

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 

6

Musical staff 6: Treble clef, 4/4 time signature. The melody consists of eighth notes and quarter notes, ending with a double bar line.

7

Musical staff 7: Treble clef, 4/4 time signature. The melody features eighth notes, quarter notes, and half notes, concluding with a double bar line.

8

Musical staff 8: Treble clef, 4/4 time signature. This staff includes eighth notes, quarter notes, and half notes, finishing with a double bar line.

9

Musical staff 9: Treble clef, 4/4 time signature. The melody is composed of eighth notes and quarter notes, ending with a double bar line.

10

Musical staff 10: Treble clef, 3/4 time signature. The melody uses quarter notes and eighth notes, concluding with a double bar line.

11

Musical staff 11: Treble clef, 3/4 time signature. The melody consists of eighth notes and quarter notes, ending with a double bar line.

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.

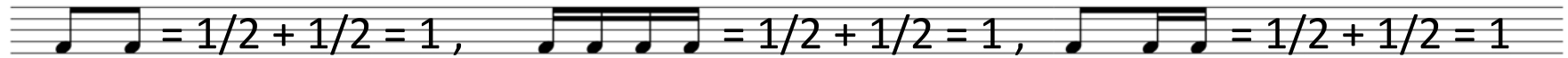
The image displays musical notation for 2-beat rhythms. At the top, a single staff shows a half note followed by an equals sign, then a half note, and another equals sign followed by a '2', indicating a two-beat duration. Below this, a series of rhythmic patterns are shown on staves, each with a measure number (12, 13, 14, 15, 16) to its left. The first four staves (12-15) are in 4/4 time, and the last two (16) are in 3/4 time. The patterns illustrate various 2-beat rhythmic events, including eighth notes, quarter notes, and rests, often grouped with a slur. Below the notation, a sequence of numbers and symbols provides a beat-by-beat breakdown: 1 2 3 4 :) 1 2 3 4 :) 1 2 3 4 :(. The underlined pairs represent the 2-beat rhythmic events.



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!

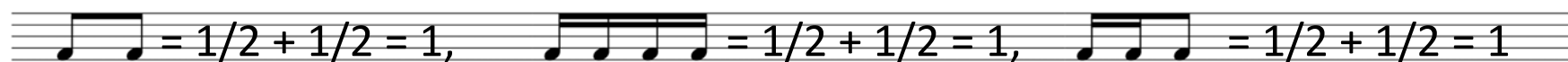




Same Rhythm Reversed! Tika-ti

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.



34 

35 

[illegible]

37 

38

[illegible]

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

45 

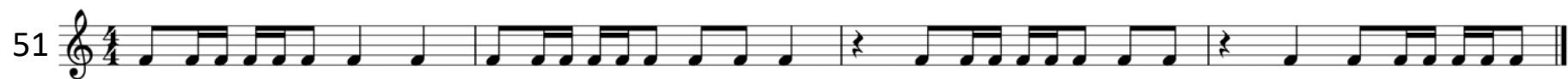
46 

47 

48 

49 

50 



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.

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

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

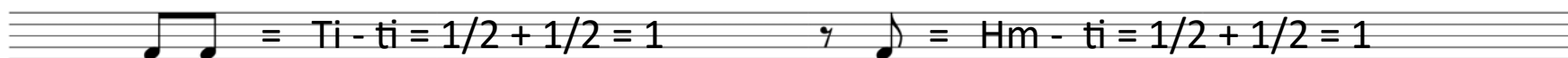
70

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.

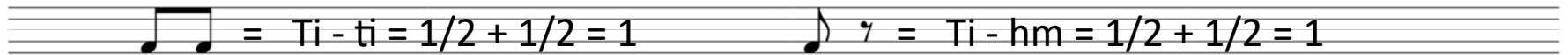




Same Rhythm Reversed! Ti-hm

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

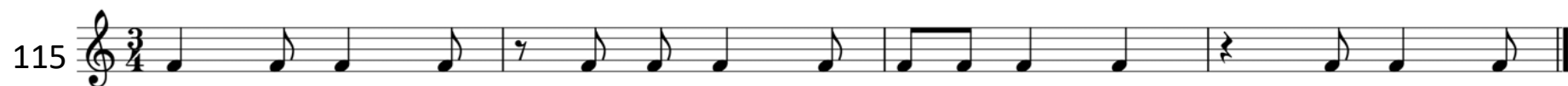
This is “syn - CO - pa”. It is a 2 beat rhythmic event. Carefully repeat “syn - CO - pa” four times with an even pulse. Make the “CO” part of the sound slightly louder than the rest. Good luck!

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 five measures, each in 4/4 time. The first measure is split into two parts by an equals sign. The first part, labeled 'syn-CO-pa', shows a quarter note on G4, a quarter note on A4, and a quarter note on B4. The second part, also labeled 'syn-CO-pa', shows a half note on C5 and a half note on D5. The second measure is labeled 'NOPE!' and shows a quarter note on G4, a quarter note on A4, a quarter note on B4, and a quarter note on C5. The third measure is labeled 'YUP!' and shows a quarter note on G4, a quarter note on A4, a quarter note on B4, and a quarter note on C5. The fourth measure shows a quarter note on G4, a quarter note on A4, a quarter note on B4, and a quarter note on C5. The fifth measure shows a quarter note on G4, a quarter note on A4, a quarter note on B4, and a quarter note on C5.

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 (Tam) and an eighth note (ti). The second measure contains a half note (Tam) and a quarter note (ti), with a tie between the two notes. Below the staff, the lyrics "Tam - ti" are written under the first measure, and "Tam - ti" is written under the second measure. To the right of the staff, the text "NO! :(YES! :)" is written, indicating that the first measure is incorrect and the second is correct. The subsequent staves (122-126) show various rhythmic patterns in 4/4 time, including eighth and sixteenth notes, and rests, illustrating different ways to construct a 4-beat phrase.

122

123

124

125

126

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 correct application of the rule, with a tie between beats 2 and 3. The third measure shows an incorrect application, where the tie is not present. The fourth measure shows a correct application, with a tie between beats 2 and 3. The notation includes various rhythmic values, including eighth and sixteenth notes, and rests.

127

128

129

130

131

New Rhythm! Tim-ka

1 beat rhythm

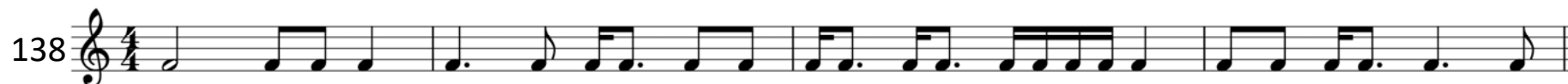
This is “Tim - ka”. It is a one beat rhythmic event. Have your teacher speak four “Tika-tika”'s and four “Tim - ka”'s to you and then you repeat them back in preparation for the exercises below.



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!

[illegible]

143

A musical staff in treble clef with a key signature of one sharp (F#) and a time signature of 4/4. The melody consists of eighth and sixteenth notes, with some beamed groups. The measure ends with a repeat sign.

144 

[illegible]

146 

[illegible]

16th note EXTRAVAGANZA!

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).



158 

159 

160 

161 

162 

163 