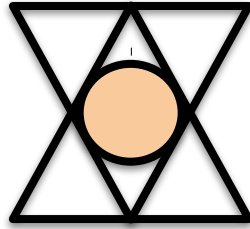


MASTER STUDENT BOOKS



RHYTHM GYM

GET SHREDDED!

1.5 year / 6 quarter program

*From Beginning to Advanced in
ten minutes per day, six days per week*

For Solo or Group Instruction

+ MAD LIBS DRUMMING

LEVELS 1 - 6

Din Huerta

YAMHILLMUSIC.COM

Yamhill Music Studios

Accent Guide: Quarter Notes

Standard way to count: “ **ONE, TWO, THREE, FOUR** ” etc.

Standard symbols: **1 2 3 4 etc.**

Categories				
Fruits	pear	lime		
Veggies	yam			
Other foods	yum!			
Animas	bear			
Insects/ bugs	tick			
Motivational	yeah!	nice!	woah!	go!
Greetings	hi	yar		
Gratitude	thanks			
Characters 1	Bugs / Taz	Link / Toad	Mew	Rey
Characters 2				
Auto makers	ford	dodge		
Musicians	Bach!			
Beverages	Surge!	tea	coke	rum
Scientific				
Sci-fi				
Nat.disasters	flood	drought		
Social politics				
Celebrities				
Places	Maine			

Accent Guide: Eighth Notes (accent on 1st syllable)

“ ONE, and, TWO, and, THREE, and FOUR, and” etc.

1 + 2 + 3 + 4 + etc.

Categories				
Fruits	“ <u>A</u> -pple”	“ <u>MAN</u> -go”		
Veggies	“ <u>CAR</u> -rot”			
Other foods	“ <u>TA</u> -co”			
Animals	“ <u>EA</u> -gle”	“ <u>CHI</u> -cken”	“ <u>E</u> -mu”	
Insects / bugs	“ <u>SPI</u> -der”			
Motivational	“ <u>SU</u> -per”	“ <u>BUE</u> -no”		
Greetings	“ <u>MA</u> -tey”	“ <u>HO</u> -la”		
Gratitude	“ <u>PRE</u> -go”	<u>THANK</u> you”		
Characters 1	“ <u>YO</u> -da”	“ <u>GAN</u> -dalf”	“ <u>GOL</u> -lum”	“ <u>YO</u> -shi”
Characters 2	“ <u>LEI</u> -a”	“ <u>EE</u> -vie”	“ <u>BOW</u> -ser”	“ <u>KIR</u> -by”
Auto makers	“ <u>HON</u> -da”	“ <u>KI</u> -a”		
Musicians	“ <u>MO</u> -zart”	“ <u>BAR</u> -tok”		
Beverages	“ <u>COF</u> -fee”	“ <u>MO</u> -cha”	“ <u>PEP</u> -si”	“ <u>WHIS</u> -ky”
Scientific	“ <u>CAR</u> -bon”	“ <u>TAB</u> -let”		
Sci-fi	“ <u>MU</u> -tant”	“ <u>AN</u> -droid”		
Nat.disasters	“ <u>BLIZ</u> -zard”	“ <u>HEAT</u> Dome”	“ <u>CY</u> -clone”	
Social politics				
Celebrities	“ <u>SNOOP</u> Dog”			
Places	“ <u>TE</u> -xas”			

Accent Guide: Eighth Notes (accent on 2nd syllable)

“ one, AND, two, AND, three, AND four, AND “ etc.

1 + 2 + 3 + 4 + etc.

Categories				
Fruits				
Veggies	“Mor- <u>EL</u> ”	“Bok- <u>CHOY</u> ”		
Other foods	“Pa- <u>STÉL</u> ”			
Animals	“Rac- <u>COON</u> ”			
Insects / bugs				
Motivational	“Ah- <u>HA</u> ”	“O- <u>KAY</u> ”	“All- <u>RIGHT</u> ”	“Of <u>COURSE</u> ”
Greetings	“A- <u>DIÓS</u> ”	“A- <u>HOY</u> ”		
Gratitude				
Characters 1				
Characters 2				
Auto makers	“Rolls <u>ROYCE</u> ”			
Musicians	“Cho- <u>PIN</u> ”	“Sa- <u>TIE</u> ”	“Ra- <u>VEL</u> ”	
Beverages		“ca- <u>FE</u> ”	“Mer- <u>LOT</u> ”	
Scientific				
Sci-fi				
Nat.disasters	“ty- <u>PHOON</u> ”	“Mon- <u>SOON</u> ”		
Social politics				
Celebrities	“Jay- <u>Z</u> ”			
Places	“New- <u>YORK</u> ”			

Accent Guide: Triplet (*Eighths*) (accent on 1st syllable)

“ONE, ee, uh, TWO, ee, uh, THREE, ee, uh, FOUR, ee, uh “ etc.

1 e a 2 e a 3 e a 4 e a etc.

Categories			
Fruits	“ <u>PINE</u> -ap-ple”	“ <u>CO</u> -co-nut”	
Veggies	“ <u>CE</u> -ler-y”		
Other foods	“ <u>OR</u> -e-o”	<u>Piz</u> -za Hut”	
Animals	“ <u>E</u> -le-phant”	“ <u>WAL</u> -la-by”	
Insects / bugs	“ <u>GRASS</u> Hop-per”		
Motivational	“ <u>EX</u> -cel-lent”	“ <u>CER</u> -tain-ly”	
Greetings			
Gratitude	“ <u>GRÁ</u> -ci-as”		
Characters 1	“ <u>PI</u> -ka-chu”	“ <u>AR</u> -a-gorn”	“ <u>LE</u> -go-las”
Characters 2	“ <u>CHAR</u> -man-der”	“ <u>MAR</u> -i-o”	
Auto makers	“ <u>A</u> -cu-ra”		
Musicians	“ <u>BEET</u> -ho-ven”		
Beverages	“ <u>GIN</u> -ger ale”		
Scientific	“ <u>TEL</u> -es-cope”	“ <u>RA</u> -di-o”	
Sci-fi	“ <u>TIME</u> tra-vel”	“ <u>A</u> -li-en”	
Nat.disasters	“ <u>HUR</u> -ri-cane”		
Social politics	“ <u>MO</u> -nar-chy”		
Celebrities	“ <u>ZUCK</u> -er-berg”		
Places	“ <u>I</u> -da-ho”		

Accent Guide: Triplet (*Eighths*) (accent on 2nd syllable)

“one, *EE*, uh, two, *EE*, uh, three, *EE*, uh, four, *EE*, uh “ etc.

1 e a 2 e a 3 e a 4 e a etc.

Categories			
Fruits	“Ba- <u>NA</u> -na”		
Veggies	“Po- <u>TA</u> -to”	“Zuc- <u>CHI</u> -ni”	
Other foods	“To- <u>STA</u> -da”	“Mc- <u>FLUR</u> -ry”	
Animals	“Go- <u>RIL</u> -la”	“Fla- <u>MIN</u> -go”	“Ko- <u>A</u> -la”
Insects / bugs	“ar- <u>ACH</u> -nid”	“mos- <u>QUI</u> -to”	
Motivational	“A- <u>MA</u> -zing”	“I <u>GOT</u> it”	
Greetings	“A- <u>LO</u> -ha”		
Gratitude	“De <u>NA</u> -da”	“You’re <u>WEL</u> -come”	“Ma- <u>HA</u> -lo”
Characters 1	“Chew- <u>BAC</u> -ca”	“Lu- <u>I</u> -gi”	
Characters 2			
Auto makers	“Hy- <u>UN</u> -dai”	“Toy- <u>O</u> -ta”	
Musicians	“Scar- <u>LAT</u> -ti”	“Vi- <u>VAL</u> -di”	“Stra- <u>VIN</u> -ski”
Beverages	“es- <u>PRES</u> -so”	“Te- <u>QUI</u> -la”	“Pibb <u>X</u> -tra”
Scientific	“com- <u>PU</u> -ter”		
Sci-fi			
Nat.disasters	“Tor- <u>NA</u> -do”		
Social politics	“the- <u>SAUR</u> -us”		
Celebrities	“Vin <u>DIE</u> -sel”	“Sha- <u>KI</u> -ra”	
Places	‘Ken- <u>TU</u> -cky”	“O- <u>HI</u> -o”	

Accent Guide: Triplet (*Eighths*) (accent on 3rd syllable)

“one, ee, *UH*, two, ee, *UH*, three, ee, *UH*, four, ee, *UH*” etc.

1 e a 2 e a 3 e a 4 e a etc.

Categories			
Fruits			
Veggies			
Other foods	“Ta-co <u>BELL</u> ”		
Animals	“Chim-pan- <u>ZEE</u> ”	“Kan-ga- <u>ROO</u> ”	
Insects / bugs			
Motivational	“un-der- <u>STOOD</u> ”		
Greetings			
Gratitude			
Characters 1	“Ra-pha- <u>EL</u> ”	“El-mer <u>FUDD</u> ”	“Bo-ba <u>FETT</u> ”
Characters 2	“Prin-cess <u>PEACH</u> ”		
Auto makers	“Che-vro- <u>LET</u> ”		
Musicians	“De-bu- <u>SSY</u> ”		
Beverages	“Moun-tain <u>DEW</u> ”	“7 <u>UP</u> ”	“Pi-not <u>NOIR</u> ”
Scientific			
Sci-fi	“U-F- <u>Q</u> ”		
Nat.disasters			
Social politics			
Celebrities	“Ja-ckie <u>CHAN</u> ”	“Em-i- <u>NEM</u> ”	“Kan-ye <u>WEST</u> ”
Places	“Ten-nes- <u>SEE</u> ”		

Accent Guide: Sixteenth Notes (accent on 1st syllable)

“ ONE ee and uh TWO ee and uh THREE ee and uh FOUR ee and uh “

1 e + a 2 e + a 3 e + a 4 e + a

Categories			
Fruits	“ <u>WA</u> -ter-me-lon”		
Veggies			
Other foods			
Animals	“ <u>AL</u> -li-ga-tor”	“ <u>KOO</u> -ka-bur-ra”	
Insects / bugs	“ <u>CA</u> -ter-pil-lar”		
Motivational	“ <u>DE</u> -fin-ite-ly”		
Greetings			
Gratitude			
Characters 1	“ <u>BA</u> -by Yo-da”		
Characters 2			
Auto makers			
Musicians			
Beverages			
Scientific	“ <u>AL</u> -go-ri-thm”	“ <u>DIC</u> -tion-ar-y”	“ <u>TE</u> -le-vi-sion”
Sci-fi			
Nat.disasters	“ <u>WI</u> -ld fi-re”		
Social politics	“ <u>COM</u> -mu-ni-sm”		
Celebrities			
Places			

Accent Guide: Sixteenth Notes (accent on 2nd syllable)

“ one EE and uh two EE and uh three EE and uh four EE and uh “

1 e + a 2 e + a 3 e + a 4 e + a

Categories			
Fruits			
Veggies			
Other foods	“A- <u>RU</u> -gu-la”		
Animals	“Tri- <u>CER</u> -a-tops”	“O- <u>RANG</u> -u-tan”	
Insects / bugs			
Motivational			
Greetings			
Gratitude			
Characters 1	“C- <u>3</u> -P-O”	“Lord <u>VOL</u> -de-mort”	“Tom <u>BOM</u> -ba-dil”
Characters 2	“Ga- <u>LAD</u> -ri-el”		
Auto makers			
Musicians	“Si- <u>BE</u> -li-us”	“Rach- <u>MAN</u> -in-off”	
Beverages			
Scientific	“bi- <u>NOC</u> -u-lars”		
Sci-fi	“Te- <u>LE</u> -pa-thy”	“Vi- <u>BRA</u> -ni-um”	
Nat.disasters			
Social politics	“De- <u>MO</u> -cra-cy”	“A- <u>MER</u> -i-can”	
Celebrities	“Jack <u>NICH</u> -ol-son”		
Places	“Mon- <u>GO</u> -li-a”	“New <u>ME</u> -xi-co”	

Accent Guide: Sixteenth Notes (accent on 3rd syllable)

“ one ee AND uh two ee AND uh three ee AND uh four ee AND uh “

1 e + a 2 e + a 3 e + a 4 e + a

Categories			
Fruits	“A-vo- CA -do”		
Veggies			
Other foods			
Animals	“Ste-go- SAUR -us”		
Insects / bugs			
Motivational	“Ex-cel- LEN -te”	“ab-sol- UTE -ly”	
Greetings			
Gratitude			
Characters 1	“Le-o- NAR -do”	“Fog-horn LEG -horn”	“R-2- D -2”
Characters 2	“ Har -ry POT -ter”	“ Bil -bo BAG -gins”	“Prin-cess ZEL -da”
Auto makers	“Mit-su- BI -shi”		
Musicians	“Sho-sta- KO -vich”		
Beverages	“Cap-pu- CCI -no”	“Mar-ga- RI -ta”	“mel-low- YEL -low”
Scientific			
Sci-fi			
Nat.disasters			
Social politics	“Ri-chard NI -xon”		
Celebrities	“Ed-die MUR -phy”		
Places	“Mis-sis- SIP -pi”	“Ca-li- FOR -nia”	

Accent Guide: Sixteenth Notes (accent on 4th syllable)

“ one ee and UH two ee and UH three ee and UH four ee and UH “

1 e + a 2 e + a 3 e + a 4 e + a

Categories			
Fruits			
Veggies			
Other foods			
Animals			
Insects / bugs			
Motivational			
Greetings			
Gratitude			
Characters 1	“Pe-pé le <u>PEW</u> ”	“ Jab -ba the <u>HUT</u> ”	Pro- Fes -sor <u>SNAPE</u>
Characters 2			
Auto makers			
Musicians			
Beverages	“SI-er-ra <u>MIST</u> ”		
Scientific			
Sci-fi			
Nat.disasters			
Social politics	“E-S-P- <u>N</u> ”		
Celebrities	“Jo- <u>Sé</u> Jo- <u>SÉ</u> ”	Ce-line Di- <u>ON</u> ”	
Places	“Mi-cho-a- <u>CÁN</u> ”		

ACCENT GUIDE

(Quadruplet) Sixteenth Notes

Accent on **1st Syllable**

“**AL**-li-ga-tor”
 “**COM**-mu-ni-sm”
 “**KOO**-ka-bur-ra”
 “**BA**-by Yo-da”
 “**WA**-ter-me-lon”
 “**AL**-go-ri-thm”

Accent on **2nd Syllable**

“De-**MO**-cra-cy” “Lord **VOL**-de-mort”
 “Mon-**GO**-li-a” “Tom **BOM**-ba-dil”
 “Tri-**CER**-a-tops” “Ga-**LAD**-ri-el”
 “O-**RANG**-u-tan” “Vi-**BRA**-ni-um”
 “New **ME**-xi-co” “Jack **NICH**-ol-son”
 “C-**3**-P-O” “A-**RU**-gu-la”
 “Te-**LE**-pa-thy”

Accent on **3rd Syllable**

“Cap-pu-**CCI**-no” “Mis-sis-**SIP**-pi”
 “Ex-cel-**LEN**-te” “Fog-horn **LEG**-horn”
 “Mis-sis-**SIP**-pi” “Mit-su-**BI**-shi”
 “Le-o-**NAR**-do” “R-2-**D**-2”
 “Ste-go-**SAUR**-us” “Har-ry **POT**-ter”
 “Mar-ga-**RI**-ta” “Bil-bo **BAG**-gins”
 “Ed-die **MUR**-phy” “A-vo-**CA**-do”

Accent on **4th Syllable**

“E-S-P-**N**”
 “Mi-cho-a-**CÁN**”
 “Pe-pé le **PEW**”
 “Jo-**Sé** Jo-**SÉ**”
 “Jab-ba the **HUT**”
 “Pro-Fes-sor **SNAPE**”

STANDARD WAY TO COUNT

“ONE - EE - AND - UH - TWO - EE - AND - UH - THREE - EE - AND - UH - FOUR - EE - AND - UH”

1 e + a 2 e + a 3 e + a 4 e + a

ACCENT GUIDE

Quintuplet (Sixteenth) Notes

Accent on **1st Syllable**

“**CA**-pi-ta-li-sm”

Accent on **2nd Syllable**

“As-**CE**-ti-ci-sm”

Accent on **3rd Syllable**

“Hip-po-**POT**-a-mus”

“Mi-chel-**AN**-ge-lo”

“Cos-mo-**POL**-i-tan”

“BMW”

“Ad-a-**MAN**-ti-um”

“Kim Kar-**DASH**-i-an”

Accent on **4th Syllable**

“Ar-ti-cu-**LA**-tion”

“Gua-da-la-**JAR**-a”

“**Spee**-dy Gon-**ZA**-les”

“Pi-ña Co-**LA**-da”

“Her-**Mio**-ne **GRAN**-ger”

“**Dan**-ny De-**VI**-to”

“**Te**-le-por-**TA**-tion”

Accent on **5th Syllable**

“L-M-N-O-**P**”

“Yo-**Se**-mi-te **SAM**”

“Syl-**VES**-ter Stal-**LONE**”

“A-le-**Jan**-dro **SANS**”

“Mu-**Ham**-mad A-**LI**”

ACCENT GUIDE

Sextuplet (Sixteenth) Notes

Accent on
2nd Syllable

“Co-LO-ni-al-ism”

Accent on
3rd Syllable

“Te-le-VAN-gel-ism”

Accent on
4th Syllable

“Se-mi-e-LIP-ti-cal”

“Ki-**ne**-tic EN-er-gy”

“Pro-**Fes**-sor DUM-ble-dor”

“**Glor**-i-a ES-te-fan”

“**Ex**-tra-ter-RES-tri-al”

Accent on
5th Syllable

“A-ci-di-fi-CA-tion”

“To-tal-ly Fan-TAS-tic”

“YA-da YA-da YA-da”

“Taz-**Ma**-ni-an DEV-il”

“Vin-**Cen**-te Fer-NAN-dez”

Accent on
6th Syllable

“Ca-ber-**Net** Sau-vi-GNON”

“Ty-**Ran**-no-**Saur**-us REX”

“An-gel-**In**-a Jo-LIE”

ACCENT GUIDE

Septuplet (Sixteenth) Notes

Accent on
2nd Syllable

“A-MA-zing-ly Beau-ti-ful”

Accent on
3rd Syllable

“Ve-ge-TAR-i-an-i-sm

Accent on
4th Syllable

Accent on
5th Syllable

“Ev-ry-bo-dy EV-ry-where”

“Au-to-bi-o-GRA-phi-cal”

“En-Ri-que I-GLE-si-as”

Accent on
6th Syllable

Accent on
7th Syllable

“To-tal-ly Ex-cel-LÉN-te”

“De-**Cri**-mi-nal-i-ZA-tion”

“An-thro-po-**Mor**-phi-ZA-tion”

ACCENT GUIDE

(Octuplet) Thirty-Second Notes

Accent on
2nd Syllable

Accent on
3rd Syllable

Accent on
4th Syllable

Accent on
5th Syllable

“Ma-chi-a-VEL-li-an-i-sm

“Hy-dro-Chlor-o-FLOUR-o-car-bon”

Accent on
6th Syllable

Accent on
7th Syllable

“E-**Lec**-tro-gra-vi-TA-tion-al”

“De-**O**-xy-**Ri**-bo-nu-CLE-ic”

“Na-no-**Bi**-o-tech-NOL-o-gy”

“Cor-**O**-na Con-tam-i-NA-tion”

“So-ci-o-e-co-LOG-i-cal”

“Le-o-**Nar**-do Di-CAP-ri-o”

LEVEL 4

More Fractions & Time Signatures

Week 1

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

Week 7

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

Week 2

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

Week 8

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

Week 3

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

Week 9

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

Week 4

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

Week 10

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

Week 5

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
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Week 11

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
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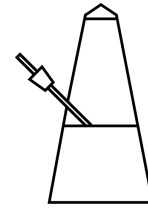
Week 6

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

Week 12

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

- Set Your Timer for 1 Minute Per Exercise
- Set your Metronome for designated tempo
- Check off box after workout is completed
- Stretch, You're done!



Level 4 : Week 1

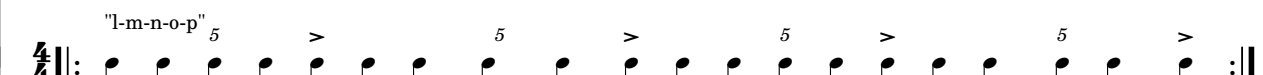
Sixteenth Note Quintuplets

#1. "capitalism" 

#2. "ascetism" 

#3. "hippopotamus" 

#4. "articulation" 

#5. "l-m-n-o-p" 

#6. "capitalism - communism - hippopotamus - amazing" 

Level 4 : Week 2

Sixteenth Note Sextuplets

#1. "televangelism"

#2. "semi-elliptical"

#3. "totally fantastic"

#4. "yada yada yada"

#5. "colonialism"

#6. "kinetic energy"

Level 4: Week 3

Wrapping up Sextuplets & Combinations

#1. **4/4** **||:** "acidification" 6 6 6 6 :||

#2. **4/4** **||:** "monarchy - ascetisism - Raphael - articulation" 3 5 3 5 :||

#3. **4/4** **||:** "l-m-n-o-p - elephant - hippopotamus - Raphael" 5 3 5 3 :||

#4. **4/4** **||:** "alligator - capitalism - asceticism - l-m-n-o-p" 5 5 5 5 :||

#5. **4/4** **||:** "semi-elliptical - amazing - colonialism - 4-e-a" 6 3 6 3 :||

#6. **4/4** **||:** "alligator - kinetic energy - ok-ok - acidification" 6 6 6 6 :||

Level 4 : Week 4

Sixteenth Note Septuplets

#1. "autobiographical"

#2. "totally excellente"

#3. "amazingly beautiful"

#4. "vegetarianism"

#5. "anthropomorphization"

#6. "decriminalization"

Level 4 : Week 5

Thirty Second Notes Octuplets

Count Standard "1 d e d + d a d" etc...

#1. 

#2. 

#3. 

#4. 

#5. 

#6. 

Level 4 : Week 6

Wrapping Up Octuplets & Combinations

#1. **2/4** "corona contamination" 

#2. **2/4** "deoxyribonucleic" 

#3. **2/4** count standard 

#4. **2/4** count standard 

#5. **2/4** count standard 

#6. **2/4** "electrogravitational - totally excellente" 

Level 4 : Week 7

Compound Time Signatures: 3/8

"1 - 2 - 3 -- 1 - 2 - 3" -- etc.

#1. 

"1 - 2 - 3 -- 1 - 2 - 3" -- etc.

#2. 

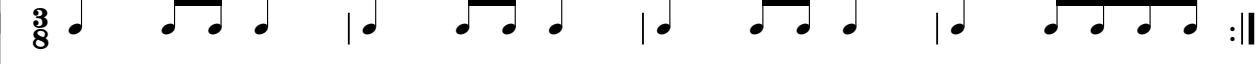
"1 - 2 - 3 -- 1 - 2 - 3" -- etc.

#3. 

"1 - 2 - 3 and -- 1 - 2 - 3 and -- 1 - 2 - 3 and -- 1 and 2 and 3 and"

#4. 

"1 - 2 and - 3 -- 1 - 2 and - 3 -- 1 - 2 and - 3 -- 1 - 2 and - 3 and"

#5. 

"1 and - 2 - 3 -- 1 and - 2 - 3 - 1 and - 2 - 3 - 1 and - 2 and - 3"

#6. 

Level 4 : Week 8
Compound Time Signatures: 6/8

#1. "1 2 3 4 5 6" etc.



#2. "1 2 3 4 5 6" etc.



#3. "1 2 3 4 5 6" etc.



#4. "1 2 3 + 4 5 6 + 1 2 3 + 4 + 5 + 6 +" etc.



#5. "1 + 2 + 3 + 4 e + a 5 e + a 6 e + a" etc.



#6. "1 2 3 4 5 6 1 2 3 4 5 6" etc.



Level 4: Week 9
Compound Time Signatures: 9/8

"1 2 3 4 5 + 6 7 8 9"

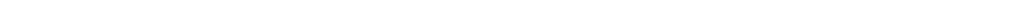
[illegible]

"1 + 2 3 4 5 + 6 7 8 9 +"

#2.

Musical notation for exercise #2. It consists of two measures. The first measure contains a half note G4, followed by a quarter rest, then eighth notes A4 and B4, and finally a quarter note C5. The second measure contains a half note D5, followed by a quarter rest, then eighth notes E5 and F5, and finally a quarter note G5. The piece ends with a repeat sign.

"1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 + 9 +"

#3. 

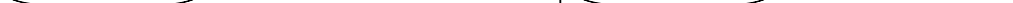
"1 2 3 4 5 6 7 8 9"

#4. $\frac{9}{8}||$: ♩ . ♩ . $|$ ♩ . ♩ . $:||$

"1 2 3 + 4 5 6 7 8 9"

[illegible]

1 2 3 4 5 6 + 7 8 9

#6. 

Level 4: Week 10

Compound Time Signatures: 12/8

#1. $\text{12}\over{8}$ ||: "1 2 3 4 5 6 7 8 9 10 11 12"
 :||

#2. $\text{12}\over{8}$ ||: "1 2 3 4 + 5 + 6 + "sev" 8 9 10 e + a "el" e + a "twel" e + a"
 :||

#3. $\text{12}\over{8}$ ||: "1 2 3 4 5 6 7 8 9 10 11 12"
 :||

#4. $\text{12}\over{8}$ ||: "1 2 + 3 4 + 5 6 "sev" 8 + 9 10 "el" "twel"
 :||

#5. $\text{12}\over{8}$ ||: "1 2 3 4 5 6 7 + 8 + 9 10 11 + 12"
 :||

#6. $\text{12}\over{8}$ ||: "1 2 3 4 + 5 + 6 7 + 8 + 9 10 11 12"
 :||

Level 4: Week 11

Cut Time: 2/2

#1. "1 - 2"

#2. "1 + 2 +"

#3. "1 2 e + a"

#4. "1 e + 2 e + 1 + 2"

#5. "1 + 2 + 1 e + a 2 +"

#6. "1 + 2 e + a 1 e + a 2"

Level 4: Week 12

3/2

#1. 3/2 "1 2 3" 1 + 2 + 3 +"

#2. 3/2 "1 + 2 e + a" 1 e + 2 + 3"

#3. 3/2 "1 + 2 + 3" 1 + 2 + 3 e + a"

#4. 3/2 "1 + 2 e + a 3" 1 e + a 2 e + a 3 e + a"

#5. 3/2 "1 d e d + d a d 2 d e d + d a d 3 d e d + d a d" 1 e + a 2 e + a 3 e + a"

#6. 3/2 "1 + a 2 + a 3 + a" 1 e + 2 e + 3 e +"

LEVEL 5

Swing Rhythms & Jazz

Week 1

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
---------------------	-----------	-----------	------------	------------	-------------

Week 7

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
---------------------	-----------	-----------	------------	------------	-------------

Week 2

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
---------------------	-----------	-----------	------------	------------	-------------

Week 8

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
---------------------	-----------	-----------	------------	------------	-------------

Week 3

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
---------------------	-----------	-----------	------------	------------	-------------

Week 9

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
---------------------	-----------	-----------	------------	------------	-------------

Week 4

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
---------------------	-----------	-----------	------------	------------	-------------

Week 10

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
---------------------	-----------	-----------	------------	------------	-------------

Week 5

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
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Week 11

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
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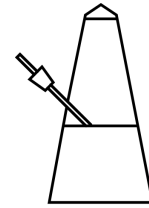
Week 6

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
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Week 12

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
---------------------	-----------	-----------	------------	------------	-------------

- Set Your Timer for 1 Minute Per Exercise
- Set your Metronome for designated tempo
- Check off box after workout is completed
- Stretch, You're done!

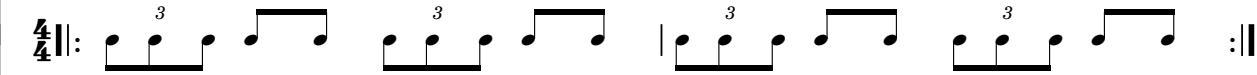


Level 5 : Week 1

Swinging the Rhythm: Basic Swing Rhythms

#1.  :||

#2.  :||

#3.  :||

#4.  :||

#5.  :||

#6.  :||

Level 5 : Week 2

Basic Swing Rhythms: Examples

#1. **from "Swedish Pastry"**

#2. **from "Dizzy Atmosphere"**

#3. **from "Dexterity"**

#4. **from "Four on Six"**

#5. **from "Gee Baby, Ain't I Good to You"**

#6. **from "Tour de Force"**

Level 5 : Week 3

Swinging the Rhythm: Comping Rhythms

Charleston Rhythm

#1. 

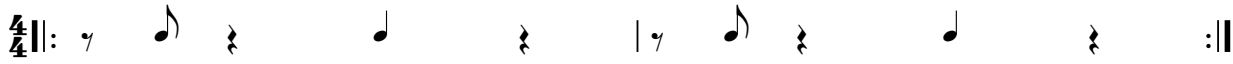
variation 1: adding extra note

#2. 

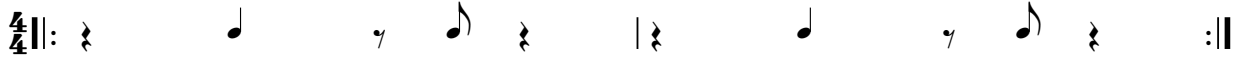
variation 2: adding extra note

#3. 

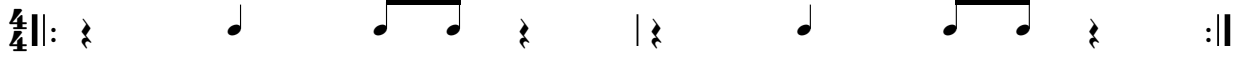
variation 3: shifting the notes later

#4. 

variation 4: shifting the notes later again

#5. 

variation 5: adding an extra note

#6. 

Level 5 : Week 4

Swing Rhythms: More Comping Rhythms

[illegible]

Level 5 : Week 5

Swinging 8th Notes followed by 16th Note Pairs

#1. 

#2. 

#3. 
from "Donna Lee"

#4. 
from "Joy Spring"

#5. 
from "Sweet Georgia Bright"

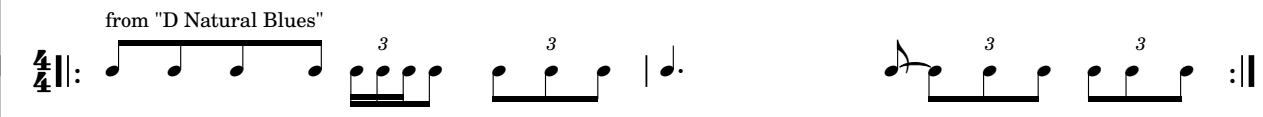
#6. 
from "Oliloqui Valley"

Level 5 : Week 6

Swing Rhythms: Triplet 16ths

#1. 

#2. 
from "Confirmation"

#3. 
from "D Natural Blues"

#4. 
from "Jordu"

#5. 
from "Joy Spring"

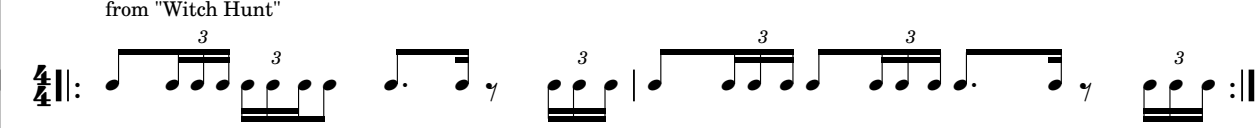
#6. 
from "Sugar"

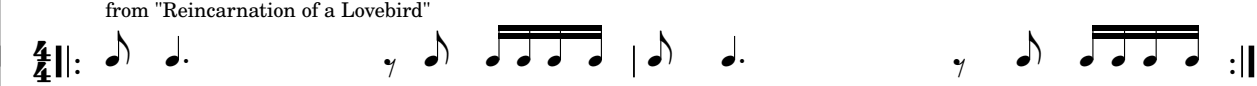
Level 5 : Week 7

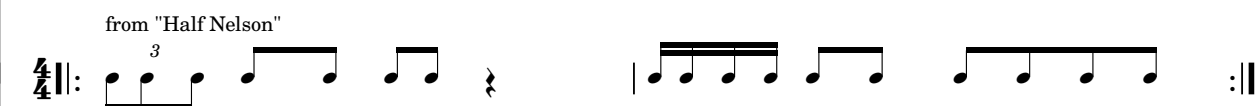
Four on 3: Sixteenth Notes with triplets/swung Eighths

#1. 

#2. 
from "Dexterity"

#3. 
from "Witch Hunt"

#4. 
from "Reincarnation of a Lovebird"

#5. 
from "Half Nelson"

#6. 
from "Armageddon"

Level 5 : Week 8

Swing Rhythms: Triplet Quarter Notes



Level 5 : Week 9

Swing Rhythms: Jazz Waltz 3/4 Time Signature

#1. **3/4**||: from "How My Heart Sings"

#2. **3/4**||: from "The Inch Worm"

#3. **3/4**||: from "Windows"

#4. **3/4**||: from "Footprints"

#5. **3/4**||: from "Three Flowers"

#6. **3/4**||: from "Black Narcissus"

The image displays six musical exercises, each consisting of a four-measure phrase in 3/4 time. Exercise #1, 'How My Heart Sings', features a half note, a quarter note, a half note, and a quarter note. Exercise #2, 'The Inch Worm', features a quarter note, a quarter note, a quarter rest, a quarter note, a quarter note, a quarter rest, a quarter note, and a quarter note. Exercise #3, 'Windows', features a quarter note, a quarter note, a quarter note, a quarter note, a quarter note, a quarter note, a quarter note, and a quarter note. Exercise #4, 'Footprints', features a quarter note, a quarter note, a quarter note, a half note, a quarter note, a quarter note, a half note, and a quarter note. Exercise #5, 'Three Flowers', features a quarter note, a quarter note, a quarter rest, a quarter note, a quarter note, a quarter note, a quarter note, and a quarter note. Exercise #6, 'Black Narcissus', features a quarter rest, a quarter note, a quarter note, a quarter note, a quarter note, a quarter note, a quarter note, and a quarter note.

#1. 

#2. 

#3. 

#4. 

#5. 

#6. 

Level 5 : Week 10

Swing Rhythms: 5/4 Time Signature

#1. $\frac{5}{4}$ ||: 

#2. $\frac{5}{4}$ ||: 

#3. $\frac{5}{4}$ ||: 
from "Take Five" (A section)

#4. $\frac{5}{4}$ ||: 
from "Take Five" (B section)

#5. $\frac{5}{4}$ ||: 
from "Indian Lady" (B section)

#6. $\frac{5}{4}$ ||: 
from "Indian Lady" (C section)

Level 5 : Week 11

Bossa Nova

from "So Nice (Summer Samba)"

[illegible]

from "Look to the Sky"

#2. $\frac{4}{4}$ ||:

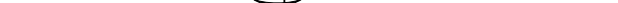
from "Wave"

#3. $\frac{4}{4}$ ||:   |

from "Desafinado"

#4. $\frac{4}{4}$: |

from "Chega De Saudade"

#5. $\frac{4}{4}$: 

from "One Note Samba"

#6. 

#1.

#2.

#3.

#4.

#5.

#6.

Level 5 : Week 12

Swing Rhythms: Extras

#1. **from "D Natural Blues"**

#2. **from "Lonnie's Lament"**

#3. **from "Song for my Father"**

#4. **from "Pithecanthropus Erectus"**

#5. **from "Sweet Georgia Bright"**

#6. **from "Ecclusiastics"**

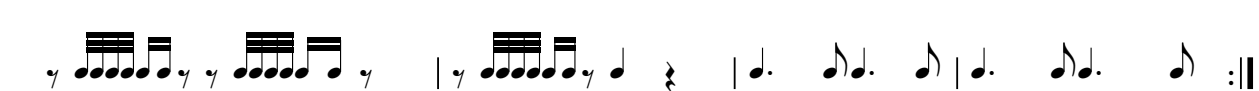
#1. 

#2. 

#3. 

#4. 

#5. 

#6. 

LEVEL 6

32nd Notes

Week 1

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
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Week 7

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

Week 2

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

Week 8

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

Week 3

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
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Week 9

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
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Week 4

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
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Week 10

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

Week 5

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
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Week 11

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
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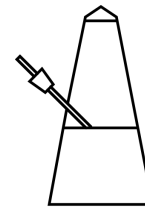
Week 6

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

Week 12

Count Only 60	60 bpm	80 bpm	100 bpm	120 bpm	No Count
------------------	-----------	-----------	------------	------------	-------------

- Set Your Timer for 1 Minute Per Exercise
- Set your Metronome for designated tempo
- Check off box after workout is completed
- Stretch, You're done!



Level 6: Week 1

Thirty Second Notes: Combined with Sixteenth Notes

#1.  :||
1 d e d + d a d 2 d e d + d a d 3 d e d + d a d 4 d e d + d a d

#2.  :||
1 d e d + d a d 2 e + a 3 d e d + d a d 4 e + a

#3.  :||
1 e d + d a d 2 e d + d a d 3 e d + d a d 4 e d + d a d

#4.  :||
1 d e + d a d 2 d e + d a d 3 d e + d a d 4 d e + d a d

#5.  :||
1 d e d + a d 2 d e d + a d 3 d e d + a d 4 d e d + a d

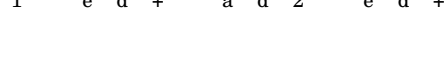
#6.  :||
1 d e d + d a 2 d e d + d a 3 d e d + d a 4 d e d + d a

Level 6: Week 2

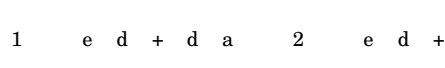
Thirty Second Notes: Combined with Sixteenth Notes

#1. $\frac{4}{4}$ ||:  1 e + d a d 2 e + d a d 3 e + d a d 4 e + d a d :||

#2. $\frac{4}{4}$ ||:  1 e d + a d 2 e d + a d 3 e d + a d 4 e d + a d :||

#3. $\frac{4}{4}$ ||:  1 e d + d a 2 e d + d a 3 e d + d a 4 e d + d a :||

#4. $\frac{4}{4}$ ||:  1 d e + a d 2 d e + a d 3 d e + a d 4 d e + a d :||

#5. $\frac{4}{4}$ ||:  1 d e + d a 2 d e + d a 3 d e + d a 4 d e + d a :||

#6. $\frac{4}{4}$ ||:  1 e + a d 2 e + a d 3 e + a d 4 e + a d :||

Level 6: Week 3

Thirty Second Notes: Combined with Sixteenth Notes: Mixing it up

#1. :||
1 d e + a 2 d e + a 3 d e + a 4 d e + a

#2. :||
1 e d + d a d 2 d e + d a d 3 e d + d a d 4 d e + d a d

#3. :||
1 e d + d a d 2 d e d + a d 3 e d + d a d 4 d e d + a d

#4. :||
1 d e + a d 2 d e + a d 3 d e + a d 4 d e + a d

#5. :||
1 e d + d a d 2 d e d + d a 3 e d + d a d 4 d e d + d a

#6. :||
1 e + d a d 2 d e d + a 3 e + d a d 4 d e d + a

Level 6: Week 4

Thirty Second Notes: Combined with Sixteenth Notes: Mixing It Up More

#1. :||
1 e + d a d 2 d e + a d 3 e + d a d 4 d e + a d

#2. :||
1 e + a d 2 d e + a 3 e + a d 4 d e + a

#3. :||
1 e + a d 2 e d + a 3 e + a d 4 e d + a

#4. :||
1 d e + d a d 2 d e d + a d 3 d e + d a d 4 d e d + a d

#5. :||
1 d e + d a d 2 d e d + d a 3 d e + d a d 4 d e d + d a

#6. :||
1 d e + a d 2 e + d a d 3 d e + a d 4 e + d a d

Level 6: Week 5

Thirty Second Notes: Combined with Sixteenth Notes: More Mixing It Up More

#1. :||

1 d e + a d 2 d e d + a 3 d e + a d 4 d e d + a

#2. :||

1 d e + a d 2 e + a d 3 d e + a d 4 e + a d

#3. :||

1 d e d + a d 2 e d + d a d 3 d e d + a d 4 e d + d a d

#4. :||

1 d e d + a d 2 d e + d a d 3 d e d + a d 4 d e + d a d

#5. :||

1 d e d + a d 2 d e d + d a 3 d e d + a d 4 d e d + d a

#6. :||

1 d e d + a 2 e + d a d 3 d e d + a 4 e + d a d

Level 6: Week 6

Thirty Second Notes: Combined with Sixteenth Notes: More Mixing It More Up More

#1.  :||
 1 d e d + a 2 d e + a d 3 d e d + a 4 d e + a d

#2.  :||
 1 e d + a 2 e + d a 3 e d + a 4 e + d a

#3.  :||
 1 d e d + d a 2 e d + d a d 3 d e d + d a 4 e d + d a d

#4.  :||
 1 e d + d a 2 d e + a d 3 e d + d a 4 d e + a d

#5.  :||
 1 d e + a d 2 e d + d a 3 d e + a d 4 e d + d a

#6.  :||
 1 e d + a d 2 d e + d a 3 e d + a d 4 d e + d a

Level 6: Week 7

Thirty Second Notes: Combined with Eighth Notes & Dotted Eighth Notes

#1. 
1 + d a d 2 + d a d 3 + d a d 4 + d a d

#2. 
1 d e d + 2 d e d + 3 d e d + 4 d e d +

#3. 
1 + d a d 2 d e d + 3 + d a d 4 d e d +

#4. 
1 d e d + 2 + d a d 3 d e d + 4 + d a d

#5. 
1 a d 2 a d 3 a d 4 a d

#6. 
1 d e 2 d e 3 d e 4 d e

Level 6: Week 8

Thirty Second Notes: Sixteenths, Eighths & Dotted Eighths + Ties

#1. 

1 a d 2 d e 3 a d 4 d e

#2. 

1 e d + d a d 2 e d + d a d 3 e d + d a d 4 e d + d a d

#3. 

1 d e + d a d 2 d e + d a d 3 d e + d a d 4 d e + d a d

#4. 

1 d e d + a d 2 d e d + a d 3 d e d + a d 4 d e d + a d

#5. 

1 e d + a d 2 e d + a d 3 e d + a d 4 e d + a d

#6. 

1 a d 2 a d 3 a d 4 a d

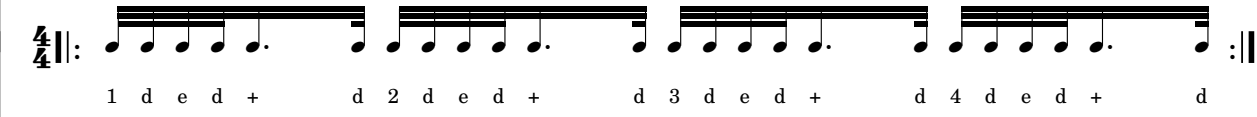
Level 6: Week 9

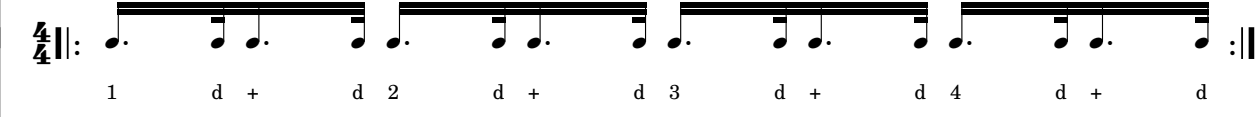
Thirty Second Notes: Sixteenths, Dotted Sixteenths, Eighths & Dotted Eighths

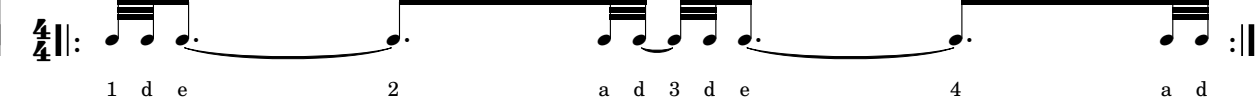
#1. 

#2. 

#3. 

#4. 

#5. 

#6. 

Level 6: Week 10

Thirty Second Notes: Sixteenth Rests & Thirty Second Rests

#1. 
1 d e d + d a d 2 e + a 3 d e d + d a d 4 e + a

#2. 
1 e + a 2 d e d + d a d 3 e + a 4 d e d + d a d

#3. 
1 d e d + d a d d d d d 3 d e d + d a d d d d d

#4. 
d d d d 2 d e d + d a d d d d d 4 d e d + d a d

#5. 
e d a d e d a d e d a d e d a d

#6. 
1 d + d 2 d + d 3 d + d 4 d + d

Thirty Second Notes: Dotted Eighth & Dotted Sixteenth Rests & More Combinations

#1. $\frac{4}{4}$ ||:     :||

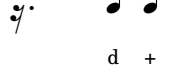
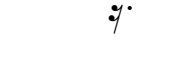
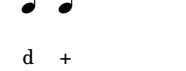
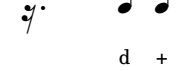
d + a d + a d + a d + a

#2. $\frac{4}{4}$ ||:     :||

d + a d d + a d d + a d

#3. $\frac{4}{4}$ ||:     :||

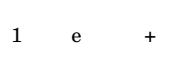
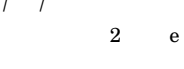
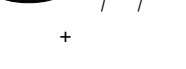
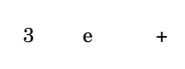
d + d + d + d +

#4. $\frac{4}{4}$ ||:     :||

1 e + 2 e + 3 e + 4 e +

#5. $\frac{4}{4}$ ||:     :||

1 d + 2 d + 3 d + 4 d +

#6. $\frac{4}{4}$ ||:     :||

1 + 2 + 3 + 4 +