

How to practice polyrhythms

This method is fully explained on our youtube video:

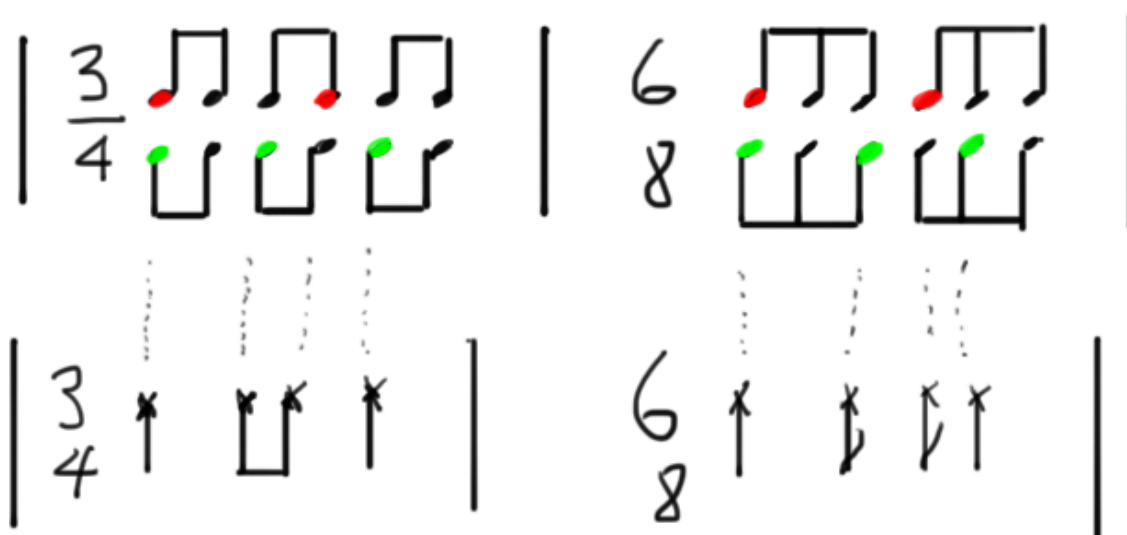
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How to practice Polyrhythms?

8:00

We will show you the method by using 3 against 2, or 2 against 3 as an example

- 1) Find the LCM (2,3) = 6
- 2) Write 6 eighth notes (it could be sixteenths or quarters for other polyrhythms) in two different lines. This will create the exact amount of notes necessary to create a pattern which can be play repeatedly (as in a loop)
- 3) Consider different groupings of notes and find a coherent time signature for the pattern (than that fits the amount of notes in the pattern). In our example there are two possibilities 3/4 or 6/8
- 4) Color every 3 notes on the top line and every 2 notes on the bottom line
- 5) Write a compound rhythmic pattern combining the two lines. Write a note for each colored note on either line. Adjust the duration of the notes to fit the beat where the should be played (or use rests to complete the duration if it is easier to read)



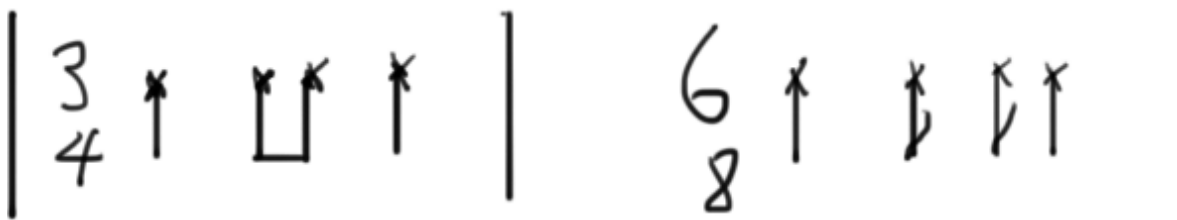
Exercise 1.

- Set the metronome to around 70 per quarter and play the compound pattern in 3/4
- Practice the pattern until it becomes easy at 70 and then increase the metronome by 5 beats to 75.
- Keep increasing the tempo until 210.
- When you get to 210 you are actually playing at 70 per pattern, so you can set the metronome back to 70 and play the entire pattern every click, it should sound exactly the same as the 210 pattern

Exercise 2.

- Now, set the metronome at 150. this time we will count each click as one eighth and play the pattern in 6/8
- You should be grouping the clicks in groups of three eighth notes. 1 2 3, 1 2 3 or 1 2 3, 4 5.
- Now play the 6/8 pattern. It is the same rhythm as before but the accents and placement of the notes feels very different from the one in 3/4.
- Practice and increase the tempo by 5 until you've reached 240
- Now set the metronome to 80 and play the pattern using the click as a dotted quarter, so you'll have two clicks per measure and it should sound exactly as the tempo in 240.
- A nice challenge would be setting the tempo to 40 and then you'll have one click per measure

Practice Chart I



Tempo	Pattern 3/4
70	
75	
80	
85	
90	
95	
100	
105	
110	
115	
120	
125	
130	
135	
140	
145	
150	
155	
160	
165	
170	
175	
180	
185	
190	
195	
200	
205	
210	
Entire Pattern 70	

Tempo	Pattern 6/8
150	
155	
160	
165	
170	
175	
180	
185	
190	
195	
200	
205	
210	
215	
220	
225	
230	
235	
240	
Dotted Quarter 80	
Dotted Half 40	

Rewrite this pattern using a combination of the compound melodic rhythm and the two rhythms like this:

Now I have the compound rhythm split in two hands
So the notes on the Red lines are for one hand, and the green ones for the other

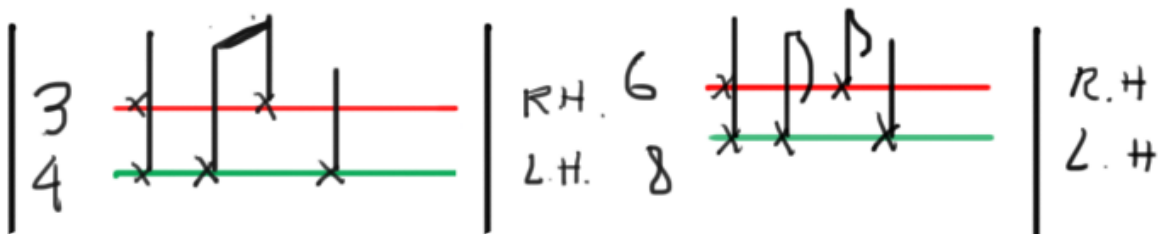
Exercise 3.

- We will repeat the process again setting the tempo to 70
- First, play the compound rhythm once to have it fresh in your memory
- Then split Right-Left.
You can first try the note C in octaves, so it sounds very similar to the compound pattern
- Start increasing your tempo by increments of 5 until you get to 210 again then set it back to 70 and play the entire pattern every click

Exercise 4.

- Choose to very different set of notes on each hand
- When you play the pattern try focusing your attention to your left hand only, you can even try stop playing your right hand and you will hear the subdivision in 3. Go back to both hands and now concentrate on your right hand and do the same you will hear the pattern of two

Practice Chart II



Tempo	Pattern 3/4
70	
75	
80	
85	
90	
95	
100	
105	
110	
115	
120	
125	
130	
135	
140	
145	
150	
155	
160	
165	
170	
175	
180	
185	
190	
195	
200	
205	
210	
Entire Pattern 70	

Tempo	Pattern 6/8
150	
155	
160	
165	
170	
175	
180	
185	
190	
195	
200	
205	
210	
215	
220	
225	
230	
235	
240	
Dotted Quarter 80	
Dotted Half 40	