

Rhythm Practice - Level 1

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Staff 1: A four-measure exercise. Measure 1: quarter, quarter, quarter, quarter. Measure 2: quarter, quarter rest, quarter, quarter rest. Measure 3: quarter, quarter, quarter, quarter rest. Measure 4: quarter, quarter, quarter, quarter rest.

Staff 2: A four-measure exercise. Measure 1: quarter, quarter rest, quarter, quarter rest. Measure 2: quarter, quarter, quarter, quarter. Measure 3: quarter rest, quarter, quarter, quarter. Measure 4: quarter, quarter rest, quarter, quarter rest.

Staff 3: A four-measure exercise. Measure 1: quarter rest, quarter, quarter rest, quarter. Measure 2: quarter rest, quarter, quarter, quarter. Measure 3: quarter, quarter rest, quarter rest, quarter. Measure 4: quarter rest, quarter, quarter, quarter rest.

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Staff 4: A four-measure exercise. Measure 1: quarter, quarter, quarter rest, quarter. Measure 2: quarter rest, quarter, quarter, quarter rest. Measure 3: quarter, quarter rest, quarter, quarter rest. Measure 4: quarter, quarter rest, quarter rest, quarter.

Staff 5: A four-measure exercise. Measure 1: quarter rest, quarter rest, quarter, quarter rest. Measure 2: quarter, quarter rest, quarter rest, quarter. Measure 3: quarter rest, quarter, quarter rest, quarter. Measure 4: quarter rest, quarter, quarter, quarter.

Staff 6: A four-measure exercise. Measure 1: quarter, quarter rest, quarter rest, quarter. Measure 2: quarter, quarter rest, quarter, quarter rest. Measure 3: quarter rest, quarter rest, quarter rest, quarter rest. Measure 4: quarter, quarter rest, quarter, quarter.

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Staff 7: A four-measure exercise. Measure 1: quarter, quarter, quarter, quarter. Measure 2: eighth, eighth, eighth, eighth, quarter. Measure 3: quarter, quarter, quarter, quarter. Measure 4: eighth, eighth, eighth, eighth, quarter.

Staff 8: A four-measure exercise. Measure 1: quarter, eighth, eighth, quarter. Measure 2: quarter, quarter, quarter, quarter. Measure 3: quarter, eighth, eighth, quarter. Measure 4: quarter, quarter, quarter, quarter.

Staff 9: A four-measure exercise. Measure 1: eighth, eighth, eighth, eighth, quarter. Measure 2: quarter, eighth, eighth, quarter. Measure 3: eighth, eighth, eighth, eighth, quarter. Measure 4: quarter, eighth, eighth, quarter.

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Staff 10: A four-measure exercise. Measure 1: quarter, eighth, eighth, quarter, quarter rest. Measure 2: eighth, eighth, eighth, eighth, quarter, quarter rest. Measure 3: quarter, quarter rest, eighth, eighth, eighth, eighth. Measure 4: quarter, eighth, eighth, quarter, quarter rest.

Staff 11: A four-measure exercise. Measure 1: eighth, eighth, quarter, quarter rest, quarter. Measure 2: eighth, eighth, quarter, quarter rest, quarter. Measure 3: eighth, eighth, eighth, eighth, quarter, quarter. Measure 4: quarter, quarter rest, quarter, quarter rest.

Staff 12: A four-measure exercise. Measure 1: quarter rest, quarter, quarter, eighth, eighth. Measure 2: quarter rest, quarter, eighth, eighth, eighth, eighth. Measure 3: quarter rest, quarter, quarter rest, quarter. Measure 4: eighth, eighth, eighth, eighth, quarter, quarter.