Regrouping Basics

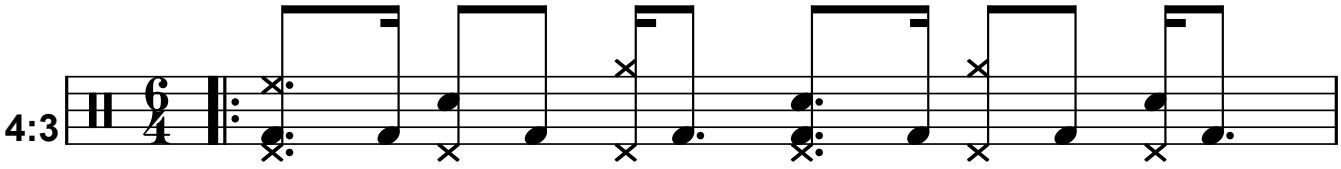
Polyrhythms interpreted as sixteenth note grooves

Atma Anur

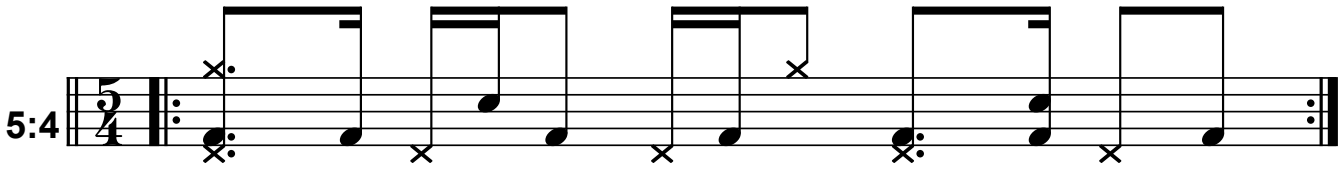
♩ = 80 to 160

These are a few random but helpful ideas from my book Light on Rhythm

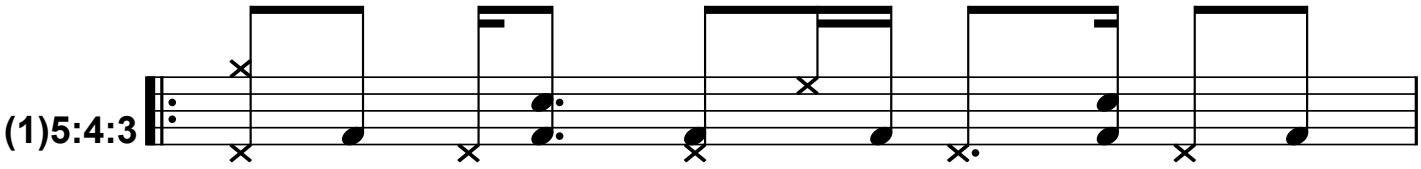
the main pulse in mind is 3

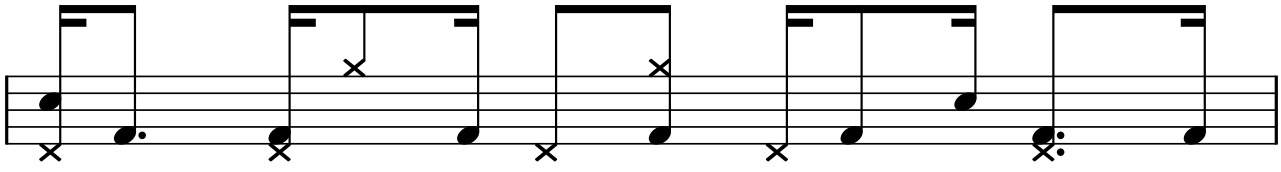


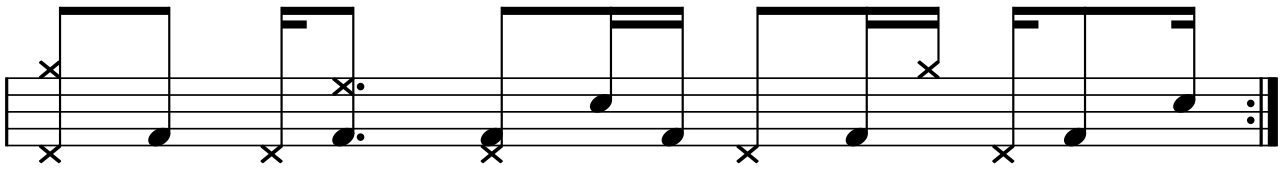
here the main pulse is 5, just as an example to be used in the next exercise



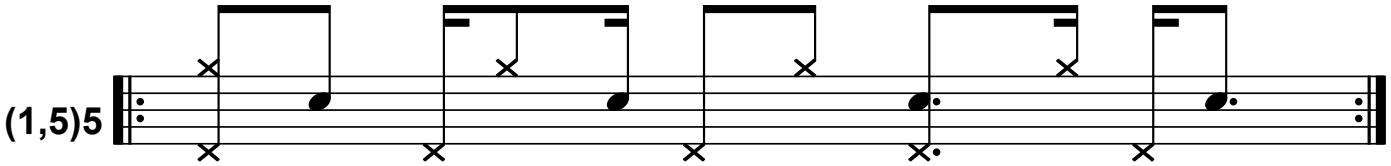
now back to using 3 as the main pulse in mind





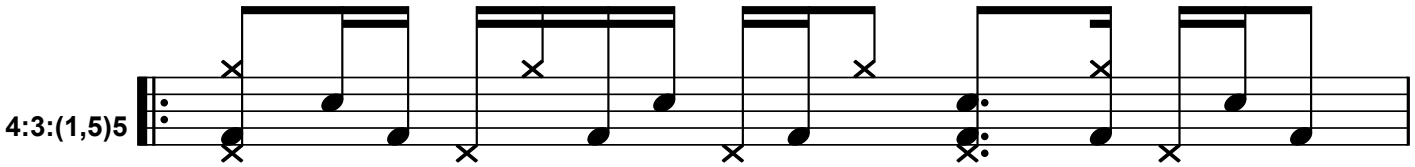


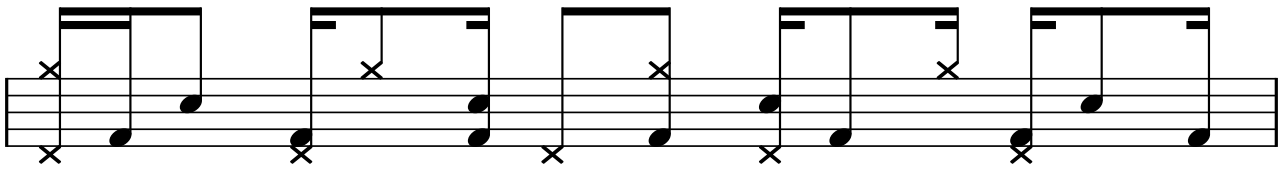
In these examples we begin playing partials of one of the polyrhythmic subdivisions

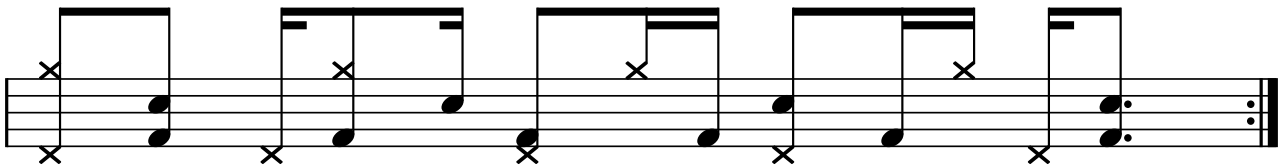


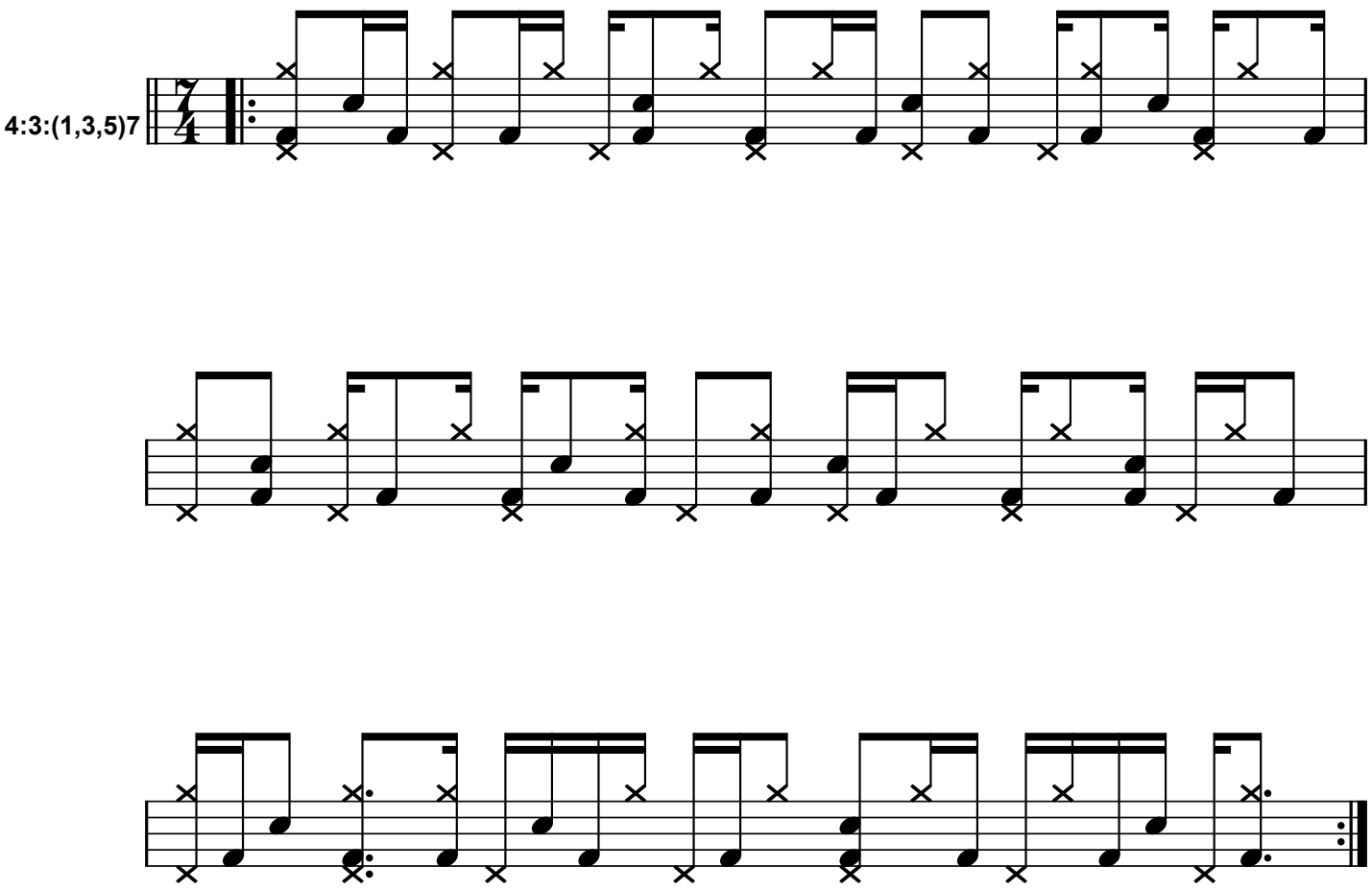
Playing the 4:3 patern in the feet while first "singing" the (1,5) of 5 pattern will help in actually feeling the groove. Then move on to playing what is written on the full kit.

3 is the main pulse in mind

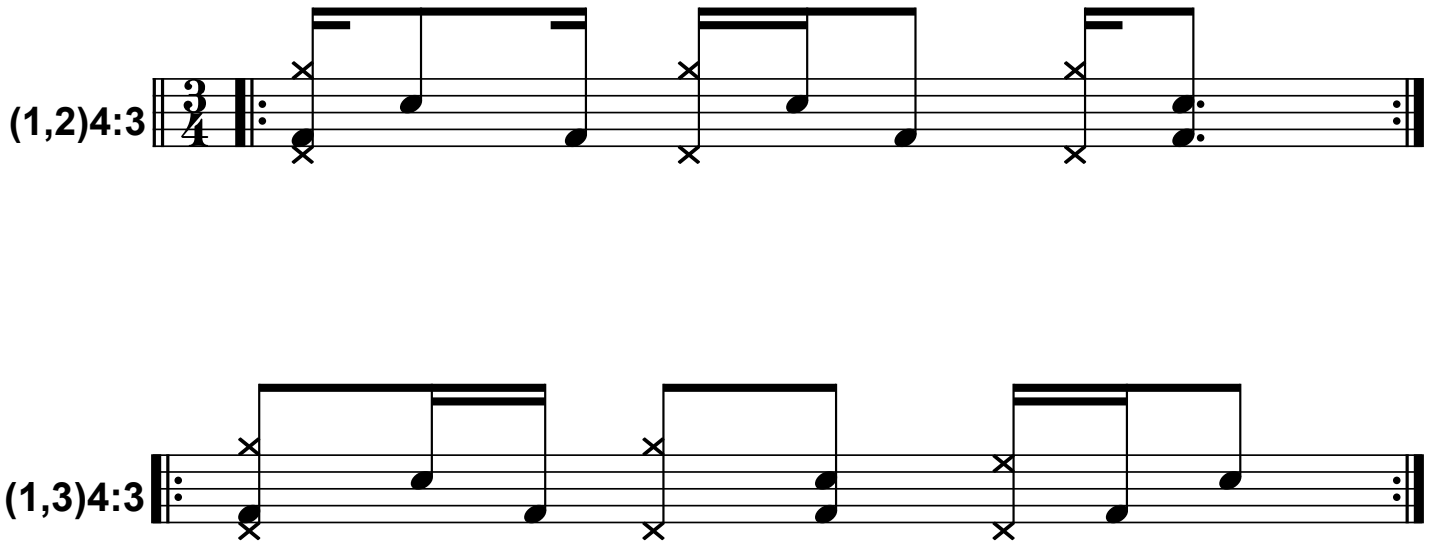


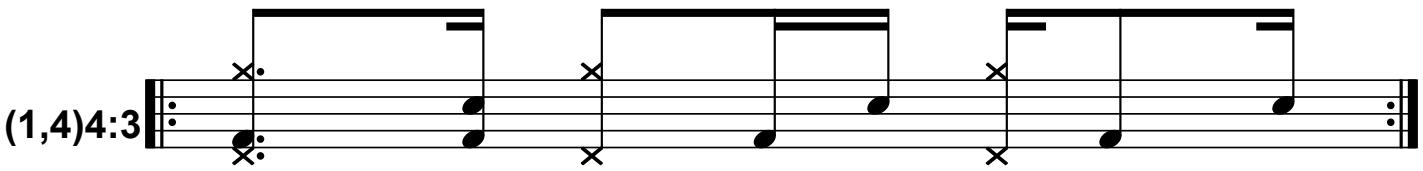


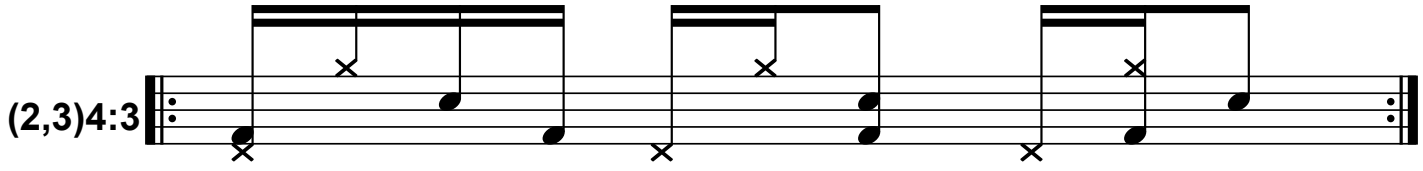


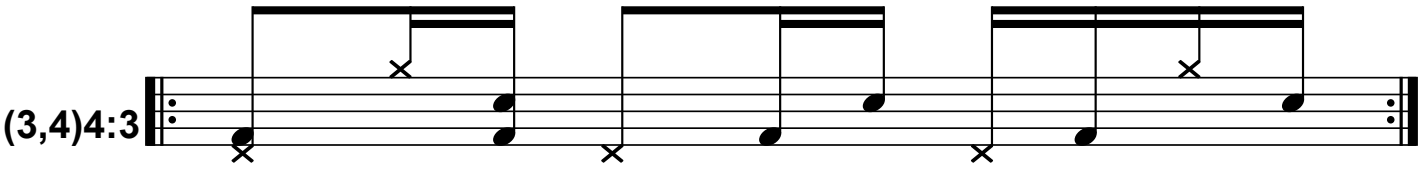


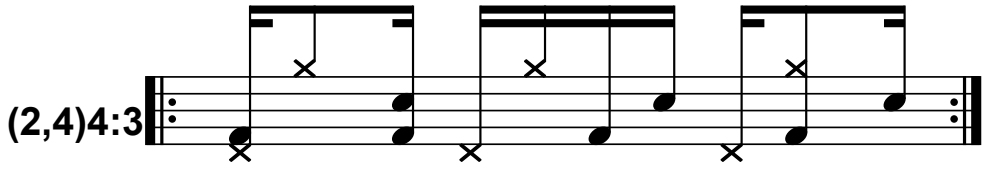
Here we return to using the voices of sixteenths against the simple polyrhythm 4:3




(1,4)4:3


(2,3)4:3


(3,4)4:3


(2,4)4:3