second notes (quarter rest, eighth note, eighth note, quarter rest), followed by a repeat sign. Then four measures of thirty-second note triplets (quarter rest, eighth note triplet, eighth note triplet, quarter rest), followed by a repeat sign.
- Staff 4: Four measures of thirty-second notes (quarter rest, eighth note, eighth note, quarter rest), followed by a repeat sign. Then four measures of thirty-second note triplets (quarter rest, eighth note triplet, eighth note triplet, quarter rest), followed by a repeat sign.
- Staff 5: Four measures of eighth notes (quarter rest, eighth note, eighth note, quarter rest), followed by a repeat sign. Then four measures of eighth note triplets (quarter rest, eighth note triplet, eighth note triplet, quarter rest), followed by a repeat sign.

PATTERNS

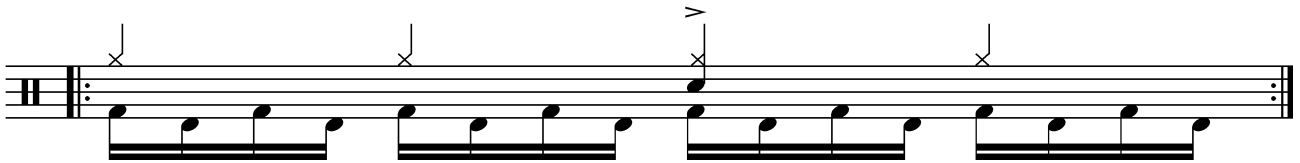
Exercise 1: 8th Notes



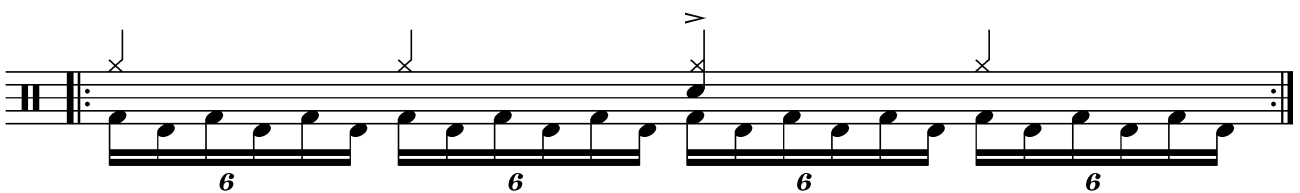
Exercise 2: 8th Note Triplets



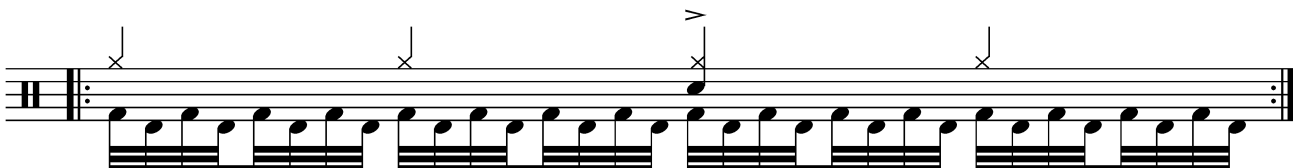
Exercise 3: 16th Notes



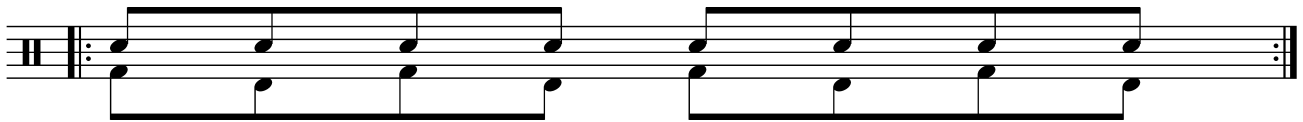
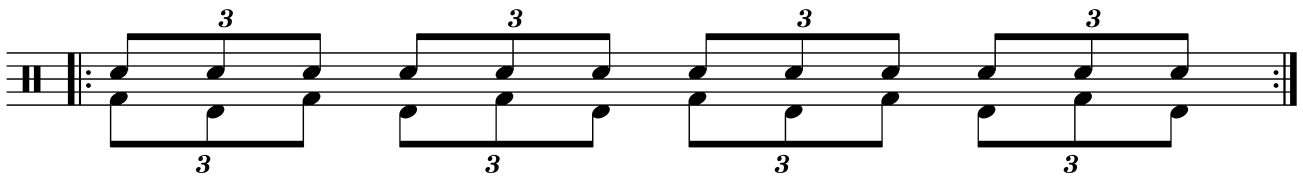
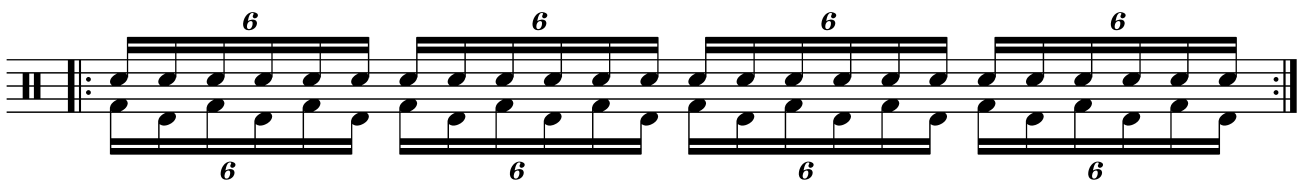
Exercise 4: 16th Note Triplets



Exercise 5: 32nd Notes



UNISON

Exercise 6: 8th NotesExercise 7: 8th Note TripletsExercise 8: 16th NotesExercise 9: 16th Note TripletsExercise 10: 32nd Notes

ALTERNATEExercise 11: 8th NotesExercise 12: 8th Note TripletsExercise 13: 16th NotesExercise 14: 16th Note TripletsExercise 15: 32nd Notes