

Pulse: a series of reoccurring, precisely equivalent stimuli. Usually the mind adds accents to give these equal pulses some organization. Tick of a metronome is an example.

Beats: when pulses are counted within a metric context. Can be strong (accented) or weak (unaccented).

Meter: measurement of the number of pulses between more or less regularly occurring accents
In order for meter to exist, some pulses in a series must be accented.

Accent:

In order for a tone to appear accented, it must be set off from other tones of the series in some way. If all notes are alike, there will be no accent. At the same time, however, accented tones must be similar and near enough to other tones of the series that it can be related to these, so that it does not become an isolated sound.

Accents are a relational concept. there can be accents (strong beats) only if there are unaccented notes (weak beats). If all stimuli are alike, then it is a series of pulses. There is no such thing as a series of accents or a series of unaccented notes.

Accented notes are set apart from other stimuli by a difference or combination of differences in intensity, duration, pitch, and timbre.

poetic feet/symbols that give examples of different accent patterns.

Weak/unaccented: u
Strong/accented: - -

Spondee - -
pyrrhic u u
iam: u - -
trochee: - u
dactyl: - u u
amphibrach: u - u
anapest: u u -

Time: Double Whole Notes and Whole Notes Per Minute. Time is constant and does not vary unless full rubato is applied or tempo is changed.

Phrasing: Accent Patterns at the level of the half note. Sometimes this occurs at the level of the quarter note because quarter notes 1 and 3 are the same as half note 1 and two.

Articulation/Phrasing: Accent patterns at the level of the quarter note

Articulation: Accent patterns at the level of the 8th and 16th notes.

Rubato: when time stays constant but the half note or lower levels are not perfectly metric.

Harmonic Rhythm: How fast the chords change (how many beats each chord gets).

Phrase Rhythm: How many measures typically constitutes a phrase (can sometimes be felt/tapped/counted if a small enough duration).

Hypermeter: The Strong and weak accents given to the half notes, whole notes, double whole notes, which probably often corresponds to harmonic rhythm (harmonic rhythm also usually moves at half, whole, or double whole note intervals). You could create your hyper meter to emphasize harmonic rhythm or chord progressions. Hypermeter is a key element in phrasing.

How to improve your time and rhythm:

Take any rhythmic pattern (start with just quarter notes) and try to keep a steady pace at various tempos with a diminishing click.

Diminishing click: reducing the metronome so that the tempo stays the same but you are being given by the metronome half notes per minute, then whole notes per minute, then double whole notes per minute.

Say you want to get better keeping time or doing a rhythmic pattern at
Quarter notes per minute = 120

Practice this tempo gradually shifting the metronome to longer measurements of time. The quarter note tempo stays the same but the metronome begins giving you longer spaces between clicks so that you have to do more of the time keeping:

Half notes per minute = 60
whole notes per minute = 30
Double whole notes per minute = 15

Good Tempos for this exercise: 80, 100, 120, 140, 160, 180, 200

Trying to maintain a tempo at double whole notes per minute is a great goal because you are essentially learning to feel the two bar phrase (Similar terms such as compas in flamenco and clave in Latin Jazz are often used). This ability is critical to both time keeping and phrasing.

Another great exercise is **Accent Shifting:** place an accent on beat one and only accent there while clapping in time. Then shift the accent to beat two, then beat three, etc. Then add two accents and shift those around

> 1 2 3 4, 1 > 2 3 4, > 1 2 > 3 4

Mary Had A Little Lamb is a great tune to practice phrasing at different levels and playing with accents (half note, whole note, etc).

A great way to help you keep time in any context is to tap quarter notes using both feet. The more your body moves, the better you will keep time.