

BASIC TRIPLE POLYRHYTHMS

This is an exercise for feeling 3 against 4 against 5. Each bar contains a version of this polyrhythm. Using any combination of feet and hands, first get the rhythms on the low and middle notes together and then add the upper notes.

For example, in the first bar, use right foot for the lowest notes and right hand for the middle notes to get 4 against 3, then add the left hand, playing 5.

Switch feet and hands through all combinations:

HIGH	RH	LH	LF	LH	LF	RH	RH	LH	RF	LH	RF	RH	LF	LH	RF	LH	RF	LF	LF	RH	RF	RH	RF	LF	
MED	LF	LF	RH	RH	LH	LH	RF	RF	RH	RH	LH	LH	RF	RF	LF	LF	LH	LH	RF	RF	LF	LF	RH	RH	
LOW	RF	RF	RF	RF	RF	RF	LF	LF	LF	LF	LF	LF	LF	RH	RH	RH	RH	RH	RH	RH	RH	LH	LH	LH	LH

The image displays three rows of musical notation, each representing a different time signature: 3/4, 4/4, and 5/4. Each row contains two staves of music. The left staff in each row shows a 5-beat pattern with a bracket labeled '5' above it, and the right staff shows a 4-beat pattern with a bracket labeled '4' above it. The notation includes various note values (quarter, eighth, and dotted notes) and rests, illustrating the complex rhythmic relationships between the two parts in each time signature.