

# Rhythm Boot Camp

“Ta”, “Ti-ti”, “Tika-tika” and “sh” are all one beat rhythmic events. Repeat each one four times with an even pulse, then try to speak the following exercises.

Ta                      Ti - ti                      Ti - ka ti - ka                      sh

1

2

3

4

5

[illegible]

## Your First 2 beat rhythm and "The 2 beat rule"

This is "Two". It is a 2 beat rhythmic event. Repeat "Two" four times with an even pulse. **All** 2 beat rhythms follow the "**2 beat rule**" which says that 2 beat rhythms can be on beats 1 and 2, or 3 and 4. 2 beat rhythms **cannot** be put on beats 2 and 3.

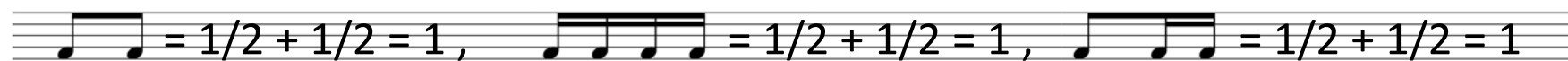
The image displays musical notation for 2-beat rhythms. At the top, a single staff shows a half note followed by an equals sign, then a half note, and another equals sign followed by a '2', indicating a two-beat duration. Below this, a series of rhythmic patterns are shown on staves, each with a measure number (12, 13, 14, 15, 16) on the left. The first four staves (12-15) are in 4/4 time, and the last two (16-17) are in 3/4 time. The patterns illustrate various 2-beat rhythmic events, including quarter notes, eighth notes, and rests, with some patterns starting on different beats. Below the notation, a sequence of numbers and symbols is provided: 1 2 3 4 :) 1 2 3 4 :) 1 2 3 4 :(. These correspond to the rhythmic patterns above, where underlined numbers indicate the starting beat of the 2-beat event.



# New Rhythm! Ti-tika

1 beat rhythm

“Ti - tika” is a 1 beat rhythmic event. It is a combination of half of “Ti - ti”, and half of “Tika - tika”. Say it 4 times before trying the exercises below. Good Luck!

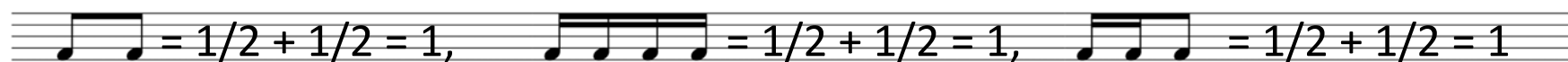




## Same Rhythm Reversed! Tika-ti

1 beat rhythm

“Tika - ti” is the mirror image of “Ti - tika”. They sound similar and function the same. They are both just one beat each.







Ti-tika and Tika-ti are both 1 beat rhythms

45 

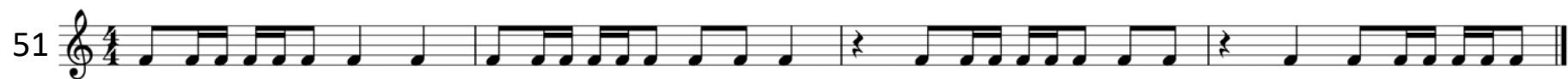
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# New Rhythm! Tam-ti

2 beat rhythm

This is “Tam - ti”. It is a 2 beat rhythmic event. Repeat “Tam - ti” four times with an even pulse. Remember: “Tam-ti” always follows the 2 beat rule.



\*Tam - ti obeys the 2 beat rule. Tam - ti fits in beats 1 and 2 , or 3 and 4; not 2 and 3.

$\text{A.} \quad \text{A.} = 1 \frac{1}{2} + \frac{1}{2} = 2$

YES! YES! NO!

62

63

64

65

66

## Same Rhythm Reversed! Ti-Tam

This is “Ti - tam”. It is a 2 beat rhythmic event. It can be used anywhere you need a 2 beat rhythm. “Ti - tam” always follows the 2 beat rule.

$\text{Ti} = 1/2 + 1 \quad 1/2 = 2$

Ti- tam                      1      2      3 4 :)      1 2      3      4 :)      1      2 3      4 :(

67

68

69

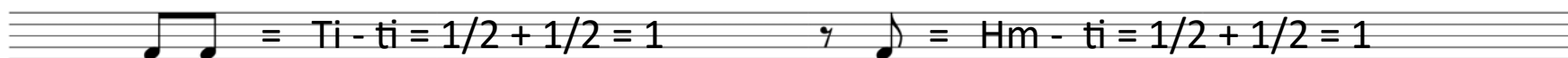
70

71

## New Rhythm! Hm-ti

1 beat rhythm

This is “Hm-ti”. It is a one beat rhythmic event. First say “Ti - ti” 4 times with an even pulse, and then say “Hm-ti” 4 times right after. They should fit in with your pulse and sound very similar to each other.

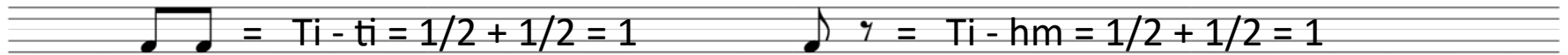




## Same Rhythm Reversed! Ti-hm

1 beat rhythm

This is “Ti - hm”. It is a one beat rhythmic event. If it seems like a backward “Hm - ti” to you, that is because it IS! You know the drill. Say “Ti - ti” and “Ti - hm” four times each in preparation for the exercises below.







Ti-hm and Hm-ti = FANTASTIC FUN!

94

95

96

97

98

99



## New Rhythm! syn-CO-pa

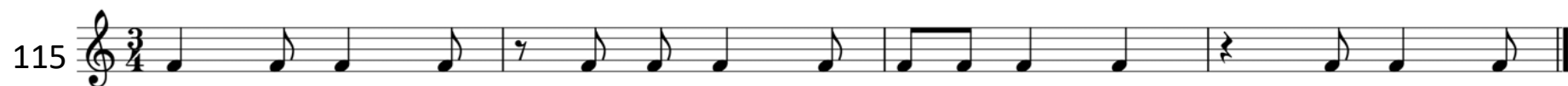
This is “syn - CO - pa”. It is a 2 beat rhythmic event. Carefully repeat “syn - CO - pa” four times with an even pulse. Make the “CO” part of the sound slightly louder than the rest. Good luck!

Diagram illustrating the rhythmic structure of the phrase “syn - CO - pa”:

syn - CO - pa = syn - CO - pa =  $1/2 + 1 + 1/2 = 2$  syn - CO - pa = 2

Below the diagram are five musical staves (numbered 106 to 110) showing the rhythmic pattern in 4/4 time:

- Staff 106: syn - CO - pa (quarter note), syn - CO - pa (quarter note), syn - CO - pa (quarter note), syn - CO - pa (quarter note).
- Staff 107: syn - CO - pa (quarter note), syn - CO - pa (quarter note), syn - CO - pa (quarter note), syn - CO - pa (quarter note).
- Staff 108: syn - CO - pa (quarter note), syn - CO - pa (quarter note), syn - CO - pa (quarter note), syn - CO - pa (quarter note).
- Staff 109: syn - CO - pa (quarter note), syn - CO - pa (quarter note), syn - CO - pa (quarter note), syn - CO - pa (quarter note).
- Staff 110: syn - CO - pa (quarter note), syn - CO - pa (quarter note), syn - CO - pa (quarter note), syn - CO - pa (quarter note).



# Breaking the 2 beat rule with syn-Co-pa

Tie beats 2 and 3 together

If you want to break the 2 beat rule, you must build the bar so that there is a tie between beats 2 and 3. Notice below.

The image displays musical notation for a 4/4 time signature, illustrating how to break the 2-beat rule using syn-co-pa. The notation is organized into five horizontal staves, each representing a measure. The first staff shows two measures of syn-co-pa, followed by two measures labeled 'NOPE!' and 'YUP!'. The subsequent staves (117-121) show various rhythmic patterns in 4/4 time, including eighth and sixteenth notes, rests, and ties, demonstrating different ways to break the 2-beat rule.

syn-CO-pa      syn-CO-pa      NOPE!      YUP!

117

118

119

120

121

# Breaking the 2 beat rule with Tam-ti

Tie beats 2 and 3 together

If you want to break the 2 beat rule, you must build the bar so that there is a tie between beats 2 and 3. Notice below.

The image displays musical notation for the phrase 'Tam-ti' in 4/4 time. The first staff shows two measures: the first measure contains a dotted quarter note followed by an eighth note, with the lyrics 'Tam - ti' underneath; the second measure contains a half note, also with the lyrics 'Tam - ti' underneath. An equals sign is placed between the two measures, indicating they are equivalent. This is followed by two more measures: the third measure contains a quarter note, a dotted quarter note, and an eighth note, with the lyrics 'NO! :( ' underneath; the fourth measure contains a quarter note, a dotted quarter note, and an eighth note, with the lyrics 'YES! :) ' underneath. Below this, five staves of music are numbered 122 through 126, each containing a single line of music in 4/4 time, demonstrating various rhythmic patterns and ties.

# Breaking the 2 beat rule with Ti-tam

Tie beats 2 and 3 together

If you wish to break the 2 beat rule, you must build the bar so that there is a tie between beats 2 and 3. Notice below.

The image displays musical notation on a grand staff (treble and bass clefs) illustrating the concept of breaking the 2-beat rule with 'Ti-tam'. The notation is divided into four measures, each with a label below it: 'Ti - tam', 'Ti - tam', 'NO! :( ', and 'YES! :) '. The first two measures show a 'Ti' note (quarter note) followed by a 'tam' note (quarter note) with a tie between them, indicating they are tied across the bar line. The third measure shows a 'Ti' note (quarter note) followed by a 'tam' note (quarter note) without a tie, indicating they are not tied across the bar line. The fourth measure shows a 'Ti' note (quarter note) followed by a 'tam' note (quarter note) with a tie between them, indicating they are tied across the bar line. The notation is in 4/4 time, with a key signature of one flat (Bb).

127

128

129

130

131



# New Rhythm! Tim-ka

1 beat rhythm

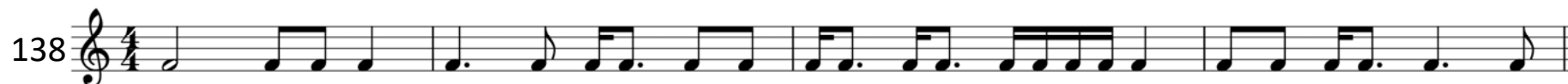
This is “Tim - ka”. It is a one beat rhythmic event. Have your teacher speak four “Tika-tika”'s and four “Tim - ka”'s to you and then you repeat them back in preparation for the exercises below.



# New Rhythm! Tik-um

1 beat rhythm

This is “Tik - um”. It is a one beat rhythmic event. Have your teacher speak four “Tika-tika”'s and four “Tim - ka”'s to you and then you repeat them back in preparation for the exercises below.



Tim-ka and Tik-um = FANTASTIC FUN!

Don't mix them up, and have a good time!

142 

143 

144 

145 

146 

147 

## 16th note EXTRAVAGANZA!

The musical score consists of six staves. The first staff is a vocal line with lyrics: "Ti-ka - ti-ka", "Ti - ti-ka", "Ti-ka - ti", "Tim - ka", "Tik-um", and "syn-CO-pa". The following five staves are instrumental, each starting with a measure number (148, 149, 150, 151, 152) and a treble clef. The first three staves (148-150) are in 4/4 time, and the last two (151-152) are in 3/4 time. The music features various rhythmic patterns, including eighth and sixteenth notes, and rests.

Ti-ka - ti-ka      Ti - ti-ka      Ti-ka - ti      Tim - ka      Tik-um      syn-CO-pa

148

149

150

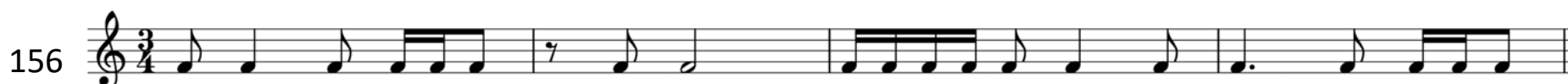
151

152

## Rhythm Boot Camp Final Challenge

If you can do this, you are a rhythm speaking BOSS!

First try these exercises at 80 beats per minute (m.m. 80), then for an added challenge set your metronome to 120 beats per minute. (m.m. 120).



[illegible]