



## Lesson Fifteen

Gigajam Guitar School Lesson 15 IDS IR

### Introducing Rests

#### Lesson Objectives

- Introduce the concept of Sound and Silence.
- Develop the ability to play rhythms incorporating *rests*.
- Develop reading skills through the performance of rhythm guitar exercises using Whole Notes, Half Notes, Quarter Notes, Eighth Notes and the equivalent Rests.

#### 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 Whole, Half, Quarter, Eighth and Sixteenth notes. We now need to be able to recognise the symbols that represent their equivalent rests.

On the next page we have produced a detailed table for your reference. Feel free to print it out and refer to it whenever you need to.

### Recognising Notes, Rests and their Values.

The exercises that follow on page 3 will help develop familiarity with the new symbols we have introduced.

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.

Count through each exercise firstly, referring to the table where necessary and try and play the rhythms in both bars.

Then play the multimedia files that accompany each exercise and check the sound against what you are playing. As always you can slow them down and repeat single bars around and around.

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











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## Sound and Silence

This table is a detailed description of notes and rests, identifying their symbols and values. Feel free to print it out and display for ease of reference.

**Table 1-Sound and Silence**

<b>Note Names</b>	<b>Note Symbols</b>	<b>Rest Symbols</b>	<b>Note Values</b>	<b>Comments</b>
<b>Whole Notes</b>			4 Beats	Written as a single empty note with no stem. The rest is a single line that hangs from the line of the staff.
<b>Half Notes</b>			2 Beats	Written as an empty single note with a Stem which differentiates it from a Quarter Note. The rest is very similar to that of the whole note, save for the fact that it sits on the line, rather than hang below it.
<b>Quarter Notes</b>			1 Beat	Single Note, that cannot be joined to another note.
<b>Eighth Notes</b>			1/2 a Beat	Can be a Single Note, but most commonly found 'beamed' with another 8th Note to form 1 beat. Also found in groups of 4 1/8th Notes.
<b>Sixteenth Notes</b>			1/4 of a Beat	Can be a Single Note, or in a group of 2 sixteenth notes. Most commonly found 'beamed' in a group of 4 sixteenth's.

Go to page 3 for exercises

## Incorporating Rests into your rhythm playing

To be able to play rests you will need to be able to stop the strings from ringing. Have a look at the Technique Store video which shows you how to mute the guitar strings without playing more notes.

**Technique Store-**  
Muting the guitar strings  
lesson015.techstore.01



## Whole and Half Notes/Rests

**Exercise 1**  
lesson015.igsir.01



**Exercise 2**  
lesson015.igsir.02



In the following exercise we combine Half and Whole Note Rests.

**Exercise 3**  
lesson015.igsir.03



## Quarter and Eight Note/Rests

Now that we have played Whole and Half notes, let's now look at Quarter and Eighth notes.

**Exercise 4**  
lesson015.igsir.04



## Apply Strum Technique (Down Strokes)

In the four examples above we have practised using the chord of Am. In the following example play a chord of A5.

All the beats in this example will be played with down strokes.

### Exercise 5 lesson015.igsir.05



A5

1 + 2 + 3 + 4 + + + 4

## Apply Strum Technique (Up and Down Strokes)

The next exercise is identical rhythmically to the previous one, but this time we are playing the chord of Am. In exercise 5 we only played with Down strokes and muted the rests using the palm muting technique develop in part 1 of the course.

With the Am chord though we are strumming Up and Down strokes on alternate beats. Although the rhythm is identical, the technique required is different and you need to be able to use it effectively and smoothly when incorporating rests in your rhythm playing.

Have a look at our second Technique Store video to help you incorporate rests whilst strumming up and down strokes. This technique is often referred to as **Dead Hits**.

### Technique Store- Introducing Dead Hits lesson015.techstore.02



Incorporate your new technique into your playing, by using it whilst playing the next two exercises.

### Exercise 6 lesson015.igsir.06



Am

1 + 2 + 3 + 4 + + + 4

### Exercise 7 lesson015.igsir.07



Am

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

## Developing Rests into your playing

Once you understand the concept of rests they are really quite simple. However, playing and reading them will take some practice, as always, and you will certainly need some time to become fluent in the application of the muting techniques demonstrated in this lesson.