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How to Use This book

Each Chapter is structured as follows:

- **Page 1 and 2 in 4/4 time**

The first page introduces the new concept and the second page varies the new concept with those of previous chapters. Have the student:

- 1) Clap the rhythm while the teacher counts aloud the value of each note.

Eg: 'Quarter, Quarter', say 'one, one', or 'ta ta'

'Quarter, Half Note' say 'one, one-two' or ta, ta-a

- 2) Clap at faster speeds using the metronome. The goal of course is for the student to count aloud while keeping a steady beat at their fastest speed.

- **Page 3 and 4 with varying Time Signatures**

The student must count the time signature out loud while clapping the rhythm. They must count (say) the number of beats in a bar. Eg: for two bars in 2/4 time, say 'one, two', 'one, two' etc. They have to remember to start the count at 'one' for the downbeat of each bar.

- **Page 5**

The next page is where the student draws in the bar lines. Students love to do this page!

- **Page 6 and 7**

Then there are two clapping pages for two hands together. Tap on a hard surface where the upper notes are the RH and the lower notes are the LH.

- **Test Page**

The last page of each chapter is a test page to be used with a metronome. Test the student at three different Rally speeds – Running speed, Bicycle speed and Race Car speed. It is up to the teacher to choose appropriate speeds for the particular student. The goal for the student is to maintain a steady beat for the entire page with no hesitations. These tests can be done at anytime. You do not need to go 'in sequence'. It can actually be beneficial for the student to do a Car speed test for Chapter B when they are working through Chapter E. They will find the earlier chapter test pages very easy and will then realize how much they have improved!