

Rhythm Exercises in 4/4

Exercises for learning to play Whole, Half, Quarter, Eighths, and Sixteenth notes, in African and Taiko nomenclature.

	1	-	2	-	3	-	4	-	1	-	2	-	3	-	4	-
1. WHOLE	B								B							
	Gun								Gun							
	Don								Don							
2. HALF	B				B				B				B			
	Gun				Gun				Gun				Gun			
	Don				Don				Don				Don			
3. QUARTER	B		B		B		B		B		B		B		B	
	Gun		Gun		Gun		Gun		Gun		Gun		Gun		Gun	
	Don		Kon		Don		Kon		Don		Kon		Don		Kon	
4. EIGHTS	B	T	T	T	B	T	T	T	B	T	T	T	B	T	T	T
	Gun	Go	Gun	Go	Gun	Go	Gun	Go	Gun	Go	Gun	Go	Gun	Go	Gun	Go
	Don	Kon	Don	Kon	Don	Kon	Don	Kon	Don	Kon	Don	Kon	Don	Kon	Don	Kon
5. SIXTEENTHS	B	T	T	T	T	B	T	T	T	T	B	T	T	T	T	T
	GunGo	GoDo	GoDo	GoDo	GoDo	GunGo	GoDo	GoDo	GoDo	GoDo	GunGo	GoDo	GoDo	GoDo	GoDo	GoDo
	DoKo	DoKo	DoKo	DoKo	DoKo	DoKo	DoKo	DoKo	DoKo	DoKo	DoKo	DoKo	DoKo	DoKo	DoKo	DoKo
	1	-	2	-	3	-	4	-	1	-	2	-	3	-	4	-

The choices of Bases and Tones, etc. are largely arbitrary. But it can be helpful to help keep the count, **B T T T B T T T ..** etc. But you can drop in patterns or rhythm phrases **B T T S**, **B T B S**, **BT TT SS TT**, experiment, have fun, sharpen your chops. Try playing sets of four and eight measures of each exercise. Make it interesting, try odd numbered or mixed sequences.