

Intermediate beats in 4/4 1 (2 bar)

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10 musical staves, numbered 1 through 19, showing rhythmic exercises in 4/4 time. Each staff contains a sequence of notes and rests, with some notes marked with an 'x' above them. The exercises are arranged in pairs of two staves each, with the first staff of each pair containing 'x' marks above the notes. The exercises progress from simple quarter and eighth notes to more complex patterns involving eighth and sixteenth notes.