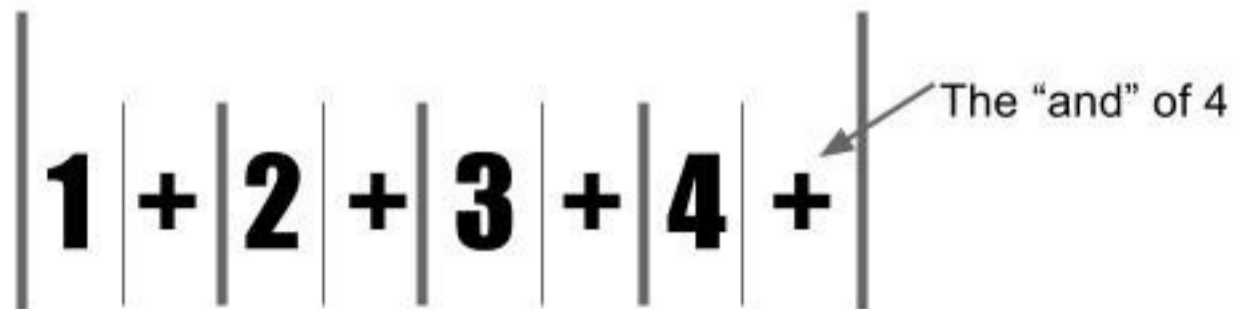







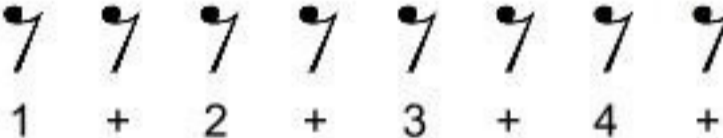


# Level 1- Novice

Unsyncopated whole, quarter, half, and eighth note/rests

A **note** tells the musician when and what to play and a **rest** tells the musician when not to play. The duration (how long) each note/rest is to be performed is its **note value**. A **subdivision** is an equal division of a beat. The eighth note subdivision is used for every beat. The symbol used for an eighth note subdivision is a (+) and is spoken as the word "and." When meter is divided into multiples of 2 it is called **duple meter**.



Notes		Rests
 1+2+3+4+	<b>Whole</b> <b>4 counts</b>	 1+2+3+4+
 1+2+      3+4+	<b>Half</b> <b>2 counts</b>	 1+2+      3+4+
 1+    2+    3+    4+	<b>Quarter</b> <b>1 count</b>	 1+    2+    3+    4+
 ① + ② + ③ + ④ +	<b>Eighth</b> <b>1/2 count</b>	 1 + 2 + 3 + 4 +

## How to write in counts and circles

The beat and subdivision is written underneath the rhythm.

The circle represents when a note is played

The counts for rests do not get circled