

## What is Rhythm Boot Camp?

- For the remaining part of the semester, all three bands will participate in a Rhythm Boot Camp.
- Every student is required to pass-off rhythm charts individually in two ways:
  - “Live” with a Director
  - FlipGrid Assignments
- Each CHART will count as a test grade, with the only grades possible being 0 or 100.
  - *\*Students have an UNLIMITED number of attempts to earn a 100\**
- Attached is a Pass-Off Calendar
- During the Test, the student is required to count with the metronome. Tempos can range anywhere from 72BPM (minimum speed to earn credit) to 100BPM (speed limit).
- Students will use the **Modified Eastman Counting System**  
*[1 Ti Te Ta, 2 Ti Te Ta, etc.]*

## Why Rhythm Boot Camp?

It's very evident that since being home in March, some of our essential musical skills have suffered, with a specific weakness being counting rhythms. This is an effort to begin rebuilding our musician tool kit and earn back any lost progress.

**Rebuilding. Together. Safely.**

# CHART 1

Quarter Notes and Rests



# CHART 1.5

## Quarter Notes and Rests

? Ask your teacher where  
all the time signatures went!



# EXTRA PRACTICE 1

Lots of Rests

1 2 3 4



5 6 7 8



9 10 11 12



13 14 15 16



17 18 19 20



21 22 23 24



25 26 27 28



29 30 31 32



# CHART 2

Quarter and Half Notes with Rests

Musical notation for Chart 2, consisting of 36 numbered measures in a single staff. The notation is written in a treble clef with a 4/4 time signature. The notes and rests are as follows:

- 1: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 2: Half note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 3: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 4: Half note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 5: Half note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 6: Half note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 7: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 8: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 9: Half note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 10: Half note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 11: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 12: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 13: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 14: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 15: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 16: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 17: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 18: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 19: Half note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 20: Half note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 21: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 22: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 23: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 24: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 25: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 26: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 27: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 28: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 29: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 30: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 31: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 32: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 33: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 34: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 35: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5
- 36: Quarter note G4, Quarter note A4, Quarter note B4, Quarter note C5

The musical score consists of seven staves of music, each containing a series of measures. The measures are numbered 1 through 28, starting from the bottom staff and moving upwards. The notation includes quarter and half notes, often followed by a vertical line indicating a rest. The staves are arranged in a vertical column, with the first staff at the bottom and the seventh staff at the top. The music is written in a single melodic line on a five-line staff.

More Quarter and Half Notes with Rests

# CHART 2.5

# CHART 3

Quarter, Half, and Whole Notes

1 2 3 4

Musical staff 1: Treble clef, 4/4 time signature. Measure 1: quarter notes G4, A4. Measure 2: half note B4. Measure 3: quarter notes C5, B4. Measure 4: whole note A4.

5 6 7 8

Musical staff 2: Treble clef. Measure 5: quarter notes G4, A4, B4, C5. Measure 6: whole note B4. Measure 7: quarter notes A4, G4, F4, E4. Measure 8: whole note D4.

9 10 11 12

Musical staff 3: Treble clef. Measure 9: quarter notes D4, E4, F4, G4. Measure 10: half notes G4, F4. Measure 11: quarter notes E4, D4, C4, B3. Measure 12: whole note A3.

13 14 15 16

Musical staff 4: Treble clef. Measure 13: quarter notes G3, F3, E3, D3. Measure 14: half notes C3, B2. Measure 15: quarter notes A2, G2, F2, E2. Measure 16: half notes D2, C2.

17 18 19 20

Musical staff 5: Treble clef. Measure 17: quarter notes B1, C2, D2, E2. Measure 18: whole note F2. Measure 19: quarter notes G2, A2, B2, C3. Measure 20: whole note D3.

21 22 23 24

Musical staff 6: Treble clef. Measure 21: quarter notes E3, F3, G3, A3. Measure 22: half notes B3, A3. Measure 23: quarter notes G3, F3, E3, D3. Measure 24: whole note C3.

25 26 27 28

Musical staff 7: Treble clef. Measure 25: whole note B2. Measure 26: quarter notes A2, G2, F2, E2. Measure 27: quarter notes D2, C2, B1, A1. Measure 28: half notes G1, F1.

# CHART 3.5

Quarter, Half, and Whole Notes with Rests

1 2 3 4

1 2 3 4

5 6 7 8

5 6 7 8

9 10 11 12

9 10 11 12

13 14 15 16

13 14 15 16

17 18 19 20

17 18 19 20

21 22 23 24

21 22 23 24

25 26 27 28

25 26 27 28

29 30 31 32

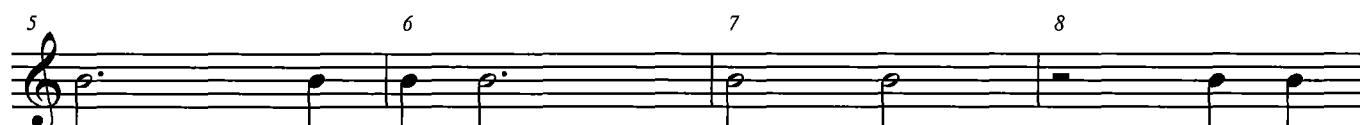
29 30 31 32



# CHART 4

## Dotted Half Notes

? Ask your teacher what the letter 'C' in measure one means!



\* A dot adds 1/2 the value of the note it is dotting. \*

# CHART 4.5

More Dotted Half Notes



# CHART 5

## Time Signatures

1 2 3 4

5 6 7 8

9 10 11 12

13 14 15 16

17 18 19 20

21 22 23 24

25 26 27 28

29 30 31 32

Detailed description: This chart consists of eight staves of musical notation, each containing four numbered measures. The notation is written in treble clef. The time signatures vary across the measures: measures 1-4 are in 4/4; measures 5-8 are in 4/4; measures 9-12 are in 3/4; measures 13-16 are in 3/4; measures 17-20 are in 2/4; measures 21-24 are in 2/4; measures 25-28 are in 2/4, with measure 27 changing to 3/4; and measures 29-32 are in 2/4, with measure 31 changing to 4/4. The notes are primarily quarter and eighth notes, with some rests and a final double bar line at the end of measure 32.

# CHART 6

Eighth Notes

This chart consists of ten staves of musical notation, numbered 1 through 10. Each staff begins with a treble clef and a common time signature (C). The music is written in a single melodic line on each staff. The notes are eighth notes, and the rhythm is consistent across all staves. The notes are: Staff 1: C4, D4, E4, F4, G4, A4, B4, C5; Staff 2: D4, E4, F4, G4, A4, B4, C5, B4; Staff 3: C5, B4, A4, G4, F4, E4, D4, C4; Staff 4: C4, D4, E4, F4, G4, A4, B4, C5; Staff 5: D4, E4, F4, G4, A4, B4, C5, B4; Staff 6: C5, B4, A4, G4, F4, E4, D4, C4; Staff 7: C4, D4, E4, F4, G4, A4, B4, C5; Staff 8: D4, E4, F4, G4, A4, B4, C5, B4; Staff 9: C5, B4, A4, G4, F4, E4, D4, C4; Staff 10: C4, D4, E4, F4, G4, A4, B4, C5. Each staff ends with a double bar line.

# CHART 6.5

Eighth, Quarter, Half, and Whole Notes with Rests

1 2 3 4

5 6 7 8

9 10 11 12

13 14 15 16

17 18 19 20

21 22 23 24

25 26 27 28

29 30 31 32

Detailed description: The chart consists of 32 measures of music, numbered 1 through 32, arranged in eight rows of four measures each. The music is written on a single treble clef staff in 4/4 time. The notes and rests are as follows:  
Measure 1: Quarter, Quarter, Quarter, Quarter.  
Measure 2: Quarter, Quarter, Quarter, Quarter rest.  
Measure 3: Half note, Quarter rest, Quarter note, Quarter note.  
Measure 4: Whole note.  
Measure 5: Quarter, Quarter, Quarter, Quarter rest.  
Measure 6: Quarter, Quarter, Quarter, Quarter.  
Measure 7: Quarter rest, Quarter note, Quarter note, Quarter note.  
Measure 8: Quarter note, Quarter rest, Quarter rest, Quarter note.  
Measure 9: Quarter rest, Quarter note, Quarter note, Quarter note.  
Measure 10: Half note, Quarter, Quarter, Quarter.  
Measure 11: Quarter rest, Quarter note, Quarter note, Quarter note.  
Measure 12: Quarter, Quarter, Quarter, Quarter, Quarter, Quarter.  
Measure 13: Quarter rest, Quarter, Quarter, Quarter.  
Measure 14: Quarter, Quarter, Quarter, Quarter, Quarter, Quarter.  
Measure 15: Quarter, Quarter, Quarter, Quarter.  
Measure 16: Quarter rest, Quarter, Quarter, Quarter, Quarter.  
Measure 17: Quarter, Quarter, Quarter, Quarter.  
Measure 18: Quarter rest, Quarter, Quarter, Quarter, Quarter, Quarter.  
Measure 19: Quarter, Quarter, Quarter, Quarter, Quarter, Quarter.  
Measure 20: Quarter rest, Quarter, Quarter, Quarter, Quarter.  
Measure 21: Quarter, Quarter rest, Quarter, Quarter.  
Measure 22: Quarter, Quarter, Quarter, Quarter, Quarter, Quarter.  
Measure 23: Quarter rest, Quarter, Quarter, Quarter, Quarter.  
Measure 24: Quarter, Quarter, Quarter, Quarter, Quarter.  
Measure 25: Quarter, Quarter, Quarter, Quarter.  
Measure 26: Quarter, Quarter, Quarter, Quarter, Quarter.  
Measure 27: Quarter, Quarter, Quarter, Quarter, Quarter.  
Measure 28: Quarter, Quarter, Quarter, Quarter, Quarter.  
Measure 29: Quarter, Quarter, Quarter, Quarter, Quarter.  
Measure 30: Quarter, Quarter, Quarter, Quarter, Quarter.  
Measure 31: Quarter, Quarter, Quarter, Quarter, Quarter.  
Measure 32: Quarter, Quarter, Quarter, Quarter, Quarter, Quarter.

# CHART 7

Eighth Notes and Eighth Rests

1 2 3 4

5 6 7 8

9 10 11 12

13 14 15 16

17 18 19 20

21 22 23 24

25 26 27 28

29 30 31 32

33 34 35 36

Detailed description: This musical chart consists of 36 measures of music, organized into nine rows of four measures each. The notation is written on a single treble clef staff with a common time signature (C). The notes are primarily eighth notes, often beamed in groups of four. Eighth rests are used to create rhythmic patterns, such as in measures 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, and 36. The sequence of notes and rests varies across the measures, providing a rhythmic exercise for the student.

# CHART 7.5

Eighth Notes and Rests with Time Change

1 2 3 4

5 6 7 8

9 10 11 12

13 14 15 16

17 18 19 20

21 22 23 24

25 26 27 28

29 30 31 32

33 34 35 36

# CHART 8

Ties

This musical score, titled "CHART 8" with the subtitle "Ties", is presented in a single system of nine staves. The music is written in a 4/4 time signature and uses a treble clef. The piece consists of 36 numbered measures, with each measure explicitly labeled with its measure number (1 through 36) above the staff. The notation includes various rhythmic values such as quarter notes, eighth notes, and sixteenth notes, often grouped with beams. Slurs are used to indicate phrases or ties across measures. The score concludes with a double bar line at the end of measure 36. The page features some blacked-out areas at the top left and bottom right corners.



# CHART 9

Dotted Quarter Notes

The musical score for Chart 9 is written in 4/4 time and consists of nine staves, labeled 1a through 3c. Each staff contains four measures of music. The notation includes dotted quarter notes, eighth notes, and quarter notes, often grouped with beams and slurs. The key signature is one flat (B-flat), and the time signature is 4/4. The staves are arranged in three groups: 1a and 1b, 2a and 2b, and 3a and 3c. The first measure of each staff begins with a treble clef and a 4/4 time signature.

# CHART 9.5

Dotted Quarter Notes

1 2 3 4

5 6 7 8

9 10 11 12

13 14 15 16

17 18 19 20

21 22 23 24

25 26 27 28

29 30 31 32

33 34 35 36

The musical score is written in 4/4 time and consists of 36 measures, numbered 1 through 36. Each measure contains a single dotted quarter note. The notes are: 1 (G4), 2 (A4), 3 (B4), 4 (C5), 5 (B4), 6 (A4), 7 (G4), 8 (F4), 9 (E4), 10 (D4), 11 (C4), 12 (B3), 13 (A3), 14 (G3), 15 (F3), 16 (E3), 17 (D3), 18 (C3), 19 (B2), 20 (A2), 21 (G2), 22 (F2), 23 (E2), 24 (D2), 25 (C2), 26 (B1), 27 (A1), 28 (G1), 29 (F1), 30 (E1), 31 (D1), 32 (C1), 33 (B0), 34 (A0), 35 (G0), 36 (F0). The notes are placed on the staff lines as follows: 1-4 on the first line, 5-8 on the first space, 9-12 on the second line, 13-16 on the second space, 17-20 on the third line, 21-24 on the third space, 25-28 on the fourth line, 29-32 on the fourth space, and 33-36 on the fifth line.

# CHART 10

## Syncopation

1 2 3 4

5 6 7 8

9 10 11 12

13 14 15 16

17 18 19 20

21 22 23 24

# CHART 10.5

Mixed Syncopation

1 2 3 4

5 6 7 8

9 10 11 12

13 14 15 16

17 18 19 20

21 22 23 24

25 26 27 28

29 30 31 32

33 34 35 36

# CHART 10.75

Syncopation with Rests

The musical score is written in 4/4 time and consists of 36 measures, numbered 1 through 36. The notation is as follows:

- Measure 1:** Quarter notes G4, A4, B4, C5.
- Measure 2:** Quarter notes G4, A4, B4, C5.
- Measure 3:** Quarter notes G4, A4, B4, C5.
- Measure 4:** Quarter notes G4, A4, B4, C5.
- Measure 5:** Quarter notes G4, A4, B4, C5.
- Measure 6:** Quarter notes G4, A4, B4, C5.
- Measure 7:** Quarter notes G4, A4, B4, C5.
- Measure 8:** Quarter notes G4, A4, B4, C5.
- Measure 9:** Quarter notes G4, A4, B4, C5.
- Measure 10:** Quarter notes G4, A4, B4, C5.
- Measure 11:** Quarter notes G4, A4, B4, C5.
- Measure 12:** Quarter notes G4, A4, B4, C5.
- Measure 13:** Quarter notes G4, A4, B4, C5.
- Measure 14:** Quarter notes G4, A4, B4, C5.
- Measure 15:** Quarter notes G4, A4, B4, C5.
- Measure 16:** Quarter notes G4, A4, B4, C5.
- Measure 17:** Quarter notes G4, A4, B4, C5.
- Measure 18:** Quarter notes G4, A4, B4, C5.
- Measure 19:** Quarter notes G4, A4, B4, C5.
- Measure 20:** Quarter notes G4, A4, B4, C5.
- Measure 21:** Quarter notes G4, A4, B4, C5.
- Measure 22:** Quarter notes G4, A4, B4, C5.
- Measure 23:** Quarter notes G4, A4, B4, C5.
- Measure 24:** Quarter notes G4, A4, B4, C5.
- Measure 25:** Quarter notes G4, A4, B4, C5.
- Measure 26:** Quarter notes G4, A4, B4, C5.
- Measure 27:** Quarter notes G4, A4, B4, C5.
- Measure 28:** Quarter notes G4, A4, B4, C5.
- Measure 29:** Quarter notes G4, A4, B4, C5.
- Measure 30:** Quarter notes G4, A4, B4, C5.
- Measure 31:** Quarter notes G4, A4, B4, C5.
- Measure 32:** Quarter notes G4, A4, B4, C5.
- Measure 33:** Quarter notes G4, A4, B4, C5.
- Measure 34:** Quarter notes G4, A4, B4, C5.
- Measure 35:** Quarter notes G4, A4, B4, C5.
- Measure 36:** Quarter notes G4, A4, B4, C5.

# CHART 11

Sixteenth Notes

1

2

3

4

5

6

7

8

# CHART 11.5

Mixed Sixteenths

This musical score, titled "CHART 11.5 Mixed Sixteenths", is written for a single treble clef staff in 4/4 time. It consists of 36 numbered measures, organized into eight groups of four measures each. The notation includes a variety of rhythmic patterns, such as eighth-note runs, sixteenth-note runs, and dotted rhythms, all centered around a consistent eighth-note pulse. The piece concludes with a double bar line at the end of measure 36.

# CHART 12

Sixteenth Rhythms 1





# CHART 12.5

Sixteenth Rhythms 2



Chart 12.75  
Mixed Sixteenth Rhythms

1  
2  
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30  
31  
32

# Chart 13

Dotted-Eighth Sixteenths

1 2 3 4

5 6 7 8

9 10 11 12

13 14 15 16

17 18 19 20

21 22 23 24

25 26 27 28

29 30 31 32 33 34 35 36

The musical score consists of eight staves, numbered 1 through 8. Each staff contains a sequence of notes in a 4/4 or 3/4 time signature. The notes are primarily eighth and sixteenth notes, often grouped in pairs. The first seven staves are in 4/4 time, and the eighth staff is in 3/4 time. The notes are arranged in a rhythmic pattern that emphasizes the dotted-eighth sixteenth note figure.

# Chart 13.5

Crazy Sixteenth Rhythms

This musical chart consists of 32 numbered measures, arranged in eight rows of four measures each. Each measure is a single staff of music in treble clef with a common time signature (C). The exercises are as follows:

- Measure 1:** Quarter notes G4, A4, B4, C5.
- Measure 2:** Quarter notes G4, A4, B4, C5.
- Measure 3:** Quarter notes G4, A4, B4, C5.
- Measure 4:** Quarter notes G4, A4, B4, C5.
- Measure 5:** Quarter notes G4, A4, B4, C5.
- Measure 6:** Quarter notes G4, A4, B4, C5.
- Measure 7:** Quarter notes G4, A4, B4, C5.
- Measure 8:** Quarter notes G4, A4, B4, C5.
- Measure 9:** Quarter notes G4, A4, B4, C5.
- Measure 10:** Quarter notes G4, A4, B4, C5.
- Measure 11:** Quarter notes G4, A4, B4, C5.
- Measure 12:** Quarter notes G4, A4, B4, C5.
- Measure 13:** Quarter notes G4, A4, B4, C5.
- Measure 14:** Quarter notes G4, A4, B4, C5.
- Measure 15:** Quarter notes G4, A4, B4, C5.
- Measure 16:** Quarter notes G4, A4, B4, C5.
- Measure 17:** Quarter notes G4, A4, B4, C5.
- Measure 18:** Quarter notes G4, A4, B4, C5.
- Measure 19:** Quarter notes G4, A4, B4, C5.
- Measure 20:** Quarter notes G4, A4, B4, C5.
- Measure 21:** Quarter notes G4, A4, B4, C5.
- Measure 22:** Quarter notes G4, A4, B4, C5.
- Measure 23:** Quarter notes G4, A4, B4, C5.
- Measure 24:** Quarter notes G4, A4, B4, C5.
- Measure 25:** Quarter notes G4, A4, B4, C5.
- Measure 26:** Quarter notes G4, A4, B4, C5.
- Measure 27:** Quarter notes G4, A4, B4, C5.
- Measure 28:** Quarter notes G4, A4, B4, C5.
- Measure 29:** Quarter notes G4, A4, B4, C5.
- Measure 30:** Quarter notes G4, A4, B4, C5.
- Measure 31:** Quarter notes G4, A4, B4, C5.
- Measure 32:** Quarter notes G4, A4, B4, C5.

# 6/8 Counting

Mixed Triplet Rhythms

In 6/8 time, the dotted-quarter note gets the beat. There are only 2 beats per measure that are divided into triplets.

1 2 3 4

1 la li 2 la li

5 6 7 8

9 10 11 12

13 14 15 16

17 18 19 20

21 22 23 24

25 26 27 28

29 30 31 32