

THE GRID

4 - 2 - 1

16th Note Grid

The 16th Note Grid consists of three staves of rhythmic exercises in 4/4 time. Each staff contains four measures of music, with each measure containing a group of four 16th notes. The exercises are as follows:

- Staff 1:** Measure 1: R R R R; Measure 2: L L L L; Measure 3: R R R R; Measure 4: L L L L.
- Staff 2:** Measure 1: R R L L; Measure 2: R R L L; Measure 3: R R L L; Measure 4: R R L L.
- Staff 3:** Measure 1: R L R L; Measure 2: R L R L; Measure 3: R L R L; Measure 4: R L R L.

Triplet Grid

The Triplet Grid consists of three staves of rhythmic exercises in 12/8 time. Each staff contains four measures of music, with each measure containing a group of three 8th notes. The exercises are as follows:

- Staff 1:** Measure 1: R L R; Measure 2: L R L; Measure 3: L R R; Measure 4: R L R.
- Staff 2:** Measure 1: R L L; Measure 2: R L R; Measure 3: L R L; Measure 4: L R R.
- Staff 3:** Measure 1: R R R; Measure 2: L L R; Measure 3: R L L; Measure 4: L L R.