

Exercise 1: Clap These Rhythms

Holistic Songwriting Music Theory Course

Exercise 1

Exercise 1 is written in 4/4 time. The first staff contains three measures: a half note, a whole note, and a half note. The second staff contains four measures: a whole note, a half note, a quarter note, and a half note.

Exercise 2

Exercise 2 is written in 4/4 time. The first staff contains four measures: a quarter note, eighth notes, quarter notes, and quarter notes. The second staff contains four measures: eighth notes, quarter notes, and a half note.

Exercise 3

Exercise 3 is written in 4/4 time. The first staff contains four measures: quarter notes, a quarter rest, and dotted notes. The second staff contains four measures: a quarter rest, quarter notes, a half rest, and quarter notes.

Exercise 4

Exercise 4 is written in 4/4 time. The first staff contains four measures: eighth notes and quarter notes. The second staff contains four measures: eighth notes, quarter notes, and eighth notes.

Exercise 5

Exercise 5 is written in 4/4 time. The first staff contains four measures: eighth notes, quarter notes, and eighth notes. The second staff contains four measures: eighth notes, quarter notes, and eighth notes.

Exercise 6

Exercise 6 is written in 4/4 time. The first staff contains four measures: eighth notes, quarter notes, and eighth notes. The second staff contains four measures: eighth notes, quarter notes, and eighth notes.

Exercise 7

Musical notation for Exercise 7 in 4/4 time. The exercise consists of two staves. The first staff contains four measures: a quarter note G4, quarter note A4, quarter rest, quarter note B4; a quarter note C5, quarter note D5, quarter note E5, quarter note F5; a quarter note G5, quarter note A5, quarter note B5, quarter note C6; a quarter note D6, quarter note E6, quarter note F6, quarter note G6. The second staff contains four measures: a quarter note A6, quarter note B6, quarter note C7, quarter note D7; a quarter note E7, quarter note F7, quarter note G7, quarter note A7; a quarter note B7, quarter note C8, quarter note D8, quarter note E8; a quarter note F8, quarter note G8, quarter note A8, quarter note B8. The piece ends with a double bar line.

Exercise 8

Musical notation for Exercise 8 in 4/4 time. The exercise consists of two staves. The first staff contains four measures: a quarter note G4, quarter note A4, quarter note B4, quarter note C5; a quarter note D5, quarter note E5, quarter note F5, quarter note G5; a quarter note A5, quarter note B5, quarter note C6, quarter note D6; a quarter note E6, quarter note F6, quarter note G6, quarter note A6. The second staff contains four measures: a quarter note B6, quarter note C7, quarter note D7, quarter note E7; a quarter note F7, quarter note G7, quarter note A7, quarter note B7; a quarter note C8, quarter note D8, quarter note E8, quarter note F8; a quarter note G8, quarter note A8, quarter note B8, quarter note C9. The piece ends with a double bar line.

Exercise 9

Musical notation for Exercise 9 in 4/4 time. The exercise consists of two staves. The first staff contains four measures: a quarter note G4, quarter note A4, quarter note B4, quarter note C5; a quarter note D5, quarter note E5, quarter note F5, quarter note G5; a quarter note A5, quarter note B5, quarter note C6, quarter note D6; a quarter note E6, quarter note F6, quarter note G6, quarter note A6. The second staff contains four measures: a quarter note B6, quarter note C7, quarter note D7, quarter note E7; a quarter note F7, quarter note G7, quarter note A7, quarter note B7; a quarter note C8, quarter note D8, quarter note E8, quarter note F8; a quarter note G8, quarter note A8, quarter note B8, quarter note C9. The piece ends with a double bar line.

Exercise 10

Musical notation for Exercise 10 in 4/4 time. The exercise consists of two staves. The first staff contains four measures: a quarter note G4, quarter note A4, quarter note B4, quarter note C5; a quarter note D5, quarter note E5, quarter note F5, quarter note G5; a quarter note A5, quarter note B5, quarter note C6, quarter note D6; a quarter note E6, quarter note F6, quarter note G6, quarter note A6. The second staff contains four measures: a quarter note B6, quarter note C7, quarter note D7, quarter note E7; a quarter note F7, quarter note G7, quarter note A7, quarter note B7; a quarter note C8, quarter note D8, quarter note E8, quarter note F8; a quarter note G8, quarter note A8, quarter note B8, quarter note C9. The piece ends with a double bar line.

Exercise 11

Musical notation for Exercise 11 in 4/4 time. The exercise consists of one staff with four measures of eighth-note patterns. Each measure contains eight eighth notes: G4, A4, B4, C5, D5, E5, F5, G5. The piece ends with a double bar line.

Exercise 12

Musical notation for Exercise 12 in 4/4 time. The exercise consists of one staff with four measures of eighth-note patterns. Each measure contains eight eighth notes: G4, A4, B4, C5, D5, E5, F5, G5. The piece ends with a double bar line.

Exercise 13

Musical notation for Exercise 13 in 4/4 time. The exercise consists of one staff with four measures of eighth-note patterns. Each measure contains eight eighth notes: G4, A4, B4, C5, D5, E5, F5, G5. The piece ends with a double bar line.

Exercise 14

Musical notation for Exercise 14 in 4/4 time. The exercise consists of one staff with four measures of eighth-note patterns. Each measure contains eight eighth notes: G4, A4, B4, C5, D5, E5, F5, G5. The piece ends with a double bar line.

Exercise 15

Exercise 16

Exercise 17

Exercise 18

Exercise 19

Exercise 20

Exercise 21

Exercise 22

Bonus exercise

Bonus Exercise: play this rhythm with any note or scale on your instrument to practice interchanging rhythmic subdivisions. Repeat at different tempos. Practice with a metronome.