



Add a Beat, Drop a Beat

***A note on how to keep time/tempo: Try a free metronome app that you can find in app stores using your phone. Or you can go to www.metronomeonline.com for a web-based metronome that you can set at any speed.**

What You'll Need:

- Metronome, drum beat video or a song to clap to

How It Works:

- The basic idea behind all music is what's called the 'pulse', meaning the fundamental beat of a song or drumbeat. Simply put, it's what you tap your feet to.
- It is important to establish the idea of pulse before trying to introduce a clapping pattern or rhythm. You can do this by playing a drum beat or song and listening for the 1-2-3-4 pulse of each beat.
- In most music 4 beats equals one measure of music, so once you've counted through 1-2-3-4, you begin a new measure starting with beat 1 again.



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- Once you have that you and your student can start clapping or tapping to the pulse together. To gauge how well the student can keep the pulse you should have them try to clap on all 4 beats.
- Some students have a hard time starting with this but it's good to get an idea of where they are. If all 4 beats are too much, you can either slow down the pulse or start with clapping just on beat 1.
- Examples: clap-shh-shh-shh, clap-shh-shh-shh for a few measures ("Shh" is where the student is silent. You can also make the "shh" motion with your finger to your lips to let the student know when not to clap)
- Once they have that down, try moving up to clap-clap-shh-shh. From there you can build to clap-clap-clap-shh, and eventually to clapping on all 4 beats.
- If all goes well you can try it in reverse: shh-clap-clap-clap, shh-shh-clap-clap, etc. You can also try alternating claps and silence: clap-shh-clap-shh. The idea is for the student to keep counting the beats in their head or out loud - but only to clap on a specific beat.
- Remember to start slowly, using 60-70 beats per minute or a slow song. Be aware that building up to all 4 beats may take a few sessions.