

DRUMBEAT CORE RHYTHMS

The Heartbeat rhythms

Time	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Exercise 1	B B - -	B B - -	B B - -	B B - -
Exercise 2	B B clap -	B B clap -	B B clap -	B B clap -
Exercise 3	B B clap clap	B B clap clap	B B clap clap	B B clap clap
Exercise 4	B B scratch	B B scratch	B B scratch	B B scratch
Exercise 5	B B T -	B B T -	B B T -	B B T -
Exercise 6	B B T T	B B T T	B B T T	B B T T
Exercise 7	B B T T T	B B T T T	B B T T T	B B T T T
Exercise 8	B B T T T T...	B B T T T T...	B B T T T T..	B B T T T T....

The Dharshi Groove

Time	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Rhythm 1	T T T *	T T T *	T T T *	T T T *
Hands	R L R -	R L R -	R L R -	R L R -
Rhythm 2	T T T *	T T B *	T T T *	T T B *
Rhythm 3	T T T *	T T B *	T T T *	T T B *
	T T T *	T T B *	T T T T	T T B *
Rhythm 4		* * B *	T T T T	T T B *
	T T T T	T T B *	T T T T	T T B *
	S * S *			

The Listening Song

TIME	1 2 3	1 2 3	1 2 3	1 2 3
Part 1 Notes	B T T	B T T	B T T	B T T
Hands	R L R	R L R	R L R	R L R

Part 2 Notes	B T T T	B T T T	B T T T	B T T T
<i>Hands</i>	r r l r	r r l r	r r l r	r r l r
Part 3 Notes	B T T T	B S -	B T T T	B S -
<i>Hands</i>	r r l r	r r -	r r l r	r r -
Part 4 Notes	B T T	B T T T	B T T	B T T T
<i>Hands</i>	r r r	r r l r	r r r	r r l r

Stop Time

TIME	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Basic Rhythm 1	B - T T	- T T -	B - T T	- T T -
<i>Hands</i>	r - r l	- l r -	r - r l	- l r -
Flowing rhythm	B - T T	- T T -	B - T T	- T T T
<i>Hands</i>	r - r l	- l r -	r - r l	- l r l
Rhythm 3	B - T T	- T T -	B - T T	T T T T
<i>Hands</i>	r - r l	- l r -	r - r l	r l r l
Rhythm 4	T - T T	B -	T - T T	B - CLAP
<i>Hands</i>	r - r l	r - - -	r - r l	r - - -

The Teamwork Song

TIME	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Notes part 1	B B T T	B - - -	B B T T	B - - -
<i>Hands</i>	r l r l	r - - -	r l r l	r - - -
Notes part 2	B B T T	B -clap -	B B T T	B - fl -
<i>Hands</i>	r l r l	r - lr -	r l r l	r - lr -
Notes part 3	B B B B	B - - -	B B B B	B - fl -
<i>Hands</i>	r l r l	r - - -	r l r l	r - lr -
Notes part 4	B B B B	B T T T T	B B B B	B T T T T
<i>Hands</i>	r l r l	r r l r l	r l r l	r r l r l

The Hills Rhythm

TIME	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Part 1	B B - B	B - S -	B B - B	B T T T
Hands	R L - L	R - R -	R L - L	R L R L
Part 2	B B S -	B B S -	B B T T	B B T T
Hands	R L R -	R L R -	R L R L	R L R L

The African Mix

TIME	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
Part 1	B - T T	B - S -	B - T T	B - S -
Hands	R - R L	R - R -	R - R L	R - R -
Part 2	B T - T	B - S -	B T - T	B - S -
Hands	R L - L	R - R -	R L - L	R - R -
Part 3	B - T T	B - S -	B T - T	B - S -
Hands	R - R L	R - R -	R L - L	R - R -