Level: SHOSTAKOVICH

To master each exercise, for each day:

- Set the beat for a full measure.
- Clap, tap, sing or play the rhythms within the steady beat with ease.

For each exercise, prepare the following:

- 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.
For the following exercises, write your own rhythm sentences, and then sing, clap, tap or play.