



Lesson Eleven

Gigajam Bass School Lesson 11 IBS IR1

Introducing Rests-Part 1 (Quarter and Eighth Notes)

Lesson Objectives

- Introduce the concept of Sound and Silence.
- Develop the ability to perform rhythms incorporating **Rests**.
- Develop reading skills through the performance of simple reading exercises using quarter notes and eighth notes and their equivalent Rests.
- Introduce a counting method.
- Rhythm reading tips.

Sound and Silence

In Music, Sound is represented by Notes and Silence by **Rests**.





We have so far only looked at Notes, their symbols and values. Now we are going to develop our understanding of Rests and how they contribute to creating more interesting and varied rhythms.

We are familiar with Quarter, Eighth and Sixteenth Notes. We now need to be able to recognise the symbols that represent their equivalent Rests.

Accordingly, we have produced the Table below to help.

Table 1

Quarter notes, Eighth notes, Quarter note rests and Eighth note rests

Note Names	Note Symbol	Rest Symbol	Note Value	Comments
Quarter Notes			1 Beat	Single Note, that cannot be joined to another note.
Eighth Notes			1/2 a Beat	Can be a Single Note, but often found ' beamed ' with another 8th Note to form 1 beat. Also found in groups of 4 8th Notes.

Counting Method

As rhythms become more complicated it is useful to have a system to help understand and play them. This system is based on **sub-dividing the beat**.

A whole bar of eighth notes is counted as 1 and 2 and 3 and 4 and as per our example below, Fig 1.

Fig 1. Counting eighth notes



Counting Method-Tapping your foot

Our first exercise develops our ability to tap our foot in time with music to help us count accurately. This will in turn help us to read whilst playing. This is called **Sight reading**.

Exercise One

Tap your foot on beats 1-2-3-4.

Count out loud as you tap your foot, ensuring you are tapping and counting evenly.

Use the first multimedia files to perform this task.

Exercise 1

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Having now learned to count and tap your foot in time, you may have noticed that in order for your foot to hit the floor in time you have to first lift your foot 'up' in preparation!

These 'ups' are in fact the 'ands' in 1 and 2 and 3 and 4 and. Your foot therefore goes down-up-down-up-down-up-down-up. The **down beat** is the **on beat** and the **up beat** is the **off beat**.

Let's now put this together, counting, tapping our foot and playing. Play the next example, after using the multimedia files as always. You will be playing eighth notes on the note of A.

Exercise 2

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1 + 2 + 3 + 4 +

Recognising Notes, Rests and their Values

There are 4 exercises that follow which help develop familiarity with the new symbols we have introduced.

In the first bar of each exercise there are only notes. In the second bar, we have replaced some of those notes with Rests.

Now, try playing each of the bars whilst counting, making sure that although you still need to count the rest, you don't play it. In other words, that is where we need to place the silences.

Try counting through each exercise firstly, referring to the Table where necessary and try to play the rhythms in both bars.

Watch the videos and then, as always, play along with the media files that accompany the exercises and check the sound against what you are playing.

You can slow the media files down and repeat single bars round and round. But do use them to help you understand the Notation of the Rests and how it affects the Rhythm.

Students often say that they don't know whether they are getting it right. Use the media files to confirm that you are.

Exercise 3
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1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

 R.H Finger 1 2 1 2 1 2 1 2 (1) 2 1 2 1 2 1 2

Exercise 4
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1 2 3 + 4 + 1 2 3 + 4 +

 R.H Finger 1 1 1 2 1 2 (1) 1 (1) 2 1 2

Exercise 5
lesson011.ibsir1.04



1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

 R.H Finger 1 2 1 2 1 2 1 2 (1) 2 1 2 (1) 2 1 2

Exercise 6
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1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

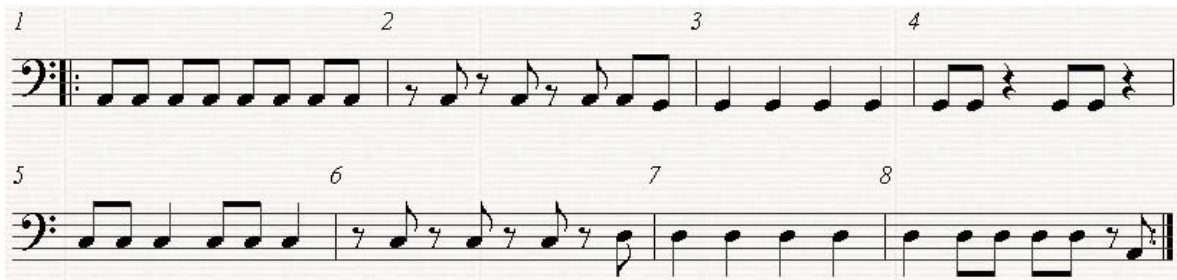
 R.H Finger 1 2 1 2 1 2 1 2 (1) 2 (1) 2 (1) 2 1 2

Bass Reading Study

Now you have had a chance of developing your ability to recognise notes and rests combined together, we have put together a short exercise to help you develop your rhythm reading skills.

We have also included some more notes to test your reading of pitch and ability to change between different notes.

Exercise 7 lesson011.ibsir1.06



The musical notation for Exercise 7 consists of two staves of bass clef music. The first staff contains measures 1 through 4, and the second staff contains measures 5 through 8. The notation includes eighth notes, quarter notes, and rests.

Measure 1: Four eighth notes (G2, F2, E2, D2).
Measure 2: Quarter rest, quarter note (C2), quarter note (B1), quarter note (A1).
Measure 3: Quarter note (G2), quarter note (F2), quarter note (E2), quarter note (D2).
Measure 4: Quarter note (C2), quarter rest, quarter note (B1), quarter note (A1).
Measure 5: Four eighth notes (G2, F2, E2, D2).
Measure 6: Quarter rest, quarter note (C2), quarter note (B1), quarter note (A1).
Measure 7: Four quarter notes (G2, F2, E2, D2).
Measure 8: Four quarter notes (C2, B1, A1, G2).