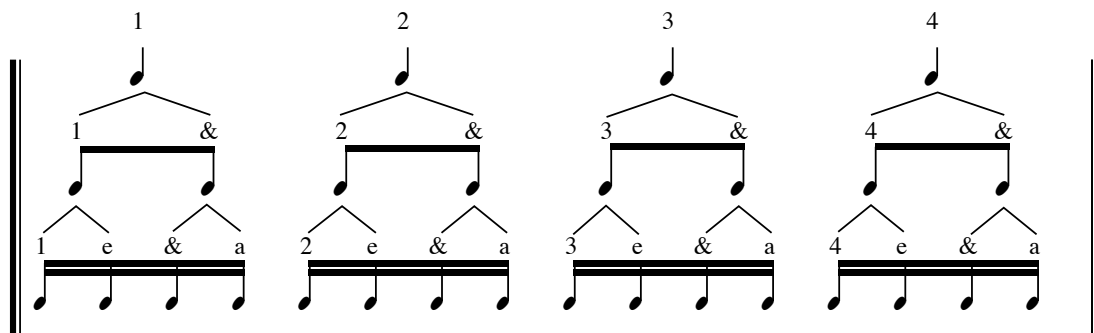


Module #10: Sixteenth Notes (Beginner)

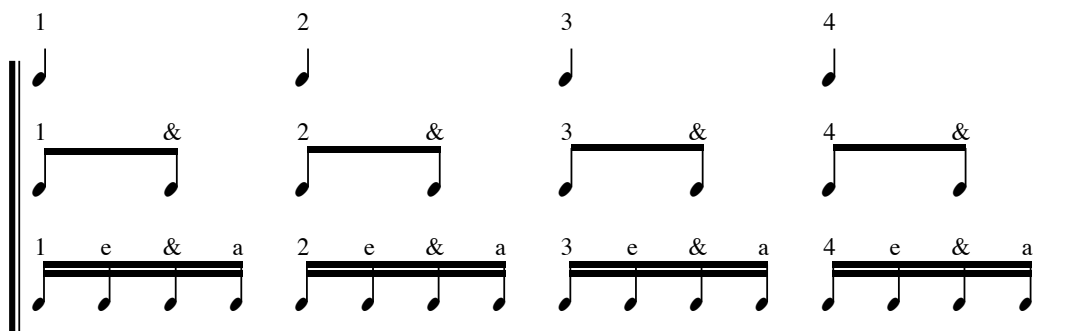
Sixteenth Notes:

This module introduces the 16th note. Like the quarter note and eighth note, it is another subdivision of a 4/4 measure. Again, 4/4 is the standard, most common time signature in Western music, having 4 beats per measure. There are 16 16th notes per measure (in 4/4). Another way to think of and visualize 16ths is 4 sixteenth notes per beat.

There's one quarter note per beat. The quarter splits to make 2 8th notes per beat. The 8th note splits to give us 2 16th notes. This makes 4 16th notes per beat. Visualizing this concept is extremely helpful. The chart below shows the note division clearly.



The chart below shows all three subdivisions in a 4/4 measure and how they relate to each other in actual musical space. Notice that **8th notes are connected with one beam** at the top and **16th notes are connected with 2 beams** at the top.



Refer to this chart often to reinforce the breakdown of quarters, eighths and sixteenths. Again, seeing the differences and common subdivisions are extremely helpful. Notice that the downbeats, 1 - 2 - 3 - 4, are in the same place on all three note values. The downbeat IS the beat. The '&' is also in the same place. The '&' is placed exactly between every downbeat and the 16ths are placed exactly between every eighth note. The speed of the notes double each time.

The next page has the example that Ashley played in the video. Be sure to watch and listen to the examples a lot in order to understand what these sound like and how they relate to each other. Pay special attention to the count. When practicing the exercises, sing or say the counts out loud WITH a metronome. Saying the counts out loud as you play them with a click will really help you to internalize a strong sense of rhythm and time. It also allows you to hear when and where you make mistakes.

MANY people practice counting in their head (silently) and don't realize when or where they make mistakes. Also, a lot of people don't use a metronome when developing their rhythmic understanding. Many people are completely unaware of their mistakes because of either scenario...or worse, BOTH. What you THINK is happening isn't always what's ACTUALLY happening. The comment I hear when this occurs is, "I did it perfectly at home." Well, I've discovered through much experience that they thought it was right but didn't realize the mistakes because there was no reference.

Again, it's all about being aware. When you count out loud you know immediately when you stumble because you can hear it and it throws you off (hopefully). After a lot of success and experience, counting out loud isn't as necessary. It really is crucial for beginners and those that are having trouble playing evenly, keeping steady time, losing the beat while playing, etc. It all boils down to not being in control of what you're doing. The foundation is weak. Lay a strong foundation and these issues will go away and become non-issues.

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Example 1:

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Bonus Variations:

These are longer exercises that vary the rhythms more frequently. Nothing new here...just keep counting hard and partnering with the click.

