

PULSE – HOW TO APPLY IT IN PLAYING		
What is it	What to do	It feels like
1. TWO LINES moving AT THE SAME TIME	BEING AWARE of the pulse below the rhythm – Both going HAND IN HAND – rhythm ON TOP / pulse BELOW .	→ RHYTHM LINE ON TOP → PULSE LINE UNDERNEATH
2. THINK / COUNT / MERGE PULSE WITH RHYTHM	1. UNDERSTANDING the pulse. 2. COUNTING the pulse before the rhythm. 3. PLAYING the rhythm 'on top' merging with pulse.	→ 'STRAIGHT' BEATS → RHYTHM 'ON TOP' → MERGE PULSE WITH RHYTHM
3. WRITE DOWN THE PULSE (THE BEATS)	WRITING DOWN the pulse beat in your music copy as vertical lines - visualising the space and clearly seeing how each beat 'fits in'.	→ BEATS GIVING EXACT SPACE TO THE RHYTHM TO 'FIT IN'
4. METRONOME PULSE	PRACTICING always with a METRONOME using 'three practice speeds' – slow / medium / fast as a basic tool.	→ ALLOW EXACTLY THE SAME 'SPACE' (PULSE) FOR EACH BEAT
5. 'IN YOUR HEAD' PULSE	DEVELOPING AWARENESS of the STRONG BEAT and PULSE – using the 'practice patterns' tools, etc.	→ CONNECT PULSE / STRONG BEAT / PATTERNS
6. MARK THE PULSE while playing	MARKING the pulse with your toe discretely inside your shoe to developing INDEPENDENCE OF BOTH PULSE / RHYTHM .	→ MARK PULSE WITH TOE / → DEVELOP INDEPENDENCY OF TOE (PULSE) & HANDS (RHYTHM)

HAVE YOU LEARNED IT	Action Words / Task
1. TWO LINES moving AT THE SAME TIME	1. RHYTHM LINE ON TOP 2. PULSE LINE UNDERNEATH
2. THINK / COUNT / MERGE PULSE WITH RHYTHM	1. 'STRAIGHT' BEATS 2. RHYTHM 'ON TOP' 3. MERGE PULSE WITH RHYTHM
3. WRITE DOWN THE PULSE (THE BEATS)	1. WRITE VERTICAL LINES 2. RHYTHM 'FITS IN' BETWEEN LINES
4. METRONOME PULSE	1. BEWARE OF SAME PULSE EXACTLY 2. LISTEN & PRACTICE THE 'HEARTBEAT' OF MUSIC
5. 'IN YOUR HEAD' PULSE	1. CONNECT PULSE 2. STRONG BEAT 3. PATTERNS
6. MARK THE PULSE while playing	1. MARK THE PULSE WITH YOUR TOE 2. DEVELOP INDEPENDENCY OF TOE (PULSE) & HANDS (RHYTHM)

REMEMBER
THE DETAIL
THE ACTION
THE FEELING