

## Pulsing The Beat Clinic

### I. Rhythm

1. BEAT - Internalize - Felt - Thought - Minds Eye
2. PULSE - Internalize - Felt- Thought -Minds Eye
3. MELODIC RHYTHM - Rhythm of the text - what we see and read

### II. Mechanism used to measure

1. BEAT - **Foot** - **1.** Down (One Pulse) or **2.** Down Up (Two Pulse) or **3.** Down Press Up (Three Pulse) or **4.** Down Down Up Up (Four Pulse) or **5.** Down Down Press Press Up Up (Six Pulse)
2. PULSE - **Breath-** Movement of the diaphragm muscle. (Teach by clinching the teeth and hissing)  
 1 against 1,            2 against 1,            3 against 1,            4 against 1,            6 against 1.  
NO JAW Movement. Show by example.

### III. Some examples. Notes may be one of three ways.

Long Long Ago  
Bicycle Built for Two

The Marine's Hymn  
Looby Loo







1. Note is same as beat. (**Beat & Pulse**)
2. Note is more than a beat. (**Beat & Pulse**)
3. Note is less than a beat. (**Pulse**)

### IV. The **eighth note** is the foundation - remains constant - theme - focus- etc


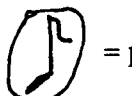


1. Lessons start with an eighth note and **adds** to show value of quarter - dotted quarter - half - dotted half - whole.
2. Traditional starts with whole and **divides** to show value of half - quarter - eighth

### V. Tempo is a major factor in determining the type of note that will receive a beat. Time signature indicates how many of the top number, or the equivalent, will be in each measure.

Bottom number of the time signature is a **4 or 2**.  
 Examples (whole time or cut time or 4/4 or 2/4 or 3/4)

1.	Tempo I Very Slow	 	= Beat  = Pulse
2.	Tempo II Slow	 	= Beat  = Pulse
3.	Tempo III Fast	 	= Beat  = Pulse

Bottom number of time signature is an 8.  
 (Examples 3/8, 6/8, 9/8)

No Tempo I Very Slow		 	= beat  = pulse
		 	= beat  = pulse