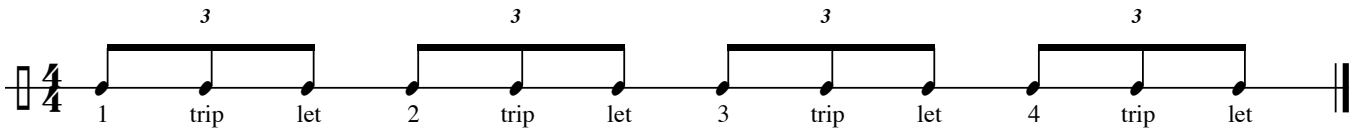


# Module #10: Triplets (Advanced)

## The Triplet

A triplet is 3 evenly spaced notes per beat. The number '3' above the grouping denotes a triplet. The triplet can be displayed with or without a bracket over the triplet.



## Metric Progression: (quarters - sixteenths)

The chart below shows all four subdivisions in a 4/4 measure and how they relate to each other in actual musical space.

Chart showing four subdivisions of a 4/4 measure:

- Row 1: Four quarter notes labeled 1, 2, 3, and 4.
- Row 2: Four pairs of eighth notes with a slash and an ampersand (&) between them, labeled 1, 2, 3, and 4.
- Row 3: Four triplets of eighth notes labeled 1, trip, let, labeled 2, trip, let, labeled 3, trip, let, and labeled 4, trip, let.
- Row 4: Four groups of four sixteenth notes labeled 1, e, &, a, labeled 2, e, &, a, labeled 3, e, &, a, and labeled 4, e, &, a.

# Module #10: Triplets (Advanced)

## Example 2: Metric Progression Up and Down

1 2 3 4 1 & 2 & 3 & 4 & 1 trip let 2 trip let 3 trip let 4 trip let 1 e & a 2 e & a 3 e & a 4 e & a

1 trip let 2 trip let 3 trip let 4 trip let 1 & 2 & 3 & 4 & 1 2 3 4

## Example 3: Triplet Accents (Triplet Grid)

R r r R r r R r r R r r r R r r R r r R r r R r r R r r R r r R r r R

L l l L l l L l l L l l l L l l L l l L l l L l l L l l L l l L R

## Example 4: Triplet Accents Alternated (Triplet Grid)

R l r L r l R l r L r l r L r l R l r L r l R l r l R l r L r l R l r L

R l r L r l R l r L r l r L r l R l r L r l R l r l R l r L R

## Example 5: Subdivision Breakdown (counting)

\*bottom note is foot tap

1 (trip)(let) 2 (trip)(let) 3 (trip)(let) 4 (trip)(let) (1)TRIP (2)TRIP (3)TRIP (4)TRIP (1) LET(2) LET(3) LET(4) LET 1 2 3 4

## Example 6: Subdivision Breakdown (playing)

# Module #10: Triplets (Advanced)

## Bonus Variations

### Triplet Grid:

The triplet grid moves the accent around to each subdivision of the 8th note triplet. Unlike 8ths and 16ths, the triplet is an odd number so the same accented subdivision in each measure changes hands every beat.

*\*I only point this out because I've seen many students get very confused by this. Typically it's because they are trying to "feel it" as opposed to being in total control. Just be sure to work it out at a slow tempo to get the feel of the triplet in your hands and a true understanding of the count.*

Also, the 1s of the 4-2-1 tend to confuse people who aren't really counting or aren't counting strongly enough. The ear can be tricked easily causing you to lose track of the beat.

### Triplet Grid: (4 - 2 - 1)

Three staves of musical notation for the Triplet Grid (4-2-1) exercise. Each staff contains 12 measures of music. The first staff has a double bar line at the end of the 12th measure. The second and third staves have a double bar line at the end of the 11th measure, followed by a final measure. Each measure contains a triplet of eighth notes with an accent (>) over the first note. The notes are labeled with 'R' for right hand and 'l' for left hand. The first staff has a sequence of R l r L r l R l r L r l. The second staff has a sequence of R l r L r l r L r l R l r l R l r L. The third staff has a sequence of R l r l R l r l R L r l r L r l r L. The final measure of the third staff is a single eighth note with an accent (>) over it, labeled 'R'.

### Triplet Accent Groove:

The triplet accent groove is another variation on moving the accents around. This one sounds cool, feels good to play, and can be used later as a great format for adding flams, diddles, buzzes, etc. Be sure to work hard at keeping track of the beat. The ear can once again be tricked easily, possibly causing you to lose the 'one'. Strive for quality (sound, rhythm, time, heights) and feel, not speed.

### Triplet Accent Groove:

Four staves of musical notation for the Triplet Accent Groove exercise. Each staff contains 12 measures of music. The first staff has a double bar line at the end of the 12th measure. The second, third, and fourth staves have a double bar line at the end of the 11th measure, followed by a final measure. Each measure contains a triplet of eighth notes with an accent (>) over the first note. The notes are labeled with 'R' for right hand and 'l' for left hand. The first staff has a sequence of R l r L r l R l r L r l. The second staff has a sequence of R l r L r l R l r L r l. The third staff has a sequence of R l r L r l R l r L r l. The fourth staff has a sequence of R l r L r l R l r L r l. The final measure of the fourth staff is a single eighth note with an accent (>) over it, labeled 'R'.

# Module #10: Triplets (Advanced)

## Bonus Variations

### Subdivision Breakdown: (4 - 2 - 1)

*\*bottom notes are foot taps on every beat*

Three staves of musical notation. Each staff contains a sequence of eighth notes grouped into triplets, indicated by a '3' above each group. The bottom notes of each triplet are marked as foot taps. The first two staves end with a double bar line, and the third staff ends with a double bar line and a 'R' below it.

### Triplet Grid: Backward (4 - 2 - 1)

Two staves of musical notation. Each staff contains a sequence of eighth notes grouped into triplets, indicated by a '3' above each group. The bottom notes of each triplet are marked as foot taps. Below each staff is a sequence of foot tap notations: 'r l R l r L r l R l r L' for the first staff and 'r l R l r L r L r l R l r L r l l r L r L r R l r l r L r L r R l r l r L r L r R l r R' for the second staff.