

LESSON 1-4 : Rhythm Exercises

Pop Piano: The Basics

Downbeats

- The 1st beat of every bar is usually the strongest beat of the bar
- This is called the DOWNBEAT
- Provides a sense of repetition and allows us to keep time better
- Beats are counted as numbers
 - Eg. 4 beats per bar counted as “1 2 3 4 1 2 3 4 etc.”
 - Eg. 3 beats per bar counted as “1 2 3 1 2 3 etc.”
 - Emphasis on the ‘1’
- Attempt the following exercises

Exercise 1



Exercise 2



Exercise 3



On and Off Beats

- Regular beats are known as ON-BEATS
- These are strong beats
- Beats exactly in the middle of these regular beats are called OFF-BEATS
- These beats are weaker
- Off-beats sub-divide the music further to count quavers/8th notes
- Off-beats are counted with an 'and' and represented with a '+' sign
 - Eg. 4 beats per bar counted as “1 and 2 and 3 and 4 and 1 and 2 and 3 and 4 and etc.”
- Attempt the following exercises

Exercise 4



Exercise 5



Exercise 6



Exercise 7

