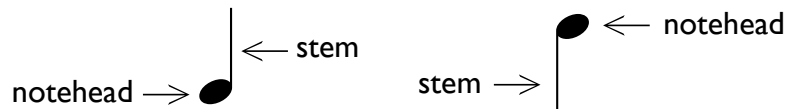


## Lesson 1 Introduction

### Quarter Notes and Quarter Rests

The first note value we will learn is the **quarter note**. The quarter note consists of a notehead and a stem. Like all note values, the stem can point upwards or downwards, depending on the placement of the note on the staff.



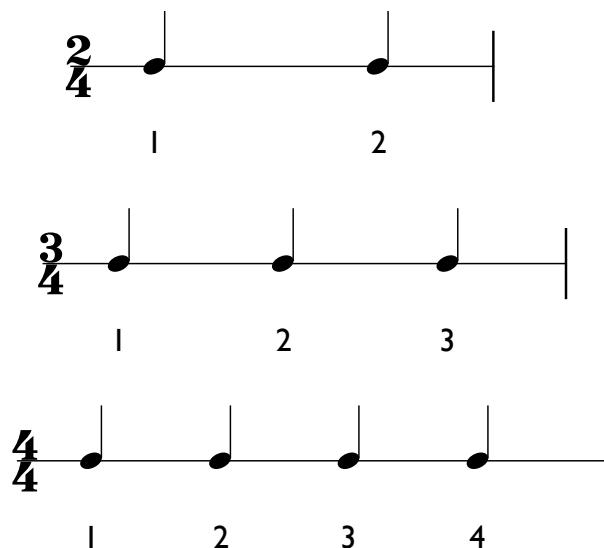
## Quarter Notes

We will begin with three of the most commonly used time signatures:



Recall from the Introduction that the top number in the time signature indicates how many beats are in a measure, and the bottom number indicates what note value is equal to one beat. In each of these time signatures, the number 4 on the bottom tells us that the quarter note is equal to one beat.

Here are three examples of quarter notes in  $\frac{2}{4}$  and  $\frac{3}{4}$  and  $\frac{4}{4}$



The numbers underneath the notes indicate each beat of the measure. Since the quarter note is equal to one beat, each note will last for the entire duration of that beat.

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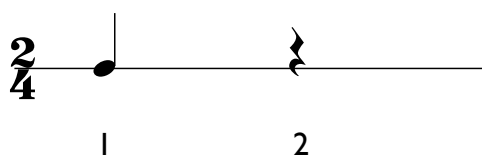
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Silence in music is represented by *rests*. The *quarter rest* is equal to the same duration as the quarter note, but it looks very different.



## Quarter Rest

When playing quarter notes that are followed by rests, make sure to sustain the quarter note for the entire beat on which it occurs. For example, in the rhythm below, you should cut off the quarter note at the beginning of beat two.



In each lesson, the beats are written underneath some of the patterns. These example patterns have been provided to help you figure out how to count all of the rhythms in each lesson. When clapping or performing the rhythms in the book, you should always count the beats. Use a metronome to ensure that you are keeping a steady tempo and performing the rhythms accurately.

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## Part 1: Introductory Patterns

The rhythm patterns on this page represent all of the possible combinations of quarter notes and quarter rests in one measure in  $\frac{2}{4}$ ,  $\frac{3}{4}$ , and  $\frac{4}{4}$ .

Practicing these patterns with a metronome will help you develop a greater sense of the beat. It is also good practice to isolate individual measures and repeat them many times.

101  $\frac{2}{4}$  :||

102  $\frac{3}{4}$  :||

103  $\frac{3}{4}$  :||

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104  $\frac{4}{4}$  :||

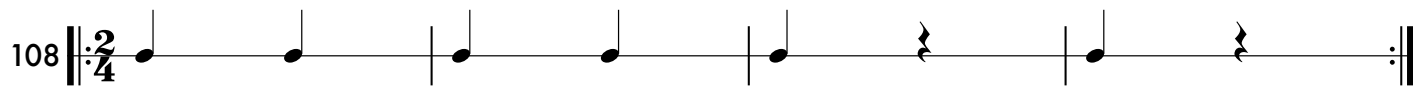
105  $\frac{4}{4}$  :||

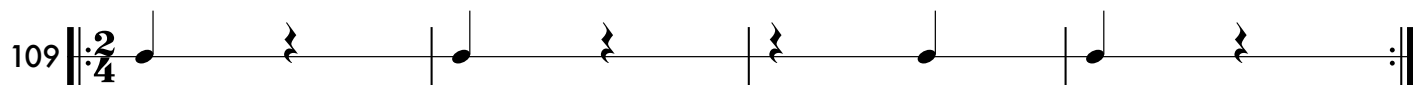
106  $\frac{4}{4}$  :||

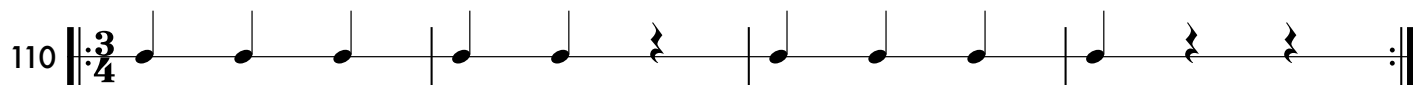
107  $\frac{4}{4}$  :||

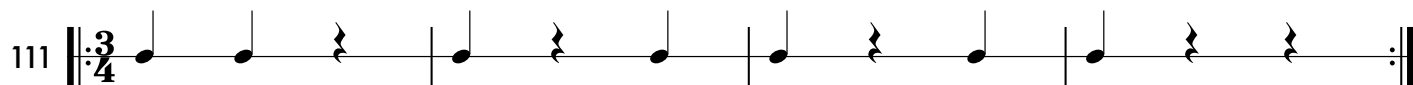
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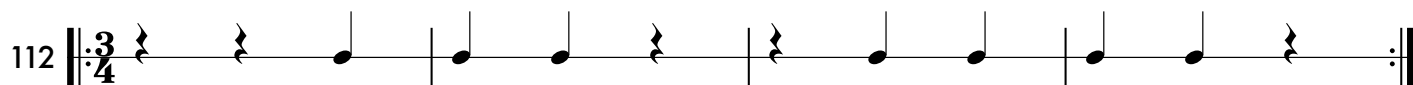
### Part 2: Patterns in $\frac{2}{4}$ , $\frac{3}{4}$ , and $\frac{4}{4}$

108 

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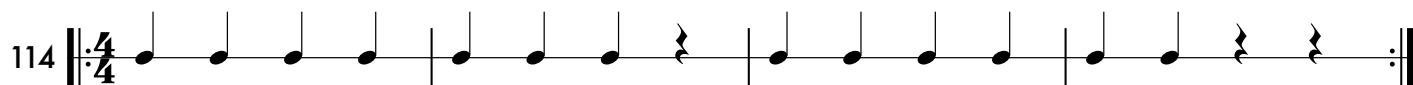
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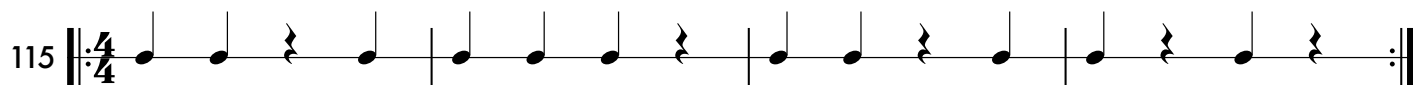
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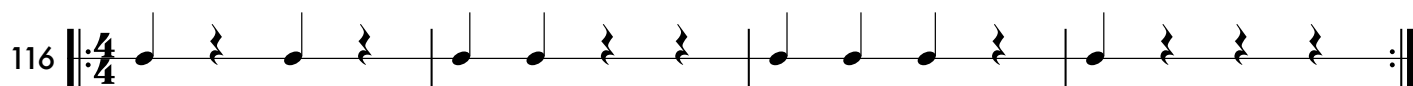
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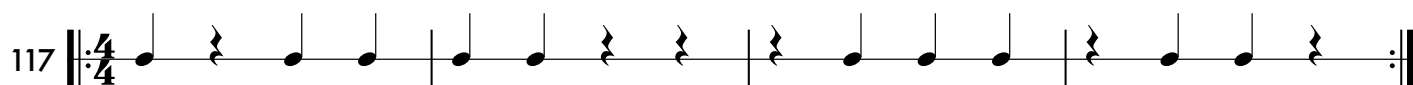
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