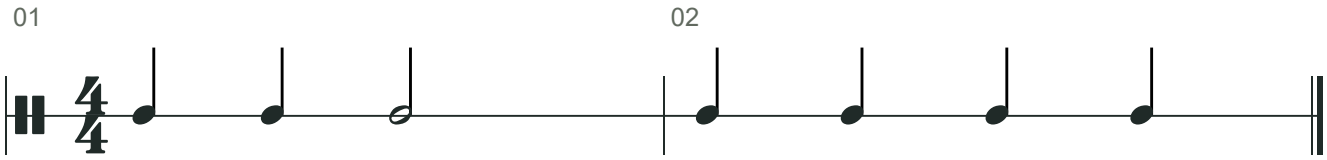
Steady pulse: quarters and a half note

Beginner 1 · 4/4 · 2 measures · 72 quarter-note BPM · Practice sheet

Name: _____ Date: _____

Start with one clap per quarter note. Hold the half note for two beats without adding a second clap.



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.

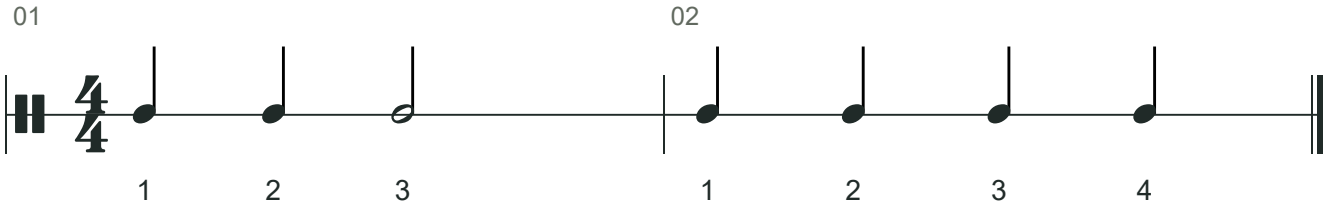
Listen to this exact exercise: https://rhythmrandomizer.org/?meter=4%2F4&bars=2&tempo=72&difficulty=beginner&rests=0&dotted=0&triplets=0&seed=lesson-steady-5

Rhythm Randomizer · Free music practice

Steady pulse: quarters and a half note

Beginner 1 · 4/4 · 2 measures · 72 quarter-note BPM · Counting key

Start with one clap per quarter note. Hold the half note for two beats without adding a second clap.



How to count it

Measure 1: clap on 1, 2, and 3; hold the half note through 4. Measure 2: clap on 1, 2, 3, and 4. Keep saying all four beats evenly.

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-steady-5

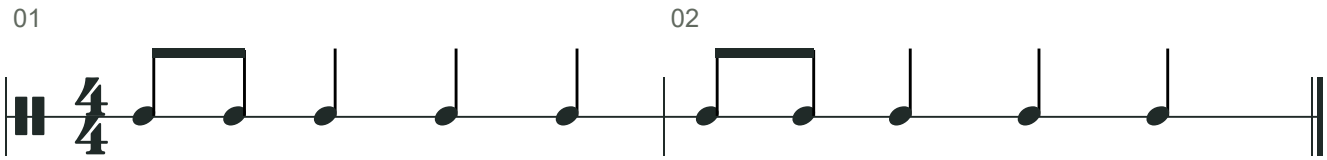
Rhythm Randomizer · Free music practice

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.

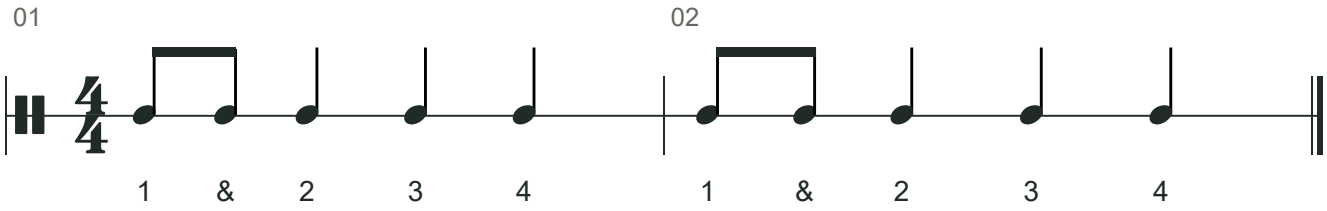
Listen to this exact exercise: https://rhythmrandomizer.org/?meter=4%2F4&bars=2&tempo=72&difficulty=beginner&rests=0&dotted=0&triplets=0&seed=lesson-eighths-0

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

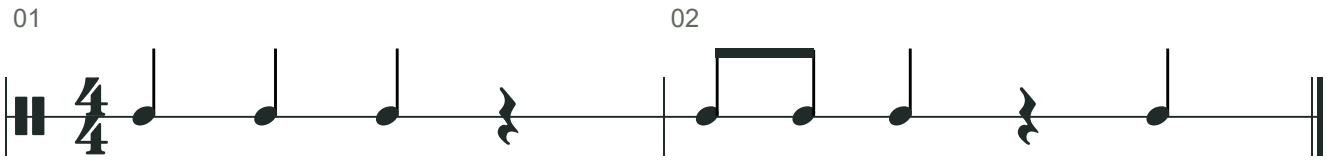
Rhythm Randomizer · Free music practice

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.

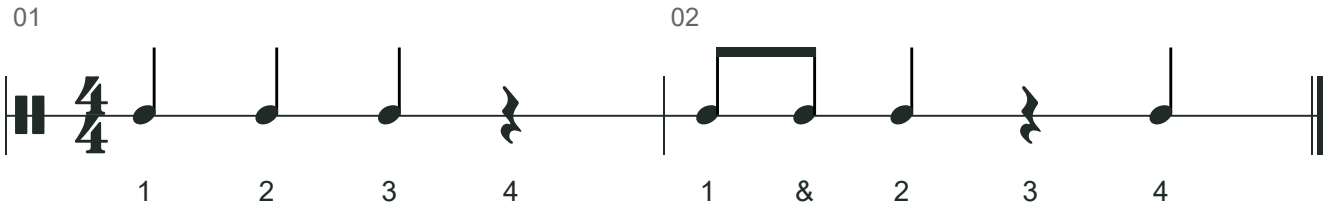
Listen to this exact exercise: https://rhythmrandomizer.org/?meter=4%2F4&bars=2&tempo=72&difficulty=beginner&rests=1&dotted=0&triplets=0&seed=lesson-rests-0

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

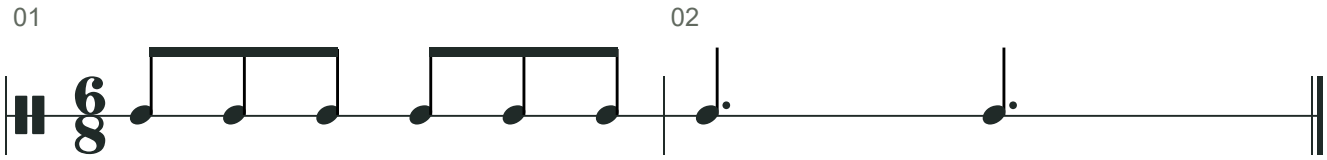
Rhythm Randomizer · Free music practice

Six eighths, two main beats

Compound meter · 6/8 · 2 measures · 60 dotted-quarter BPM · Practice sheet

Name: _____ Date: _____

Feel two large beats, each divided into three. Compare six eighth notes with two dotted-quarter notes.



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.

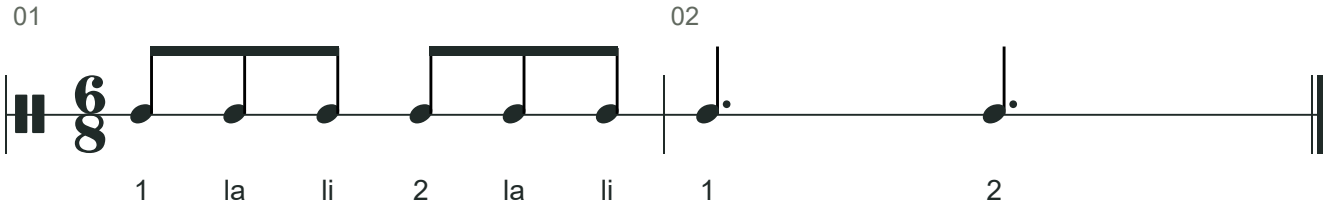
Listen to this exact exercise: https://rhythmrandomizer.org/?meter=6%2F8&bars=2&tempo=60&difficulty=beginner&rests=0&dotted=1&triplets=0&seed=lesson-compound-89

Rhythm Randomizer · Free music practice

Six eighths, two main beats

Compound meter · 6/8 · 2 measures · 60 dotted-quarter BPM · Counting key

Feel two large beats, each divided into three. Compare six eighth notes with two dotted-quarter notes.



How to count it

Measure 1: clap 1 la li 2 la li, with a gentle emphasis on 1 and 2. Measure 2: clap on 1 and 2 only; each dotted quarter lasts for one complete la-li group. The playback tempo is dotted-quarter beats per minute.

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=6%2F8&bars=2&tempo=60&difficulty=beginner&rests=0&dotted=1&triplets=0&seed=lesson-compound-89

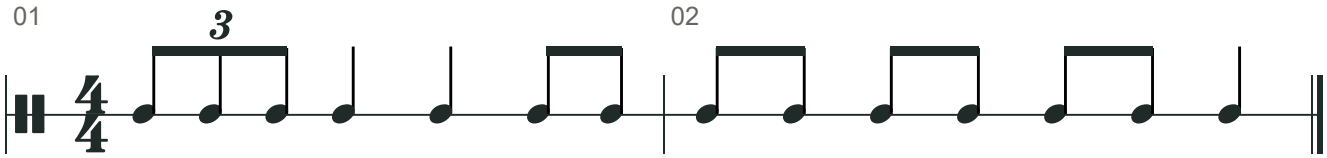
Rhythm Randomizer · Free music practice

Three subdivisions, then two

Subdivision study · 4/4 · 2 measures · 60 quarter-note BPM · Practice sheet

Name: _____ Date: _____

Fit three equal notes into beat 1, then compare them with pairs of ordinary eighth notes.



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.

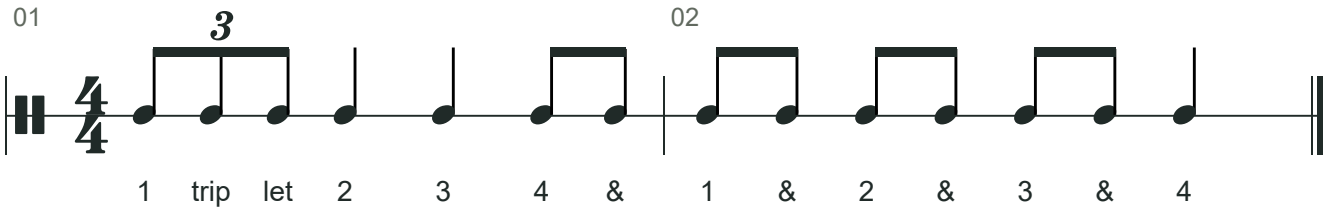
Listen to this exact exercise: https://rhythmrandomizer.org/?meter=4%2F4&bars=2&tempo=60&difficulty=beginner&rests=0&dotted=0&triplets=1&seed=lesson-triplets-9

Rhythm Randomizer · Free music practice

Three subdivisions, then two

Subdivision study · 4/4 · 2 measures · 60 quarter-note BPM · Counting key

Fit three equal notes into beat 1, then compare them with pairs of ordinary eighth notes.



How to count it

Measure 1: clap 1 trip let, 2, 3, 4 &. Measure 2: clap 1 &, 2 &, 3 &, 4. Three triplet eighths occupy one quarter-note beat, exactly as two ordinary eighths do.

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=60&difficulty=beginner&rests=0&dotted=0&triplets=1&seed=lesson-triplets-9