

# Rhythm and Timing Challenge

## Week 7: Mixing Quavers w/ Previous Note Values and Rests

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### Notes and Counting

1 2 3 4 1 + 2 + 3 + 4 + (1) 2 + (3) 4 + 1 + (2) 3 + (4)

Met.

### Demo

1 2 + (3) 4 1 - 2 3 + (4) 1 + 2 + (3) 4 1 + (2 - 4)

### Quiz

### Instructions:

1. Write in the counts above the notes. Please use a plus sign when counting "and" (see Demo).
2. Clap the rhythm and count the beats out loud. Always use a metronome.
3. Play the quiz on your instrument with a metronome. Use alternate sticking if you are a percussionist or pick any note if you play a wind, brass, or string instrument.
4. Record your performance and send your teacher a link to the video for review.

### Difficulty Levels:

Apprentice: ♩ = 60 +  
Journeyman: ♩ = 100 +  
Master: ♩ = 140 +