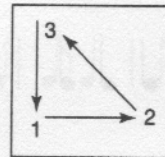


Since the eighth note gets one beat in these next four exercises, you will encounter thirty-second notes simply because of the smaller time values. These must not be feared!  $\text{♪} = \text{♪♪♪}$ ,  $\text{♩} = \text{♩♩♩}$ ,  $\text{♪} = \text{♪}$ .



### Simple Triple Meter, the “Three-Beat”



Measures in triple meter contain three beats:  $\frac{3}{4}$ ,  $\frac{3}{2}$ ,  $\frac{3}{8}$ , and  $\frac{3}{16}$  (the last is relatively rare). The most commonly used of these signatures is  $\frac{3}{4}$ ; therefore most of our exercises are in that meter. However, you should also practice the other four time signatures carefully so that you become accustomed to their visual aspects as well as both the larger and smaller rhythmic values they contain.

#### PREPARATORY EXERCISES

Repeat each exercise several times, always conducting the “three-beat” pattern, until they are all completely mastered. Then proceed to the regular triple-meter exercises. Once again, begin each exercise slowly (the basic unit = 60) and gradually increase the speed so that each can be performed eventually at a much faster tempo (the basic unit = 100).

