

# Polymetric exercises 1

## Over 4/4-meter ("Common Time")

Practise these polymetric cells both orally and with your own instrument, using both swing and even 8ths feeling. Experiment with various stressings of notes and different lengths of quarter notes (i.e. very short, 30's-style, longer 50's style or full length quarter notes).

### Ways to exercise:

1. Practise with an Aebersold rhythm section recording; choose a form that is clearly dividible by four, e.g. "Rhythm Changes". At first, switch the rhythmic cell after every four bars, then after every eight bars, then after 16 bars and finally after every 32 bars.
2. Tap your foot on "one" of the bar and clap the 2's and 4's: at first, practise 4-bar cycles (ends on the "one" of the 5th bar), then 8-bar cycles (ends on the "one" of the 9th bar), 16-bar cycles (ends on the "one" of bar 17) and finally 32-bar cycles (ends on the "one" of the 33th bar). Practise with a friend or record your performance in order to find out if it's correct. For example, polymetric cell no. 4 in 3/8 time, 4 bars:

### Polymetric cells in 3/8:

### Polymetric cells in 6/8:

### Polymetric cells in 3/4:

Polymetric cells in 5/8:

39 40 41 42 43 44 45

46 47 48 49 50 51

Detailed description: This section contains two rows of musical notation for polymetric exercises in 5/8 time. The first row includes exercises 39 through 45, and the second row includes exercises 46 through 51. Each exercise is presented as a single staff with a double bar line at the beginning and end, and repeat signs. Exercises 39-45 feature various rhythmic patterns using quarter notes, eighth notes, and dotted notes. Exercises 46-51 include eighth-note patterns, some with accents (>) and slurs.

Polymetric cells in 7/8:

52 53 54 55 56

57 58 59 60

61 62 63 64

65 66 67 68

69 70 71 72

73 74 75 76

77 78 79 80

Detailed description: This section contains seven rows of musical notation for polymetric exercises in 7/8 time. Each exercise is presented as a single staff with a double bar line at the beginning and end, and repeat signs. Exercises 52-56 feature quarter and eighth notes. Exercises 57-60 include eighth-note patterns. Exercises 61-64 feature eighth-note patterns with slurs. Exercises 65-68 feature eighth-note patterns with slurs. Exercises 69-72 feature eighth-note patterns with slurs. Exercises 73-76 feature eighth-note patterns with slurs. Exercises 77-80 feature eighth-note patterns with slurs and accents (>).