

The Basic Rhythm Notes

Quarter Notes & Rests: 1 beat per note/rest (each note/rest takes a quarter of the measure)

count: 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

Half Notes & Rests: 2 beats per note/rest (each note/rest takes a half of the measure)

count: 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

Whole Notes & Rests: 4 beats per note/rest (each note/rest takes a whole measure)

count: 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

Eighth Notes & Rests: 1/2 beat per note/rest (each note/rest takes an eighth of the measure)

count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &
(say "&" to mark the half-way point between beats)

Example of the basic rhythms, mixed together

count: 1 2 3 4 1 2 3 4 1 & 2 3 4 1 2 3 & 4 &
(count "&" between every beat to help keep the spacing accurate, if needed.)

count: 1 2 3 & 4 1 2 3 & 4 1 2 & 3 4 1 2 3 4