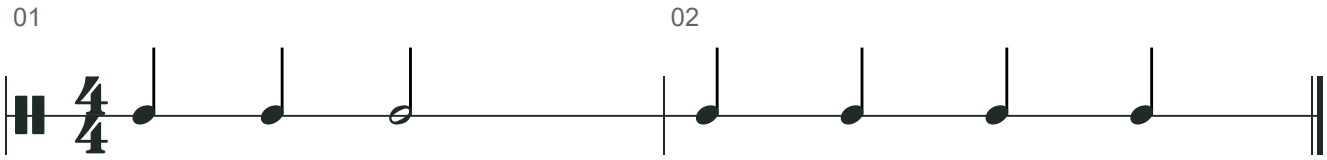
Steady pulse: quarters and a half note

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.

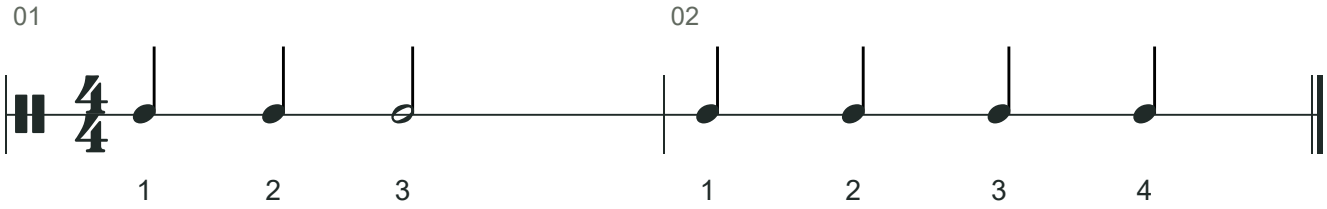
Listen to this exact exercise: https://rhythmrandomizer.org/?meter=4%2F4&bars=2&tempo=72&difficulty=beginner&rests=0&dotted=0&triplets=0&seed=lesson-steady-5

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