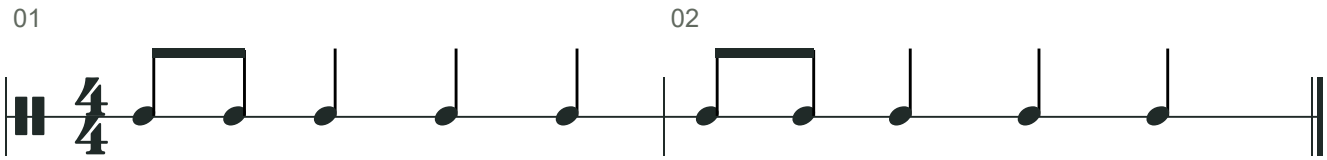
Rhythm Randomizer · Free music practice

Two sounds inside one beat

Beginner 2 · 4/4 · 2 measures · 72 quarter-note BPM · Practice sheet

Name: _____ Date: _____

Divide the first beat into two equal eighth notes, then return to one clap on each beat.



Try it before you listen

1. Count the complete measure aloud. 2. Clap or play each written onset. 3. Keep going through held notes and rests. 4. Use the next page to check your counting.

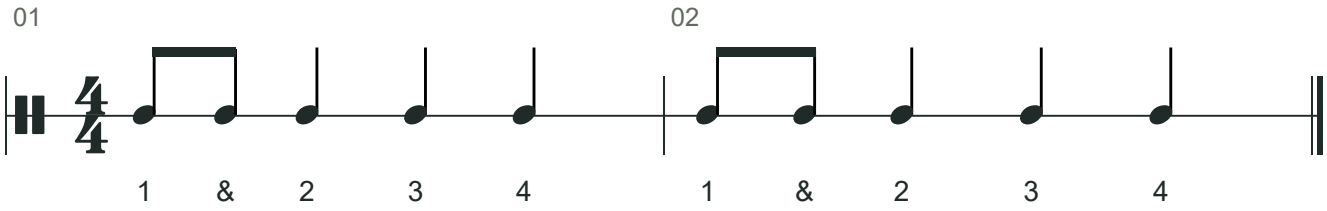
Listen to this exact exercise: https://rhythmrandomizer.org/?meter=4%2F4&bars=2&tempo=72&difficulty=beginner&rests=0&dotted=0&triplets=0&seed=lesson-eighths-0

Rhythm Randomizer · Free music practice

Two sounds inside one beat

Beginner 2 · 4/4 · 2 measures · 72 quarter-note BPM · Counting key

Divide the first beat into two equal eighth notes, then return to one clap on each beat.



How to count it

Both measures: clap 1, &, 2, 3, 4. The 1 and & share the same amount of time as one quarter-note beat. Keep counting 1 & 2 & 3 & 4 & even when you do not clap every subdivision.

The counting labels show each note or rest onset. Keep the underlying beat moving through held notes and silent rests.

Listen to this exact exercise: https://rhythmrandomizer.org/?meter=4%2F4&bars=2&tempo=72&difficulty=beginner&rests=0&dotted=0&triplets=0&seed=lesson-eighths-0