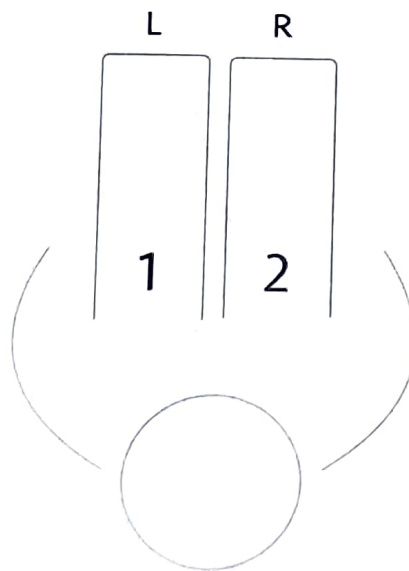


example, for a three-beat pattern, beat one might be performed *fortissimo*, beat two might then be performed *mezzo forte*, and beat three would be performed *piano*.

EXERCISES: PERFORMING LAP MAP PATTERNS

With lap map exercises, it is essential not to start too slowly. Though it can be tempting to slow things down during the learning process, a tempo that is too slow actually inhibits the ability to establish the groove and to experience rhythmic flow. As you become more familiar with each pattern, allow yourself to try the exercises at increasingly faster tempos. Trust your brain—you may be surprised at how quickly you are able to speed things up! When beginning to learn a new lap map pattern, start with a tempo of at least a quarter note = 120 bpm, where a quarter note is equal to one tap on the lap.

Exercise 5-1: Dividing a Beat into Two Equal Parts



1. Establish a groove of two beats with the illustrated lap map. Remember, beat 1 is strong and on the left leg, and beat 2 is weak and on the right leg. Keep your pulse steady and strong. It is essential to visualize both of the numbers in the correct places on your lap at all times; you need a combination of auditory, kinesthetic, and visual elements for these