

# 1 Rhythms from the Hindustani Tradition

Rupak Tal 7 beat (3 + 2 + 2)						
1	2	3	4	5	6	7
			>		>	
0			1		2	
tin	tin	na	dhin	na	din	na

Jhaptal 10 beat (2 + 3 + 2 + 3)									
1	2	3	4	5	6	7	8	9	10
>		>					>		
X		2			0		3		
dhi	na	dhi	dhi	na	ti	na	dhi	dhi	na

Ektal 12 beat (2 + 2 + 2 + 2 + 2 + 2)											
1	2	3	4	5	6	7	8	9	10	11	12
>				>				>		>	
X		0		2		0		3		4	
dhin	dhin	dhage	tirakita	tun	na	kat	ta	dhage	tirakita	dhin	na

Teental 16 beat (4 + 4 + 4 + 4)															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
>				>								>			
X				2				0				3			
dha	dhin	din	dha	dha	din	din	dha	dha	tin	tin	ta	ta	dhin	dhin	dha

# 2 Rhythms from the Karnatak Tradition

Khanda Chapu Tala 5 beat (2 + 3)				
1	2	3	4	5
clap		clap	clap	
ta	ka	ta	ki	ta

Misra Chapu Tala 7 beat (3 + 2 + 2)						
1	2	3	4	5	6	7
cu	cu		clap		clap	
ta	ki	ta	ta	ka	ti	mi

Adi Tala 8 beat (4 + 2 + 2)							
1	2	3	4	5	6	7	8
clap	pinky	ring	middle	clap	wave	clap	wave
ta	ka	di	mi	ta	ka	jo	nu