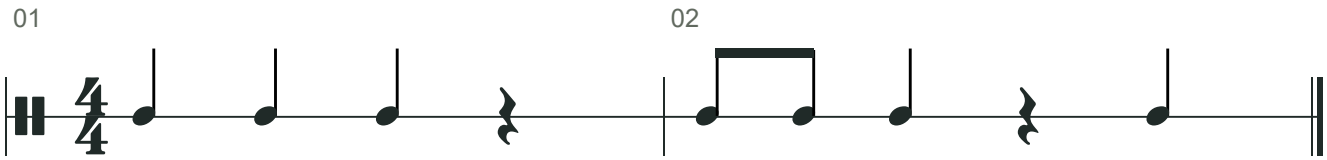
Rhythm Randomizer · Free music practice

Keep time through the silence

Beginner 3 · 4/4 · 2 measures · 72 quarter-note BPM · Practice sheet

Name: _____ Date: _____

Keep the pulse steady through quarter-note rests. Silence still takes up time.



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.

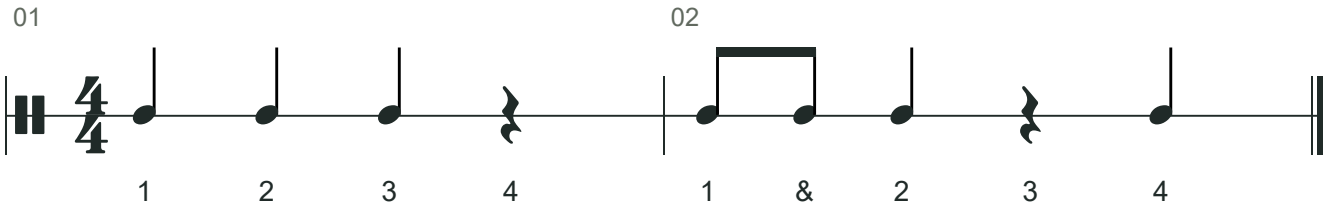
Listen to this exact exercise: https://rhythmrandomizer.org/?meter=4%2F4&bars=2&tempo=72&difficulty=beginner&rests=1&dotted=0&triplets=0&seed=lesson-rests-0

Rhythm Randomizer · Free music practice

Keep time through the silence

Beginner 3 · 4/4 · 2 measures · 72 quarter-note BPM · Counting key

Keep the pulse steady through quarter-note rests. Silence still takes up time.



How to count it

Measure 1: clap 1, 2, 3; say 4 without clapping. Measure 2: clap 1, &, 2; say 3 without clapping; clap 4. Keep saying the beat during each rest.

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=1&dotted=0&triplets=0&seed=lesson-rests-0