

# 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 quarter notes and eighth 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.

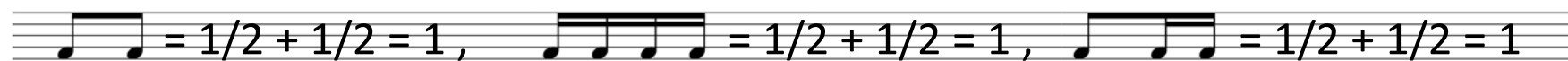
The image displays musical notation for various 2-beat rhythms. At the top, a single staff shows a half note followed by an equals sign, then a dotted half note, and another equals sign followed by a '2'. Below this, a series of rhythmic patterns are shown with beat numbers: 1 2 3 4 :) 1 2 3 4 :) 1 2 3 4 :(. Below this are five staves, each starting with a measure number (12, 13, 14, 15, 16) and a treble clef. Staff 12 is in 4/4 time and shows four measures of 2-beat rhythms: (1-2), (3-4), (1-2), and (3-4). Staff 13 is in 4/4 time and shows four measures: (1-2), (3-4), (1-2), and (3-4). Staff 14 is in 4/4 time and shows four measures: (1-2), (3-4), (1-2), and (3-4). Staff 15 is in 3/4 time and shows four measures: (1-2), (3-4), (1-2), and (3-4). Staff 16 is in 3/4 time and shows four measures: (1-2), (3-4), (1-2), and (3-4).



# 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!

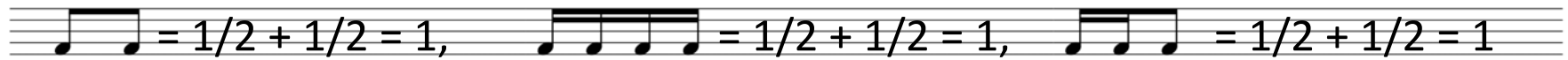


[illegible]

# 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.



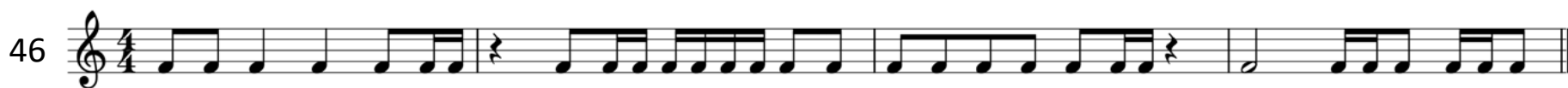


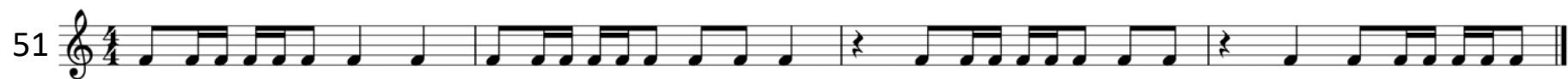


# Ti-tika and Tika-ti

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

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





# 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 Tam - ti

1 2 3 4:) 1 2 3 4 :) 1 2 3 4:(

57

58

59

60

61

\*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.

$\text{Ti} = \frac{1}{2} + 1 \frac{1}{2} = 2$

1 2 3 4 :) 1 2 3 4 :) 1 2 3 4 :(

67

68

69

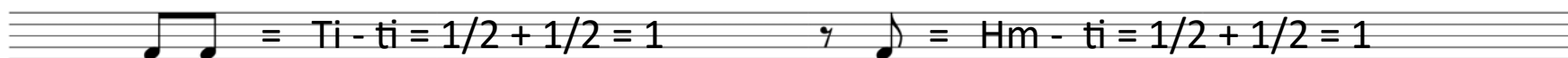
70

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.

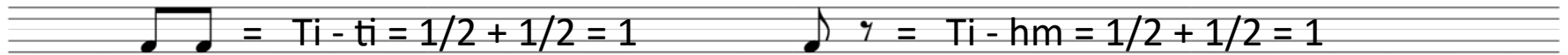




## Same Rhythm Reversed! Ti-hm

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

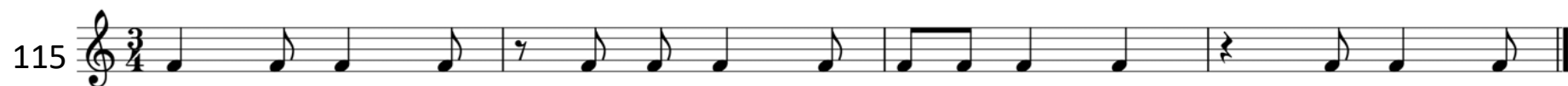
This is “syn - CO - pa”. It is a 2 beat rhythmic event. Carefully repeat “syn - CO - pa” four times with an even pulse. Make the “CO” part of the sound slightly louder than the rest. Good luck!

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 on a grand staff (treble and bass clefs) illustrating the concept of breaking the 2-beat rule with syn-co-pa. The notation is divided into four measures, each labeled with a text annotation below it:

- Measure 1: syn-CO-pa. The notation shows a half note on the treble staff and a half note on the bass staff, tied together.
- Measure 2: syn-CO-pa. The notation shows a half note on the treble staff and a half note on the bass staff, tied together.
- Measure 3: NOPE!. The notation shows a half note on the treble staff and a half note on the bass staff, tied together.
- Measure 4: YUP!. The notation shows a half note on the treble staff and a half note on the bass staff, tied together.

Below the main staff, there are five additional staves, each labeled with a measure number (117, 118, 119, 120, 121) on the left. These staves show various musical notations, including eighth notes, quarter notes, and rests, illustrating different ways to break the 2-beat rule.

# 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. The third measure is labeled 'NO! :( ' and shows a dotted quarter note followed by an eighth note, which is not tied to the next note. The fourth measure is labeled 'YES! :)' and shows a dotted quarter note followed by an eighth note, which is tied to the next note. The subsequent staves (122-126) show various rhythmic patterns in 4/4 time, including eighth notes, quarter notes, and half notes, with some measures containing rests.

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 'Ti' note (quarter note) followed by a 'tam' note (quarter note) with a tie between them, indicating they span two beats. The third measure shows a 'Ti' note (quarter note) followed by a 'tam' note (quarter note) without a tie, indicating they span only one beat. The fourth measure shows a 'Ti' note (quarter note) followed by a 'tam' note (quarter note) with a tie between them, indicating they span two beats. The notation is in 4/4 time, with a key signature of one flat (Bb). The measures are numbered 127, 128, 129, 130, and 131 on the left side of the staff.

127

128

129

130

131



# New Rhythm! Tim-ka

1 beat rhythm

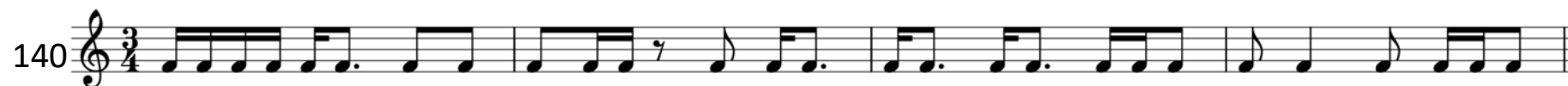
This is “Tim - ka”. It is a one beat rhythmic event. Have your teacher speak four “Tika-tika”'s and four “Tim - ka”'s to you and then you repeat them back in preparation for the exercises below.



# 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!



## 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 