Making Rhythms
with Andrew Grueschow

A QUICK HOW-TO
Here is how you can use cups to create and clap four-beat rhythms.

1. Find a colored cup or other object to represent a single clap or “quarter note.” Line up your 4 cups (Blue in Andrew’s lesson) and practice clapping the rhythm.

2. Now add a cup of another color (Red) that represents a double clap or “eighth notes” and practice that new rhythm. You can change the place of the new cup to create a brand-new rhythm.

3. Now with your two colors of cups, mix and match to create any pattern of four.

4. You can also choose another cup color (Clear) to represent a “rest” or silence. Instead of clapping, put your hands out and say “rest.” Mix and match for even more rhythms.

5. To add the sounds of Indian Drumming, say “TA” for the single clap and “TA KA” for the double clap.

6. For an extra challenge, try to keep a “steady beat” by not going faster or slower. Practice with the video and you will get it!

THINK ABOUT IT
What did you learn? What do you want to know more about?

DIG DEEPER
To learn more about how Andrew used Indian symbols to create rhythms, check out this YouTube video on the Konnakol Rhythms and the Fibonacci Sequence.  https://www.youtube.com/watch?v=mOMLRMf1Yf0

TRY THIS CHALLENGE
Share your rhythms with your family and try to do two rows of four cups!

NEW WORDS

Steady beat
A sound or pulse that happens at a regular rate.

Quarter Note (TA)
A single sound that happens in one beat of music.

Eighth Notes (TA KA)
Two even sounds that happen in one beat of music.

Rest
A period of silence

Rhythm
A series of beats that create a pattern