

Simple Quadruple Rhythm Catalog

Assign the beat unit to the quarter note.

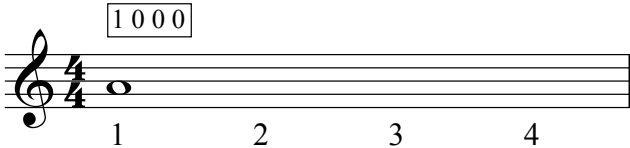
Clap the rhythm in both hands while saying "ta-ta-ta-ta" in a steady recitation.


Clap the rhythm in both hands while tapping your foot in steady quarter notes.

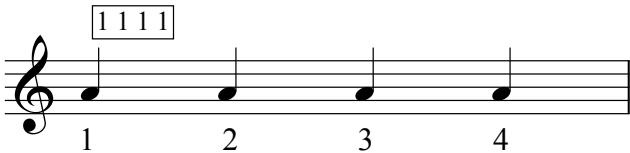
Clap the rhythm in both hands while counting "1 2 3" or "1 2 3 4" in a steady recitation.

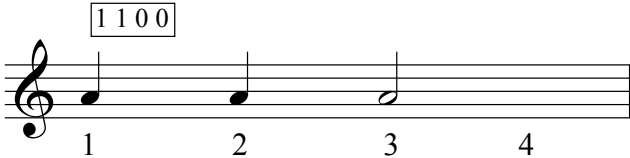
Tap the left hand in steady quarter notes, tap the rhythm with the right hand.

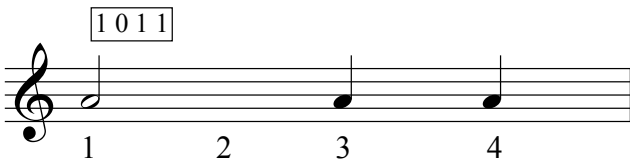
Tap the right hand in steady quarter notes, tap the rhythm with the left hand.

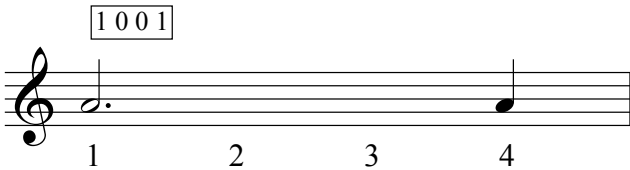
1  Repeat 8x

2  Repeat 8x

3  Repeat 8x

4  Repeat 8x

5  Repeat 8x

6  Repeat 8x

7  Repeat 8x

8  Repeat 8x