

Hemiola basics - revisited

Basic familiarity with the 3:2 polyrhythm in duple meters

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Simple form:

right hand left hand

B R L R B R L R

B = both hands played in unison

Also play all exercises in all limb combinations:
hands reversed, RH/RF, RH/LF, LH/LF, LH/RF, RF/LF

B R L R B R L R B R L R B R L R

Written as 8th notes and 16th notes:

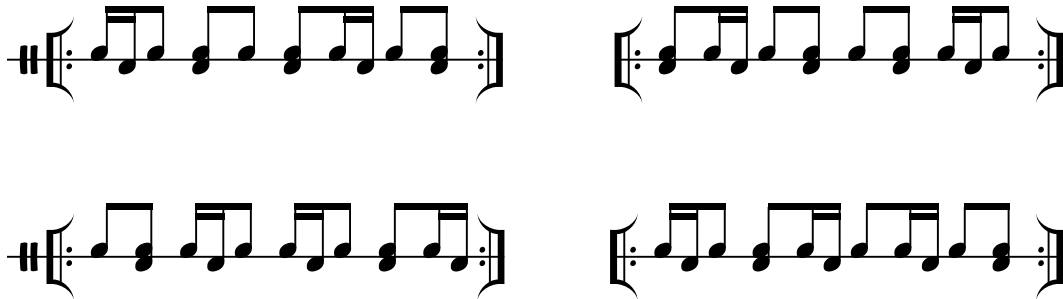
Advanced:

Learn to count both three-measure exercises repeating, in four-measure phrases:
While playing count 1-2-3-4, 2-2-3-4, 3-2-3-4, 4-2-3-4

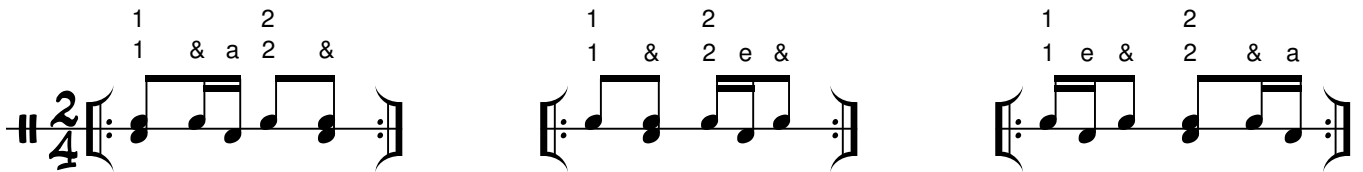
Fitting the polyrhythm into a single measure of 4/4:

Continue counting the rhythm, and counting 1-2-3-4.

In 4/4, starting the polyrhythm on beat 3:



These two-beat variations are very common:



Inversions in 3/4:

