## $21 / 2$

## The

# Philosophy of Rhythm 

When is the Rhythm?

Avron Polakow

When is the Rhythm?
The Most Difficult Drum Exercise Ever
5-Stroke Roll: from 4/4 to $3 / 4$ to $2 \frac{1}{2} / 4$ (5/8)
Paradiddle, 5-a-diddle, Double paradiddle,
7-a-diddle, 8-a-diddle, 8-a-diddle
Diddle-da-di-da
Polyrhythms
Crossrhythms
Multirhythms
Grooves
$>$ Jazz: Almost Double time using $21 / 2$
$>$ African Naningo: Alternating between 3 and $21 / 2$
> Rock: Multirhythm vs. Polyrhythm

# 1: When is the rhythm? 

## A Poem of Crossrhythms

1231
2312
3123
123
412
341
234
12341
23412
34123
41234

## A Poem of Polyrhythms

123
12
1234
123
12345
12
123456
1234

## Rhythm is elusive

The ticking of a clock is not a rhythm
A single note is not rhythm
A long drawn out note is not a rhythm

Notes in rapid succession like a roll are not a rhythm doddod.d.ddodd

A phrase that is too long is not a rhythm

## Rhythm disappears

The past was and is not
Notes past are not
Notes past are in the rhythml

## Rhythm is a time-sculpture

The drummer cuts up the marble of time with his chisel sticks

Play these exercises on your knees using your hands

## Splitting the Brain for Polyrhythm

Which side(s) of your brain do you work with?
The Left hemisphere of the brain controls the Right side of the body and the Right hemisphere of the brain controls the Left side of the body.

You can play a rhythm with one hand using only one side of your brain but you can play the same rhythm with both hand using both sides of your brain.

1 hand - usinge single side of the brain


2 hands - using both sides of the brain - right lead


2 hands - using both sides of the brain - right lead
splitting the brain


2 hands - using both sides of the brain - left lead
splitting the brain


2 hands - using both sides of the brain - left lead


## Play each bar exactly four times

## The Most Difficult Drum Exercise Ever

This exercise is not a prerequisite for the other exercises in this book. It is the basis of polyrhythmics. When practising use the same tempo for the whole bar exercise.

## $d=220$

23
4
4


## Play each line at least four times

5-Stroke Roll: from 4/4 to 3/4 to 212/4 (5/8)
This page progresses to playing the 5-stroke continuously without a break.
When played continously the 5-stroke is in the time signature of $21 / 2 / 4$
Whne playing the 5 -stroke roll continuously the single stroke should also be practised

* in the middle of the roll
* at the beginning of the roll

$$
d=140
$$


(Same as previous line just written in a single bar)


## Play each line at least four times

## Paradiddle, 5-a-diddle, Double paradiddle, 7-a-diddle, 8-a-diddle, 9-a-diddle

This is the pattern followed in this exercise
$\operatorname{RLRR}^{4}>$ RLLRR $^{5}>$ RLRLRR $^{6}>$ RLRLLRR $^{7}>$ RLRRLLRR $^{8}>$ RLRRLLRR $^{9}$
Play continuously and make sure the tempo does not change between the lines
Use a Metronome


Double Paradiddle


7-a-diddle


8-a-diddle
 $\begin{array}{llllllllllllllllllllllllllllllll}\mathrm{R} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L} & \mathrm{R} & \mathrm{L} & \mathrm{L} & \mathrm{R} & \mathrm{R} & \mathrm{L} & \mathrm{L}\end{array}$

9-a-diddle


R L L R R L L R R L R R L L R R L L R L L R R L L R R L R R L L R R R L L

Play each bar at least eight times

## diddle-da-di-da

From line to line the double notes move one note to the right
Note: each bar is repeated with the same hand lead


