
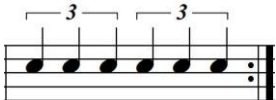

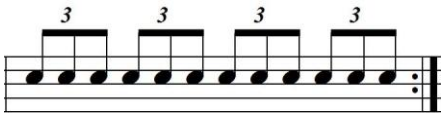

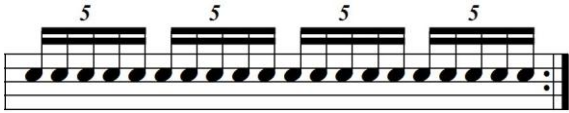





The Table of Time: Advanced Version

In the advanced version of the table of time, we will be covering quarter, quarter triplet, eighth, eighth triplet, sixteenth, quintuplet, sixteenth triplet, septuplet, and thirty-second notes. Try playing these rhythmic rates at a variety of tempos – both faster and slower.

Starting Tempo: 70 beats per minute

Quarter Notes	
Quarter Triplets	
Eighth Notes	
Eighth Triplets	
Sixteenth Notes	
Quintuplets	
Sixteenth Triplet (Sextuplet)	

Septuplet	
Thirty-Second Notes	

Notes:

Try playing two bars of each rhythmic rate. “Step” up and down between the different rhythmic rates as you would the rungs of a ladder. Try starting at the bottom (quarter notes) and working your way all of the way to the top (32nd notes). Once you have reached the top, try coming back down all of the way to the quarter note. Work on getting the transition right between two rhythmic rates before you move on.