

PULSE – HOW TO DEVELOP A SENSE OF DOWN BEAT		
What is it	What to do	It feels like
1. SENSE OF METRICAL DOWNBEAT	BEATS GOING DOWN AND UP (like two quavers to a crotchet) – NOTICING the strong down motion on each first half of the beat.	→ METRICAL DOWNBEAT
2. SENSE OF DOWNBEAT & DOWNBOW	BEING AWARE of the STRONGEST SENSE OF COORDINATION – NOTICING it particularly in demanding passages.	→ DOWNBOW DOWNBEAT
3. SENSE OF FIRST DOWNBEAT IN ONE BAR	BEING AWARE of where the bar starts every time – NOTICING the first downbeat is providing a SENSE OF STRUCTURE .	→ FIRST DOWNBEAT IN A BAR
4. SENSE OF DOWNBEAT IN ONE PHRASE	GUIDING downbeat where a phrase starts and where it ends - NOTICING it is clarifying the SENSE OF PHRASE STRUCTURE .	→ PHRASING DOWNBEAT
5. PLAY STRONG DOWNBEAT IN A PATTERN	EVERY BEAT BECOMING a ‘down beat’ when practicing REPEATED PATTERNS – keeping the even pulse going and providing pulse structure for more efficient practicing.	→ PATTERNS DOWNBEAT
The STRONGEST SENSE OF A BEAT in music – we apply it subconsciously to all music we play – it’s the START OF SOMETHING		

HAVE YOU LEARNED IT	Action Words / Task
1. SENSE OF METRICAL DOWNBEAT	STRONGER FIRST HALF OF DOWN BEAT
2. SENSE OF DOWNBEAT & DOWN-BOW	STRONGER ‘FEEL’ FOR EVERY DOWN BEAT
3. SENSE OF FIRST DOWNBEAT IN ONE BAR	STRONGER ‘FEEL’ FOR EVERY START OF THE BAR
4. SENSE OF DOWNBEAT IN ONE PHRASE	STRONGER ‘FEEL’ FOR EVERY DOWN BEAT IN ONE PHRASE
5. PLAY STRONG DOWNBEAT IN A PATTERN	STRONGER ‘FEEL’ FOR REPEATED METRIC BEATS IN PATTERNS

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**