



The 12 bar exercise is grouped into three “four bar phrases”. In the 1<sup>st</sup> bar, we start off with an 8<sup>th</sup> note and 16<sup>th</sup> note cell which subsequently is extended by one 16<sup>th</sup> note thus creating a 4 bar phrase and building upon the original rhythmic cell. The next 4 bar phrase adds one 8<sup>th</sup> note to the cell and then is extended by a 16<sup>th</sup>. While the last phrase adds a further 8<sup>th</sup> note. Do you see it?

To make things even more comprehensible, one should subdivide this rhythm using 16<sup>th</sup> notes. This makes things a bit easier to grasp. So, while you tap your foot in your favorite meter or 4/4 (if you like), clap the rhythm and sing the subdivision. Now try to execute the rhythm.

Then, instead of using any rhythmic syllable, we could employ the CARNATIC system of rhythmic syllable.

TA= 1  
 TA-KA= 2  
 TA-KI-TA= 3  
 TA-KA-DI-MI= 4  
 TA-DI-GI-NA-THOM= 5  
 (Simplified Carnatic Syllables!)

**Bar 1**



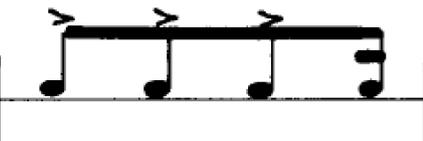
Ta-Ka      Ta(then 2 taka, 3 takita, 4 takadimi)

**Bar 5**



Ta-ka      Ta-ka      Ta(then 2 taka, 3 takita, 4 takadimi)

**Bar 9**



Ta-ka      Ta-ka      Ta-ka      Ta(then 2 taka, 3 takita, 4 takadimi)

As you can see in this rhythmic exercise, we have a “cell” in the 1<sup>st</sup> bar that is being varied by using repetition and extension thus creating polyrhythmic and the metric modulation (depending upon your own creativity).

Besides its value as a rhythmic exercise, the exercise can also be employed as a melodic one too which in turn puts more emphasis on not only rhythmic but melodic tension and release as well.

Since Gramani conveniently displayed his first exercise in a 12 bar form, why not try this rhythmic idea out on a 12 bar blues form?

In the following PDF exercise, please notice the exact usage of the rhythmic exercise over a 12 bar blues form. Keep in mind that this exerts certain tension and release both rhythmically and melodically too. This might be too much for the listener to handle(?) That's up to you!

Here's some ideas to think about:

What would happen if we inserted rests?

What about the tempo?

What would happen if we expanded the values so that the rhythmic patterns would be in larger values or even in triplets?

How does this exercise make you feel?

Have Fun!!

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