**BLM 2**

Pulse Grid

Use this chart to keep track of pulse counts

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| --- |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Clap only on the “1s”. Count the numbers at a steady, even pace.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 1 2 | 1 2 3 | 1 2 3 4 | 1 2 3 4 5 | 1 2 3 4 5 6 | 1 2 3 4 5 6 7 | 1 2 3 4 5 6 7 8 |

Clap only on the “1s”. Treat the 1s as the beat, fitting the subdivisions in evenly.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 1 2 | 1 2 3 | 1 2 3 4 | 1 2 3 4 5 |

12 Beat Patterns

Use this grid to create your 12-beat patterns (Minds On No. 2)

|  |  |
| --- | --- |
| 1 2 3 4 5 6 7 8 9 10 11 12 | 1 2 3 4 5 6 7 8 9 10 11 12 |
|  |  |
| 1 2 3 4 5 6 7 8 9 10 11 12 | 1 2 3 4 5 6 7 8 9 10 11 12 |
|  |  |

Polyrhythm

Keep all the numbers even. Make up rhythmic patterns that fit into each metre.

|  |  |  |
| --- | --- | --- |
| **1** 2 **1** 2 | **1** 2 **1** 2 | **1** 2 **1** 2 |
| **1** 2 3 **1** | 2 3 **1** 2 | 3  **1** 2 3 |
| **1**  2 3 4 | **1** 2 3 4 | **1**  2 3 4 |

4/4 Time

Use this grid to notate 4/4 rhythms you hear or create (Readiness, Lesson 1)

|  |  |  |  |
| --- | --- | --- | --- |
| 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + |
|  |  |  |  |
| 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + |
|  |  |  |  |
| 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + |
|  |  |  |  |
| 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + | 1 + 2 + 3 + 4 + |
|  |  |  |  |

16 beat Cycle: Example Patterns

This chart illustrates the internal sub-groupings of beats within a 16 beat cycle.

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| --- |
| Quarter Notes (grouped into 3+3+2) |
| **1** 2 3 | **4**  5 6 | **7** 8 | **9** 10 11 | **12** 13 14 | **15** 16 |
| Eighth Notes (grouped into 5+5+4+4+3+3+3+3+2) |
| 1 2 3 4 5 | 6 7 8 9 10 | 11 12 13 14 |15 16 17 18 | 19 20 21 | 22 23 24 |25 26 27 |28 29 30 | 31 32 |
|  |
|  |