

# RHYTHM CHALLENGE: TRIPLETS & EIGHTHS

Write in the counts for each rhythm. Practice slowly, counting out loud. You've got it when you can tap and count along with the metronome set to 80.

## #1: Triplets only

Two staves of music in 4/4 time. The first staff contains: a quarter note, a quarter note, a triplet of eighth notes, a quarter note, a triplet of eighth notes, a triplet of eighth notes, a quarter note, a dotted quarter note, a quarter note, a quarter note, and a triplet of eighth notes. The second staff contains: a quarter note, a triplet of eighth notes, a quarter note, a quarter note, a quarter note, a triplet of eighth notes, a triplet of eighth notes, a quarter note, a quarter note, and a quarter note.

## #2: Triplets only

Two staves of music in 4/4 time. The first staff contains: a quarter note, a quarter note, a triplet of eighth notes, a triplet of eighth notes, a quarter note, a triplet of eighth notes, a quarter note, a quarter note, and a quarter note. The second staff contains: a dotted quarter note, a triplet of eighth notes, a quarter note, a quarter note, a quarter note, a triplet of eighth notes, a triplet of eighth notes, a triplet of eighth notes, and a quarter note.

## #3: Add rests

Two staves of music in 4/4 time. The first staff contains: a quarter note, a quarter rest, a triplet of eighth notes, a quarter note, a quarter rest, a quarter note, a triplet of eighth notes, a quarter rest, a quarter rest, a triplet of eighth notes, a quarter note, a quarter rest, a quarter note, and a quarter note. The second staff contains: a quarter rest, a triplet of eighth notes, a quarter note, a quarter rest, a quarter rest, a triplet of eighth notes, a quarter note, a quarter rest, a quarter note, a triplet of eighth notes, a quarter note, a triplet of eighth notes, and a quarter note.

#### #4: Alternate triplets & eighths

Exercise #4 consists of two staves of music in 4/4 time. The first staff begins with a half note, followed by a quarter note, then a triplet of eighth notes, a quarter note, a half note, another triplet of eighth notes, a quarter note, and finally a half note. The second staff starts with a triplet of eighth notes, followed by a quarter note, a half note, another triplet of eighth notes, a quarter note, a half note, a triplet of eighth notes, a quarter note, and ends with a half note. Each triplet is marked with a '3' below it.

#### #5: Alternate triplets & eighths, add rests

Exercise #5 consists of two staves of music in 4/4 time. The first staff starts with a half note, followed by a triplet of eighth notes, a quarter rest, a quarter note, a half note, another triplet of eighth notes, a quarter rest, a half note, and a triplet of eighth notes. The second staff begins with a triplet of eighth notes, a quarter note, a half note, a quarter rest, a triplet of eighth notes, a quarter rest, a half note, and ends with a triplet of eighth notes. Each triplet is marked with a '3' below it.

#### #6: Alternate triplets & eighths, add rests

Exercise #6 consists of two staves of music in 4/4 time. The first staff starts with a half note, followed by a triplet of eighth notes, a quarter note, a half note, another triplet of eighth notes, a quarter rest, a triplet of eighth notes, a quarter rest, a quarter note, and a half note. The second staff begins with a half note, a triplet of eighth notes, a quarter rest, a quarter note, a half note, a quarter rest, a triplet of eighth notes, a quarter rest, a triplet of eighth notes, a quarter note, and ends with a half note. Each triplet is marked with a '3' below it.

### #7: Triplets and eighths back-to-back

Two staves of music in 4/4 time. The first staff contains four measures: a quarter note, a triplet of eighth notes, a quarter note, and a triplet of eighth notes. The second staff contains four measures: a triplet of eighth notes, a quarter note, a triplet of eighth notes, and a quarter note.

### #8: Triplets and eighths back-to-back, add rests

Two staves of music in 4/4 time. The first staff contains four measures: a triplet of eighth notes, a quarter note, a quarter rest, a triplet of eighth notes, a quarter note, a triplet of eighth notes, a quarter note, a triplet of eighth notes, and a quarter note. The second staff contains four measures: a quarter note, a quarter rest, a quarter rest, a triplet of eighth notes, a quarter note, a quarter rest, a triplet of eighth notes, a quarter note, a triplet of eighth notes, and a quarter note.

### #9: Triplets and eighths back-to-back, add dotted quarter-eighth pattern

Two staves of music in 4/4 time. The first staff contains four measures: a dotted quarter note, a triplet of eighth notes, a quarter note, a triplet of eighth notes, a quarter note, a triplet of eighth notes, a dotted quarter note, and a triplet of eighth notes. The second staff contains four measures: a triplet of eighth notes, a quarter rest, a triplet of eighth notes, a quarter rest, a dotted quarter note, a triplet of eighth notes, a quarter note, a triplet of eighth notes, a quarter note, and a dotted quarter note.

### #10: Triplets and eighths back-to-back, add dotted quarter notes & syncopation

Exercise #10 consists of two staves of music in 4/4 time. The first staff contains four measures: the first measure has a quarter note followed by an eighth note triplet; the second measure has a quarter note followed by an eighth note triplet; the third measure has a dotted quarter note followed by an eighth note triplet; the fourth measure has a quarter note followed by an eighth note triplet. The second staff contains four measures: the first measure has an eighth note triplet followed by a quarter note; the second measure has an eighth note triplet followed by a quarter note; the third measure has a quarter note followed by an eighth note triplet; the fourth measure has a quarter note followed by an eighth note triplet.

### #11: Uneven triplet patterns

Exercise #11 consists of two staves of music in 4/4 time. The first staff contains four measures: the first measure has a quarter note followed by an eighth note triplet; the second measure has a quarter note followed by an eighth note triplet; the third measure has a quarter note followed by an eighth note triplet; the fourth measure has a quarter note followed by an eighth note triplet. The second staff contains four measures: the first measure has a quarter note followed by an eighth note triplet; the second measure has a quarter note followed by an eighth note triplet; the third measure has a quarter note followed by an eighth note triplet; the fourth measure has a quarter note followed by an eighth note triplet.

### #12: Uneven triplet patterns

Exercise #12 consists of two staves of music in 4/4 time. The first staff contains four measures: the first measure has a quarter note followed by an eighth note triplet; the second measure has a quarter note followed by an eighth note triplet; the third measure has a quarter note followed by an eighth note triplet; the fourth measure has a quarter note followed by an eighth note triplet. The second staff contains four measures: the first measure has a quarter note followed by an eighth note triplet; the second measure has a quarter note followed by an eighth note triplet; the third measure has a quarter note followed by an eighth note triplet; the fourth measure has a quarter note followed by an eighth note triplet.