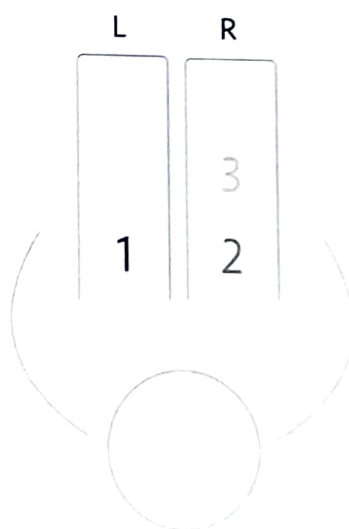


- exercises to most effectively develop your inner pulse and rhythmic awareness.
2. While grooving continuously on your lap map, improvise rhythms by speaking/counting aloud on the two beats. With the division into two parts, there are only four possible combinations of numbers: speaking on beats 1 and 2, speaking on neither beat, speaking only on beat 1, or speaking only on beat 2. These permutations are illustrated more concisely on the Longy Rhythm Chart (p. 51). Keep your voice steady, strong, and monotone. The end of one spoken number should move immediately into the beginning of the next spoken number without any pause or silence.
 3. Perform the Longy twos using the lap map. Make sure you are mentally well-prepared to begin so that your first performance is accurate, engaging, and without error.

Exercise 5-2: Dividing a Beat into Three Equal Parts



As with learning tracking skills on an imagined keyboard, you must develop a strong imagination of the lap patterns. Visual memory provides a map that allows you to see many things simultaneously. In the case of rhythm, lap patterns with up to twelve or more beats per bar.