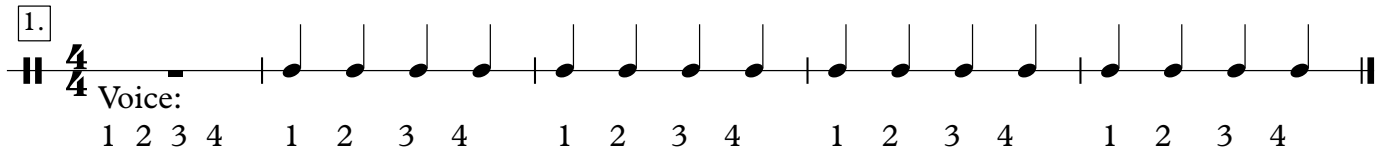
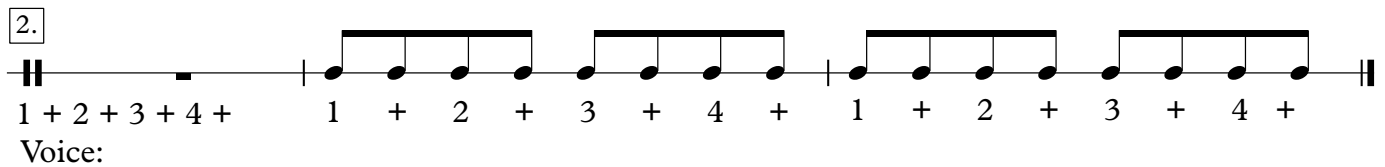
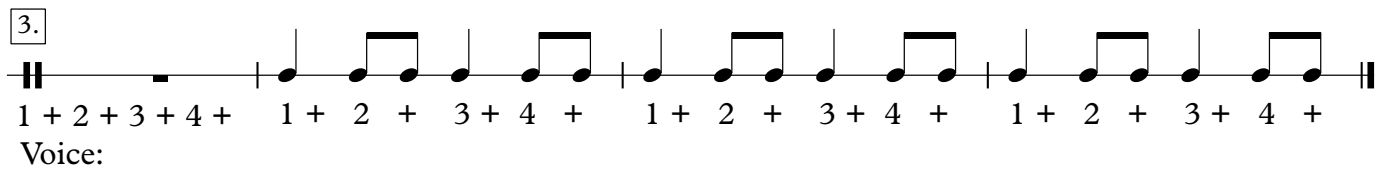


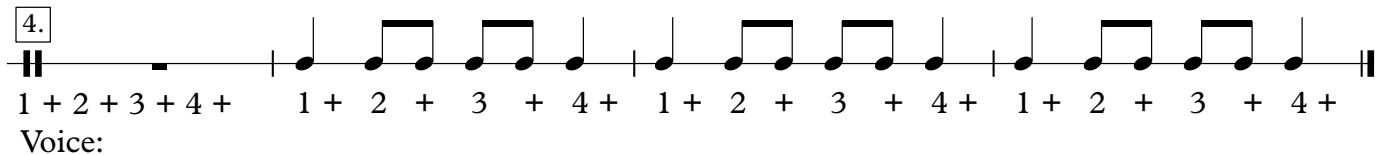
# The Amazing Body Rhythm Machine

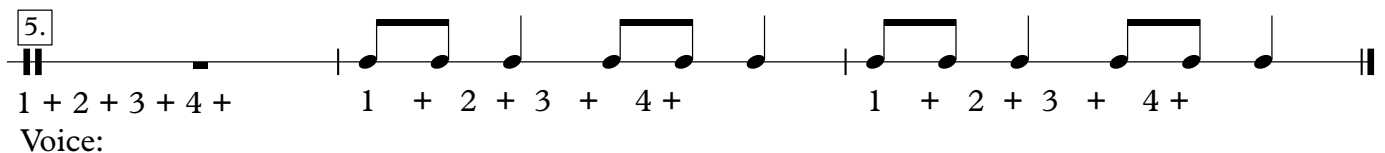
See directions below and at: <http://youtu.be/OIfp4FvjzUQ>

1.  **4/4** Voice:  
1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

2.   
1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +  
Voice:

3.   
1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +  
Voice:

4.   
1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +  
Voice:

5.   
1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +  
Voice:

6.   
1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a  
Voice:

  
1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

Tap one foot to keep a steady beat, like a metronome.

With your voice, speak the pulse, either in straight numbers if quarter notes, or using "One and, Two and etc." for eighth notes, and "One ee and uh" for sixteenth notes.

Choose one hand to keep the pulse along with your foot on your knee (or other body parts).

Your other hand will clap the rhythm, initially on your other knee, and once the rhythm becomes more comfortable, all around your body.

Repeat each pattern until it feels easy. Give yourself progressively more challenging rhythms.

This is only an introduction to this system. It works best when you master each rhythm, and then add new combinations to your practise routine. Enjoy!