Level: Bach
For each 4 exercise prepare the following:
Organize the time signature.
Name all the rhythms.
Fit the rhythms into the beat.
Clap, Tap, Sing or play the various rhythms.
Repeat above steps until exercise feels easy.

To master each exercise for each 4 day:
Set the beat for a full measure.
Clap, Tap, Sing or play the rhythms within the steady beat with ease.

Write your own rhythms using 4 4 4 0

Write your own rhythms using 4 4 4 0 4 4 4 0 4 4 4 0 4 4 4 0 4 4 4 0 4 4 4 0 4 4 4 0 4 4 4 0
Write your own rhythms using d d d d

Fill in the missing rhythm.

Create your own!