

# Level 1- Novice: Practice

Practice writing in counts and circles to these rhythms.

## Tips

- The amount of beats in each measure should match the top number of the time signature.
- Each measure should start with beat 1.
- Write counts underneath the center of the note/rest.
- Rests do not get circles.
- Use eighth note subdivision on every beat with an eighth note duration.

$\frac{4}{4}$  

$\frac{4}{4}$  

$\frac{3}{4}$  

$\frac{2}{4}$  

$\frac{4}{4}$  

$\frac{2}{4}$  

## Counting and clapping

Now that you have the counts and circles written in for these rhythms you can perform them.

Set a **metronome** (steady beat keeping device) to 60 **BPM** (beats per minute). Tap your foot along with the beat. Give yourself one measure of count in before you start performing using the same meter as the first measure of the line. Your hands should come together when a circle begins and come apart when the circle ends. Do not cheat the value of a note by being taking your hands apart too quickly. Hands should be separated for rests. The goal is to not speed up (**rush**) or slow down (**drag**) when counting and to make sure that all actions line up with either the counts or subdivisions.