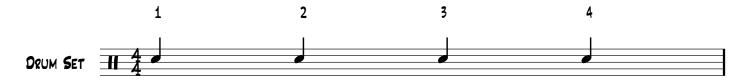
LET'S START WITH THE BASICS. QUARTER NOTES, 8TH NOTES AND 16TH NOTES. EVERYTHING ELSE CAN WAIT THESE CAN'T! YOU NEED TO KNOW THESE RHYTHMS AND HOW THEY RELATE TO EACH OTHER.

AS INDICATED NEXT TO THE FIRST NOTE, WE ARE PLAYING IN 4/4 TIMING. THAT MEANS 4 QUARTER NOTES PER BAR. SO WE NEED TO COUNT '1, 2, 3, 4', COUNT OUT LOUD! IF YOU CAN SAY IT, YOU CAN PLAY IT, IT REALLY HELPS.



LET'S MOVE ON TO 8TH NOTES. PLEASE NOTE WE STILL HAVE OUR '1, 2, 3, 4'. BUT WE HAVE ADDED TO IT. WE CAN'T ADD MORE NUMERS BECAUSE WE ARE STILL IN 4/4. SO WE 'SUBDIVIDE' THE BEATS. TO ADD IN 8TH NOTES WE SAY 'AND' OR 'AN'. THE '+' (PLUS) SYMBOL IS THE UNIVERSAL SYMBOL FOR 'AND' IN MUSIC.



Hanging in there? One more essential subdivision before we re cap. 16th notes. I can't stress enough that we still have our '1, 2, 3, 4' that we got from the quarters. And we still have our 'and' or '+' 8th notes.

BUT WE WANT TO SUBDIVIDE FURTHER. FOR 16TH NOTES WE ADD IN 'E' AND 'A'.

IMPORTANT: STOP AND LET THIS SINK IN. THE NUMBERS REMAIN. WE ARE SUBDIVIDING AROUND THEM.

