

# Rhythmic Exercises

#1 Offbeats - off 1 and 3

Then back down



#2 Offbeats - off every beat

5 Listening example: Branford Marsalis - "Friday the 13th" from *Bloomington*



#3 Offbeats- Try inserting a beat of rest between two offbeats

9



Back down

#4 Offbeats - off 1 and 3 with 2 8th's

12



Back down

#5 Offbeats - off 1 and 3 with 3 8th's

14



#6 Offbeats - 3 8th's with beat of rest in between

18



You can really get into some interesting rhythmic zones simply by thinking of offbeats.  
Listening example: Brad Mehldau - "Anthropology" from the album *When I Fall in Love*

#7 On the beat/off the beat one note (really just dotted quarters)

23



This is also 3 over 4 which we will get to later

#8 On the beat/off the beat two notes (quarter rest between)

26



29



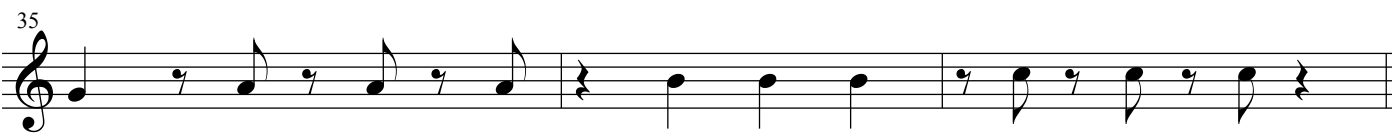
Back down you dig?

#9 On the beat/off the beat three notes (quarter rest between)

31



35



#10 On the beat/off the beat four notes (quarter rest between)

38



43



Another way to generate some interesting rhythms is to play different groupings of 8th notes with different rests in between. For example...

47 #11 Groups of three 8th notes with one beat rest



49

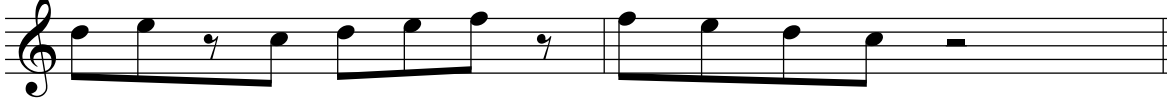


#12 Groups of four 8th notes with one 8th rest

52



56



#12a Groups of four 8th notes with one quarter rest (really 3 over 4)

58



62



#13 Groups of five 8th notes with one 8th rest

Listening example: Lennie Tristano - "Wow" (bridge)

65



68



Another thing to do to mix up playing in 4/4 is to simply play bars of 3/4 over it. Four bars of 3/4 will equal three bars of 4/4.

72 #14 some different 3/4 measures to try

a.                      b.                      c.                      d.                      e.                      f.

78

g.    h.

## Triplets - It is best to try these exercises away from your instrument first

#1 Phrase any pattern or scale in triplets

#2 Play the speed of triplets but phrase them in 2's (this particular exercise is one of my favorites)

Say "1,2,1,2,1,2", etc...

#3 Phrased in 4's    Listening example: Warne Marsh - "317 E. 32nd St" from the album *Live in Hollywood*

Say "1,2,3,4"

#4 Phrase in 2 and 3 combined (5)

Say "1,2,1,2,3,1,2,1,2,3", etc...

#5 Phrase in 3 and 4 combined (7)

Say "1,2,3,4,1,2,3" or "1,2,1,2,1,2,3"

# Triplet groupings and patterns

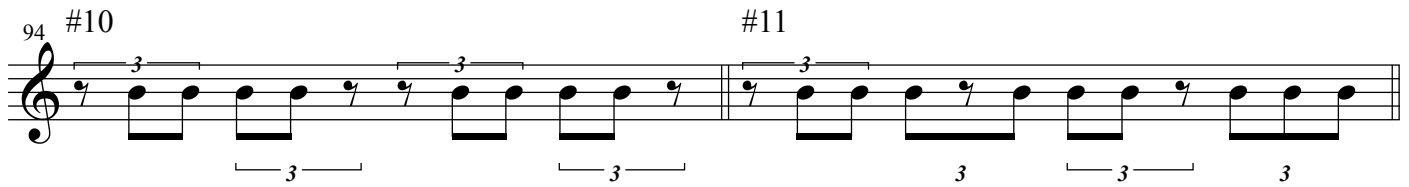
90 #6 #7



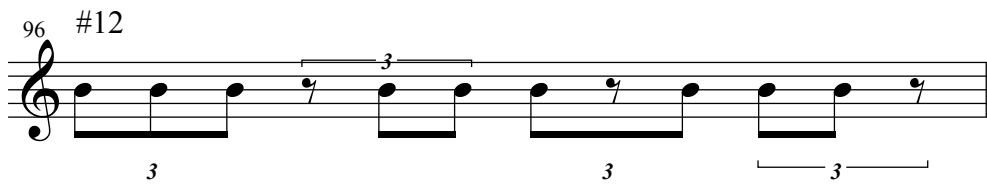
92 #8 #9



94 #10 #11

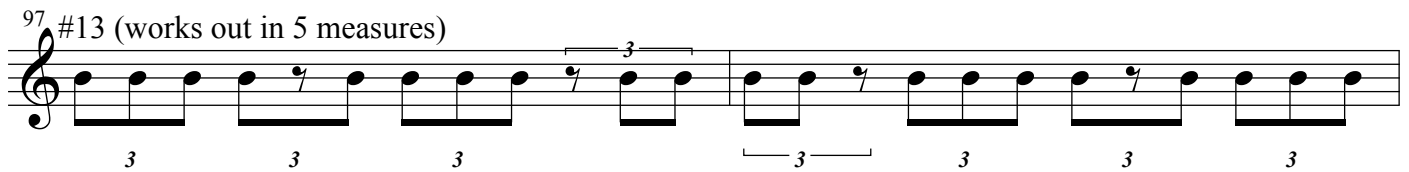


96 #12



## 4 note groupings

97 #13 (works out in 5 measures)



99



101



#14 (works out in 5 measures)

#15 adding ties (or quarter notes of 8th note triplets) - play two, tie two

#16 - let's tie the first two

#17 - let's tie all of them

Then just try varying all the triplets, inserting ties here and there

Listening example: Herbie Hancock solo from "Witch Hunt" on the album *Speak No Evil* by Wayne Shorter