


The Beat


The **beat** is the pulse of music, and like your heartbeat it would remain very steady. Counting aloud and foot-tapping help us maintain a steady beat. Tap your foot **down** on each number and **up** on each "&."

One beat = 1 &
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Notes And Rests

Notes tell us how high or low to play by their placement on a line or space of the music staff, and how long to play by their shape. **Rests** tell us to count silent beats.

 **Quarter Note** = 1 beat

 **Quarter Rest** = 1 silent beat

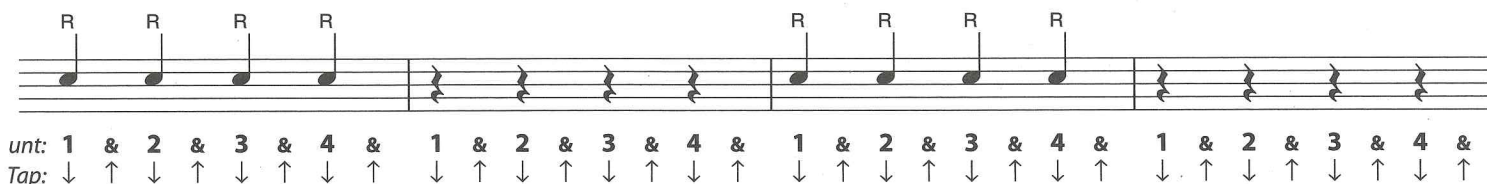
THE FIRST NOTE *Play your quarter note as the band plays their long tone.*

Snare Drum



▲ Start with right-hand stick

COUNT AND PLAY

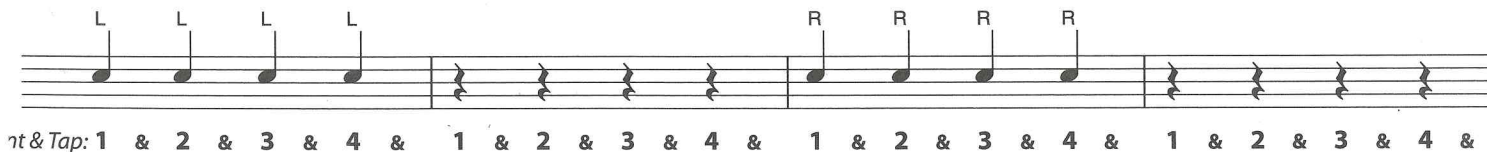


A NEW NOTE

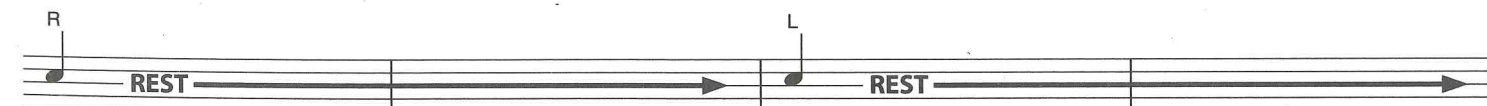


▲ Play sticking as marked.

TWO'S A TEAM



HEADING DOWN *Always stand straight and tall with your shoulders relaxed.*



MOVING ON UP

R R R R R R R R I I I R