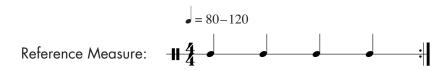
Table of Contents

Introduction	3
Foreword	4
Acknowledgements	5
About the Author	5
The Metronome	6
Variations on the Metronome	6
How the Book Works	7
Recognizing Groups of 16th Notes	8
16th-Note Timing and Reading Exercises in 4	9
Long and Short Notes	11
Tied Notes	12
Triplet Exercises in 4	13
Combining Triplets with Rests (Groups of Two)	14
The Quarter-Note Triplet	16
Understanding Quarter-Note Triplets	17
Quarter-Note Triplets with Rests (Beats 1 and 2; 2 and 3)	18
Quarter-Note Triplets with Eighth-Note Patterns (Beats 2 and 3; 3 and 4)	19
Quarter-Note Triplets with Eighth-Note Patterns (Beats 1 and 2)	20
Quarter-Note Triplets with Rests (Beats 3 and 4)	21
Quarter-Note Triplets with Half Notes and Rests	21
Quarter-Note Triplets with Eighth-Note Patterns (Beats 1 & 2; 3 & 4)	
16th-Note Triplets	23
Sextuplet Exercises	24
Two-Beat Sextuplet Exercises	25
Three-Beat Sextuplet Exercises	26
Beat Cells	
Jump-Around Measure Exercises	41
Two Measure Jump-Around Exercises (Nos. 1–4)	42
Three Measure Jump-Around Exercises (Nos. 1–4)	44
Four Measure Jump-Around Exercises (Nos. 1–4)	
Five Measure Jump-Around Exercises (Nos. 1–4)	
Six Measure Jump-Around Exercises (Nos. 1–4)	
Seven Measure Jump-Around Exercises (Nos. 1–4)	
Eight Measure Jump-Around Exercises (Nos. 1–4)	60
Bar None	64
Bar None (Nos. 1–5)	5–69
The Process for Performing the 42 Studies	70
Studies 1–42	
Closing Remarks	
Appendix	114
How to Apply the 42 Studies to Each Instrument	
Articulation Suggestions for Wind Instruments	
Articulation Suggestions for Vocalists	
Audio Styles and Track Listing	

Recognizing Groups of 16th Notes

The exercises below will help you recognize groups of 16th notes before you play them. Line A contains four groups of 16th notes. Line B contains eight groups of eight 16th notes. Line C contains twelve groups of 16th notes. And, line D contains an entire measure of 16th notes. Play the reference measure in between lines A, B, C and D. When playing the reference measure, look ahead to the next line to be performed. This will help you recognize rhythms before you play them. When comfortable, change the reference measure from quarter notes to eighth notes.



Line A:



Line B:



Line C:



Line D:



16

The Quarter-Note Triplet

Below are exercises to help assist you in learning the quarter-note triplet. These exercises contain the eighth-note triplet subdivision. Before playing through the entire page, practice exercise 1 until you're comfortable with the rhythm.



Now, go back and play it again. This time, however, play the triplets as tied figures (see exercise 2). If you'd like, add a slight accent to every tied note in order to emphasize the quarter-note triplet.



By playing exercise 2, you are also playing the same rhythm as exercise 3.

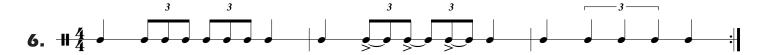
You are now ready to play exercises 1, 2 and 3. This time, however, you will play them back to back (see exercise 4).



In exercise 4, the quarter-note triplet occurs on beats 3 and 4. In exercise 5, the quarter-note triplet occurs on beats 1 and 2. Remember, the quarter-note triplets occur in the span of two quarter-note beats. As before, play each measure separately, then one after the other.



Exercise 6 contains a quarter-note triplet that falls in the middle of the measure (beats 2 and 3). This rhythm might feel weird at first, but it is played just like the previous quarter-note triplets except that it falls on two different beats.



Always remember that rhythms are patterns. The key to better rhythm reading is to practice rhythm exercises the same as you would scale patterns.