

Rhythms and Beyond

21 Lessons in Rhythm Skill Development for All Musicians



T H E
F · J · H
M U S I C
C O M P A N Y
I N C.



Dear Music Educator,

Learning to sing or play an instrument is exciting and rewarding. Because of the infinite number of concepts and skills that musicians must master, it is often necessary to utilize supplementary materials that focus on a specific element of music.

Rhythms and Beyond: 21 Lessons in Rhythm Skill Development for All Musicians was written to help students understand fundamental rhythmic concepts while mastering important counting skills. Through 21 sequential lessons, students learn how rhythms are constructed, counted, and played. Most importantly, they discover how to read and perform notated rhythms at sight.

We invite you to take a few moments to learn more about this innovative sequencing of rhythm-based lessons and exercises. Whether your classes meet daily or just once per week, you will experience significant results.

Sincerely,

Frank Hackinson
President
The FJH Music Company Inc.

21 Lessons in Rhythm Skill Development for All Musicians

Rhythms and Beyond is ideal for all musicians, instrumentalists and vocalists alike. Through 21 innovative lessons, students will develop a complete understanding of how rhythms are constructed, counted, and played.

Beginning with whole notes and progressing through eighth note / sixteenth note patterns, triplets, and various meters and concepts, *Rhythms and Beyond* gives students the rhythmic skills needed to read rhythms at sight.

Features include

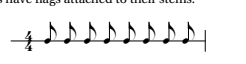
- Easy-to-understand explanations that are reinforced with graphics
- Logical and progressive skill development exercises
- Studies in $\frac{4}{4}$, $\frac{2}{4}$, $\frac{3}{4}$, $\frac{6}{8}$, and cut time meters
- Lessons on tied notes, dotted notes, syncopation, and triplets
- A traditional and consistent counting system shown below notes
- Special activity assessments to measure student progress and understanding
- A glossary of terms, signs, and symbols for quick reference

Table of Contents	
Lesson 1 – Whole, Half, and Quarter Notes	2
Lesson 2 – Whole, Half, and Quarter Rests	4
Lesson 3 – Eighth Notes	6
Lesson 4 – Eighth Rests	8
Lesson 5 – Tied Notes	10
Lesson 6 – Dotted Half Notes	11
Lesson 7 – Dotted Quarter Notes	12
Lesson 8 – Syncopation	14
Lesson 9 – Sixteenth Notes	15
Lesson 10 – Eighth Note / Two Sixteenth Note Group	17
Lesson 11 – Two Sixteenth Note / Eighth Note Group	19
Lesson 12 – Sixteenth Note / Eighth Note / Sixteenth Note Group	21
Lesson 13 – Dotted Eighth Note / Sixteenth Note Group	23
Lesson 14 – Sixteenth Rests	25
Lesson 15 – Triplets	27
Lesson 16 – $\frac{2}{4}$ Time	30
Lesson 17 – $\frac{3}{4}$ Time	31
Lesson 18 – Cut Time (Alta Breve)	32
Lesson 19 – Cut Time Syncopation	35
Lesson 20 – Slow $\frac{6}{8}$ Time (in six)	36
Lesson 21 – Fast $\frac{8}{8}$ Time (in two)	38
Special Activity Answer Key	40
Quick Reference Chart	41

Lesson 3

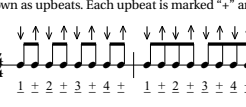
Eighth Notes

Eighth Note
The eighth note receives one-half beat in $\frac{4}{4}$ time, so eight of them can fit into each measure. Individual eighth notes have flags attached to their stems.

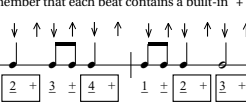


Repeated Eighth Notes
Repeated eighth notes are beamed together in groups of two or four. The notes with upward arrows are known as upbeats. Each upbeat is marked "+" and is counted "and."

↓ = downbeat
↑ = upbeat

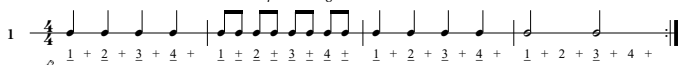


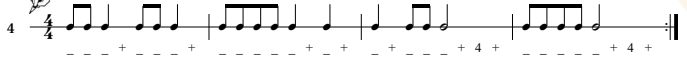



Eighth-Note Subdivision
When a measure or phrase contains eighth notes, it is helpful to think downbeat and upbeat counts for each beat. This counting technique is called eighth-note subdivision. When subdividing, remember that each beat contains a built-in "+" count.



Note: In the above example, subdivided counts appear in boxes.

Lesson 3 Exercises
Tip: Think eighth-note subdivision.

- 
- 
- 
- 
- 

BB207

Clear explanations are graphically reinforced

Counting method is shown below notes

Eighth-note subdivision is included

Students are engaged with writing and counting activities

Each lesson contains 10 to 20 developmental exercises

Logical, Comprehensive Studies for Note and Rest Values

Students develop a solid understanding of rhythm as they progress through logically sequenced lessons and exercises. Studies cover whole, half, quarter, eighth, and sixteenth notes, as well as their corresponding rests. Common eighth / sixteenth note patterns and triplets are also included.

Whole, Half, and Quarter Notes

Eighth Note / Two Sixteenth Note Group

Eighth Note / Two Sixteenth Note Group

An eighth note can replace the first two sixteenth notes in a group of four sixteenth notes. This creates an eighth note / two sixteenth note group.

Eighth Rest / Two Sixteenth Note Group

An eighth rest can replace the eighth note to create an eighth rest / two sixteenth note group.

Graphics make concepts easier to understand

Eighth Rests

Eighth Rest

The eighth rest receives one-half beat in $\frac{4}{4}$ time, so eight of them can fit into each measure.

Eighth Rests on Downbeats

Eighth rests can replace downbeat eighth notes.

Eighth Rests on Upbeats

Eighth rests can replace upbeat eighth notes.

Lesson 4 Exercises

Tip: Think eighth-note subdivision.

Lesson 10 Exercises

Tip: Think eighth-note subdivision for notes and rests receiving one or more beats.

Common note groupings are explained and applied

Sixteenth Rests

Sixteenth Rest

The sixteenth rest receives one-fourth beat in $\frac{4}{4}$ time, so sixteen of them can fit into each measure.

Sixteenth Note / Sixteenth Rest Groups

A sixteenth rest can replace any sixteenth note in a group of four to create a variety of sixteenth note / sixteenth rest groups.

Lesson 14 Exercises

Tip: Think eighth-note subdivision for notes and rests receiving one or more beats.

Previously learned concepts are combined with new concepts

Studies for a Variety of Meters and Rhythmic Concepts

In addition to common time, *Rhythms and Beyond* includes lessons for $\frac{2}{4}$, $\frac{3}{4}$, $\frac{6}{8}$ (slow and fast), and cut time. By providing clear explanations and practical exercises, this book helps prepare students to play a broader range of literature, particularly in $\frac{6}{8}$ and cut time.

Cut Time

Cut Time (Alta Breve) Time Signatures

Cut time is indicated by two time signatures, \mathcal{C} or $\frac{2}{2}$.

Note and Rest Values in Cut Time

In cut time, note and rest values are cut in half, giving the tempo a "double-time" feel.

\bullet or — in \mathcal{C} = 2 beats \downarrow or z in \mathcal{C} = 1/2 beat
 \downarrow or — in \mathcal{C} = 1 beat \downarrow or z in \mathcal{C} = 1/4 beat

Lesson 18 Exercises

Tip: Although note and rest values are cut in half in cut time, you should continue to subdivide each beat.

Note: Exercises 1, 4, 7, 10, and 13 have been notated twice to show the relationship between cut time and $\frac{2}{4}$ time.

Written as...

Sounds like...

1 \mathcal{C} $\frac{2}{4}$

2 \mathcal{C} $\frac{2}{4}$

3 \mathcal{C} $\frac{2}{4}$

Tied Notes

A tie combines the value of two or more notes. Attack only the first note in a tie.

Lesson 5 Exercises

Tip: It is not necessary to think eighth-note subdivision for exercises 1–5.

1 $\frac{2}{4}$

2 $\frac{2}{4}$

3 $\frac{2}{4}$

8 $\frac{2}{4}$

9 $\frac{2}{4}$

10 $\frac{2}{4}$

Fast $\frac{6}{8}$

Common Rhythmic Segments in Fast $\frac{6}{8}$ Time

There are five common rhythmic segments in fast $\frac{6}{8}$ time. Segments 1, 2, 4, and 5 can be combined to create one-measure rhythmic units.

Segment 1 Segment 2 Segment 3 Segment 4 Segment 5

Lesson 21 Exercises

Tip: Think eighth-note subdivision for quarter, dotted quarter, and dotted half notes and rests. In fast $\frac{6}{8}$ time, the eighth note receives one-third beat.

Bonus Tip: Look for each rhythmic segment as you play.

1 $\frac{6}{8}$

Slow $\frac{6}{8}$

Slow $\frac{6}{8}$ Time (in six)

There are six beats per measure in slow $\frac{6}{8}$ time and the eighth note receives one beat.

Note and Rest Values in Slow $\frac{6}{8}$ Time

There are four common note and rest values in slow $\frac{6}{8}$ time.

\downarrow or — in $\frac{6}{8}$ time = 6 beats \downarrow or z in $\frac{6}{8}$ time = 2 beats
 \downarrow or z in $\frac{6}{8}$ time = 3 beats \downarrow or z in $\frac{6}{8}$ time = 1 beat

Lesson 20 Exercises

Tip: Think eighth-note subdivision for quarter, dotted quarter, and half notes and rests. In slow $\frac{6}{8}$ time, however, the eighth note receives one beat.

1 $\frac{6}{8}$

2 $\frac{6}{8}$

3 $\frac{6}{8}$

Syncopation

5 $\frac{2}{4}$

6 $\frac{2}{4}$

7 $\frac{2}{4}$

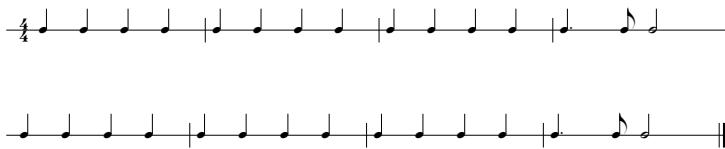
8 $\frac{2}{4}$

Special Activity Assessments

Rhythms and Beyond includes a wealth of special activities that are designed as assessments. Students have fun and teachers gather important information about the students' progress. These activities engage students and reinforce important concepts. Activities include *Mystery Rhythm*, *Rhythm Review*, *Music Math*, and *Baffling Barlines*. These are quick and enjoyable games that restate key concepts.

MYSTERY RHYTHM

The following rhythm is from a famous Beethoven symphony. Play the rhythm and see if you can identify the melody. Once you solve the mystery, choose a starting pitch and try to play the melody by ear.



Writing and counting activities are included throughout each lesson

RHYTHM REVIEW

Match each note and rest with its correct definition in $\frac{3}{2}$ time.

- | | | |
|--|-----------------|-----|
| 1. <input type="checkbox"/> a note that gets one beat | A. whole note | o |
| 2. <input type="checkbox"/> a rest that gets two beats | B. half note | l |
| 3. <input type="checkbox"/> a rest that gets one beat | C. quarter note | ll |
| 4. <input type="checkbox"/> a rest that gets one-half beat | D. eighth note | lll |
| 5. <input type="checkbox"/> a note that gets two beats | E. whole rest | - |
| 6. <input type="checkbox"/> a note that gets one-half beat | F. half rest | - |
| 7. <input type="checkbox"/> a rest that gets one-fourth beat | G. quarter rest | z |
| 8. <input type="checkbox"/> a note that gets one-fourth beat | H. eighth rest | 7 |

For More Practice

Return to Lesson 1 and try counting, clapping, and playing each exercise in cut time. Once you have mastered Lesson 1, try Lessons 2-4 in cut time.

MUSIC MATH

Add up the note and rest values in each column.

	(1)			+	+
+	(1)	+	+	+	+
+	(2)	+	+	+	+
Answer:	<input type="text" value="4"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

BAFFLING BARLINES

Separate the notes and rests into measures by drawing barlines in the correct places. The first measure of each line has been started for you.

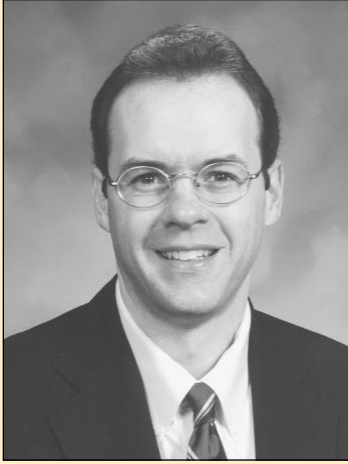
Tip: This is a horizontal Music Math activity!

a

b

c

About the authors:

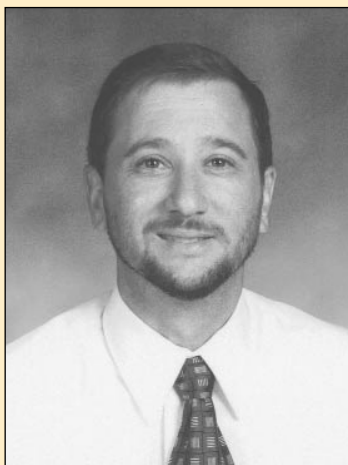


Timothy Loest's career as a middle school band director spans nearly 20 years. He is currently Director of Bands at F.E. Peacock Middle School in Itasca, Illinois, a suburb of Chicago. Mr. Loest also teaches fifth grade beginners at Franzen Intermediate School.

Tim received his Bachelor of Music Education degree, Magna Cum Laude, from Illinois State University and a Master of Music Education degree from Northwestern University where he studied under Peter Webster, Donald Casey, and Bennett Reimer. While at Northwestern, he received an Eckstein Scholarship, as well as the School of Music's most prestigious graduate award, the Program Honors Award.

A frequently commissioned composer and guest conductor, Mr. Loest is also an exclusive writer for The FJH Music Company. His works for elementary and middle school bands have been performed in over twenty-five countries, including Australia, France, Germany, Great Britain, Italy, Jamaica, Japan, South Africa, Spain, Switzerland and the United States. He is an ASCAP award winning composer and his compositions and arrangements have provided music for numerous American network and cable television programs.

Timothy Loest is an advocate of the arts and holds membership in the Music Educators National Conference (MENC), the Illinois Music Educators Association (IMEA), the Illinois Grade School Music Association (IGSMA), the American Society of Composers, Authors and Publishers (ASCAP), and the Christian Educators Association International (CEAI).



Tim Wimer has written over twenty publications for young percussionists. His method books, instructional videos, and percussion ensembles can be found in the United States, Canada, Europe, and Japan. In addition, Tim is an active artist and clinician, having participated in hundreds of concerts and workshops at elementary, middle, and high schools throughout the country. He is a commissioned composer and arranger for concert and marching percussion.

From 1986–1989, Tim served as a paratrooper and musician in the 82nd Airborne Division Band at Fort Bragg, North Carolina. In 1994, he earned an English degree from Roanoke College in Roanoke, Virginia. He currently teaches percussion and English at Lord Botetourt High School in Daleville, Virginia, and is actively involved in numerous music programs in the area.

Rhythms and Beyond

21 Lessons in Rhythm Skill Development for All Musicians

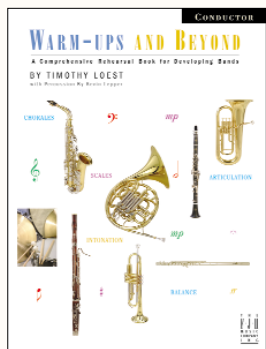


BB207

\$4.95

- **Appropriate for use with ALL music students**
- **Note and Rest Studies**
Whole, Half, and Quarter Notes and Rests
Eighth and Sixteenth Notes, Rests, and Combinations
- **Meter Studies**
 $\frac{4}{4}$, $\frac{2}{4}$, $\frac{3}{4}$, $\frac{2}{2}$ (cut time),
and $\frac{6}{8}$ (slow and fast)
- **Advanced Studies**
Tied Notes
Dotted Notes
Syncopation (common time and cut time)
Triplets
- **Special Activities and Assessments**
Exercises that are fun for students
Reinforce previously learned concepts
Activities include:
Mystery Rhythms
Rhythm Reviews
Music Math
Baffling Barlines

Another outstanding educational publication in this series...



BB203

Conductor Score \$24.95

All Parts \$4.95

Warm-ups and Beyond

A Comprehensive Rehearsal Book for Developing Bands

BY TIMOTHY LOEST with Percussion by Kevin Lepper

- **Basic and Advanced Warm-ups including**
Scales
Arpeggios
Interval Studies
Chord Progressions
Chorales
- **Key Change Studies**
- **Articulation Studies**
- **Flexibility Studies**
- **Glossary of Musical Terms, Symbols, and Signs**
- **Appendices containing**
Scale Sheets
Tuning Notes
Fingering Charts
- **Percussion Features and Exercises emphasizing**
Sticking Systems
Basic Rudiments
Playing Techniques for Accessory Instruments

T H E
F · J · H
MUSIC
COMPANY
I N C.

For additional information on this or other FJH publications, please contact your local dealer. If you are having trouble finding any of our publications, call us at 800-262-8744 and we'll gladly help locate the dealer nearest you.

Visit us on the internet at www.fjhmusic.com