

## **The Inner Drum!**

By Åse Hagerman

Through pulse, rhythmic emphasis and subdivided beats you'll find that your inner percussion helps to stabilize the tempo and makes the music more exciting and better synchronized.

### **PULSE**

Repetitive pattern. It's regular.  
Comes in macro and micro beats  
Can change pace!

### **MELODIC RHYTHM**

Is irregular. Stops and starts.  
Includes lots of syncopated rhythm  
Needs pulse and subdivision to stay in tempo

### **Create the inner beat**

**2/4:** Dum-cha, Dum-cha  
**3/4:** Toom-pa-pa, toom-pa-pa  
**4/4:** Takataka, takataka, Takataka, takataka  
**4/4 (swing):** Doom cheeka, doom cheeka, Doom cheeka, doom cheeka  
**6/8:** Labada, Dabada  
**12/8:** Ratata Tatata, Ratata Tatata

Understanding meter is best manifest physically through appropriate distribution of **body weight** to make **difference** between the strong and weak beats (macro and micro-beats). Moving only macro beats will rush the tempo, moving only micro beats will not define the meter – all beats will sound alike.

### **Exercises**

**2/4** Pom pim, pom pim 1-5-4-2, 1-5-4-2, 1-5-4-2, 1 (breath)  
**3/4** Doom pada 1-88, 1-77, 1-66, 1-55, 1-44, 1-33, 1-22, 1 (duet)  
**4/4** Naw-naw  
**4/4 (swing)** Do-bah-do-bah  
**6/8** Labadabadaba damdamdam: 888888777, 666666555, 444444333, 2222221-  
**12/8** I've got the blues

### **Song examples**

**2/4** **Anything goes**  
**3/4** **Edelweiss**  
**4/4** **Bill Bailey, I feel the earth move**  
**4/4 (swing)** **I'm beginning to see the light, Dixieland**  
**6/8** **There goes my everything**  
**12/8** **Stomp**