

# Rhythmic Ear Training

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Hey there!

First of all, thank you for purchasing this course in rhythmic ear training!

Why rhythmic ear training, you might ask? And what is it?

Well, one of the questions we receive quite often is “how do you transcribe rhythm?”

And the answer is actually **by training and practicing rhythm!**

By doing these exercises you will strengthen your inner clock, your sense of time, your rhythms of course and you will develop your abilities to recognize rhythmical figures.

By doing this, you’ll have a much greater awareness of rhythms and you’ll build your rhythmic vocabulary.

Obviously this all contributes to your overall level as a musician and your ability to transcribe.

We’ll start with 8<sup>th</sup> notes, 16<sup>th</sup> notes and triplets, but we’re not gonna stop there!

We will also be covering quintuplets and polyrhythms.

This course consists of:

- Rhythm reading exercises (to be done with a metronome)
- Rhythmical dictation exercises (not to worry, solutions are included)
- Mastering subdivision exercises
- Polyrhythmic exercises
- Polyrhythms with displacements
- **Audio and video examples** & exercises for all polyrhythms, subdivisions and displacements

The audio files are perfect loops so if you have software to loop audio, you can go on however long you like.

And IF you should have a shaker, it would be very helpful when practicing the subdivision exercises. But not to worry, it’s not absolutely necessary, it’s just a helpful tool.

I hope these exercises will help you develop further as a musician. They sure did (and still do) for me.

Should you have any comments or questions, you can always send them to [info@edge-effect.media](mailto:info@edge-effect.media)

Have fun!

Timothy

## Reading exercises:

Do these exercises with a metronome. Not too fast, not too slow.

There's two ways to do these exercises and I encourage you to do both.

1. Verbally say the notated rhythms (pam pam, ta ta, whatever you want to say) while tapping the beat.
2. (You might have guessed it) Tap the notated rhythms while you count out loud with the beat (1 2 3 4 will do).

These exercises are great for quickly recognizing rhythmical figures, which is also very important when sight reading.

There are also audio examples of all the exercises, so you can check if you're doing them correctly.

## Rhythmic dictation:

The rhythmic dictations are all 4 bars long.

To make it a little bit more pragmatic they're played with drums and piano.

The piano will play the rhythms to be transcribed while the drums play a simple backbeat groove, snare on 2 & 4.

When you're done, you can also use the audio examples of the reading exercises as rhythmic dictation and use the solution sheets of the rhythmic dictation as reading exercises.

## Polyrhythms:

For the polyrhythms we first have to do some preliminary exercises. Don't underestimate these exercises, because they're very powerful! By doing these you'll really develop and solidify your inner clock. Here you'll really master all the subdivisions.

From there we'll continue to build and create the polyrhythms.

The ideal is to tap both your feet alternately (you can also "walk" in place) while you count the beat and clap the rhythms.

### How to progress in practice:

Start by counting the subdivisions.

It says "count: 1 2 3 4" notated under the beats in the staves, but that's the end goal.

Really start by counting the subdivisions instead of the beats.

### **IMPORTANT:**

It's crucial that you work towards being able to count the beat while clapping the rhythms (and also keep the beat in your foot).

## Section 1: Reading & Transcribing

**Chapter 1: 8<sup>th</sup> notes**

**Chapter 2: 16<sup>th</sup> notes**

**Chapter 3: Triplets**

**Chapter 4: Master Exercises**

## Section 2: Polyrhythms

**Chapter 5 - 8<sup>th</sup> notes**

**Preliminary Exercises**

**Chapter 5: 2 over 3**

**Chapter 6 - 16<sup>th</sup> notes**

**Preliminary Exercises**

**4 over 3**

**4 over 3 in 4**

**Chapter 7 - Triplets Preliminary Exercises**

**3 over 2**

**3 over 4**

**Chapter 8 - Quintuplets Preliminary Exercises**

**5 over 2**

## Section 3: Extras

### Chapter 9

**3 over 2 to 4 over 3**

**5/8 over 4**

**5/16 over 4**

**7/8 over 4**

**7/16 over 4**

### Order of practice

Start by doing the reading exercises;

Then proceed by doing the rhythm dictations;

Finally move on to the polyrhythms.

The preliminary exercises included with the polyrhythms should be practiced from the start of your studies.

Don't wait until you have gone through the reading and transcription exercises.