



## Rhythmic Foundation ("The Skeleton")

To be a good musician, you need to have an understanding of the "groove" and "feel" of a song. It is important to understand the framework going on "behind the scenes" as you are playing.

I like to call this the "skeleton" of the song but it's really the RHYTHMIC FOUNDATION that all the musicians are following to gel together and create a solid groove. This does take some experience to get good at but it never hurts to start getting familiar with it.

## Triplet Framework

In this lesson, you will learn several beats that all are based on the feel and count of a triplet. As you play each one of these, in your head you should be thinking and counting, "one-trip-let, two-trip-let," and so on. This framework will guide you as you choose what notes to play on the hi-hat and kick, as well as what fills to play. EVERYTHING should fit this triplet feel.



**Play through each exercise individually.** Remember to count along using the triplet count as shown. Take your time and develop a feel for how each should sound.

### Exercise 1

<b>1</b>	trip	let	<b>2</b>	trip	let	<b>3</b>	trip	let	<b>4</b>	trip	let
H	H	H	H	H	H	H	H	H	H	H	H
			SN						SN		
K						K					

# Triplet - Triplet Beat



## Exercise 2

<b>1</b>	trip	let	<b>2</b>	trip	let	<b>3</b>	trip	let	<b>4</b>	trip	let
H			H			H			H		
			SN						SN		
K						K					

## Exercise 3

<b>1</b>	trip	let	<b>2</b>	trip	let	<b>3</b>	trip	let	<b>4</b>	trip	let
H			H			H			H		
			SN						SN		
K	K	K				K	K	K			

## Exercise 4

### Two-Handed Alternating Beat

<b>1</b>	trip	let	<b>2</b>	trip	let	<b>3</b>	trip	let	<b>4</b>	trip	let
H <sub>L</sub>	H <sub>R</sub>	H <sub>L</sub>		H <sub>L</sub>	H <sub>R</sub>	H <sub>L</sub>	H <sub>R</sub>	H <sub>L</sub>		H <sub>L</sub>	H <sub>R</sub>
			SN <sub>R</sub>						SN <sub>R</sub>		
K						K					



## "Play Along" Songs" - Triplet Framework

Listed below are just some of the songs that feature a triplet framework and count. You will notice different hi-hat patterns and different kick patterns, but all follow the triplet count. As you listen to music, see if you can find some more that aren't in this list.

"Everybody Wants To Rule The World" -  
Tears For Fears

"Black Velvet" - Alannah Myles

"True Blue" - Madonna

"Hold The Line" - Toto

"Longview" - Green Day

"Uprising" - Muse

"Call Me" - Blondie

"Believer" - Imagine Dragons

"All I Want For Christmas Is You" - Mariah  
Carey

"Into The Unknown" - Frozen Soundtrack

"Minute By Minute" - Doobie Brothers

"Rocky Mountain Way" - Joe Walsh

"Womanizer" - Britney Spears

"The Way You Make Me Feel" - Michael  
Jackson

"No Reason To Hide" - Hillsong Worship

"Give Me All Of Your Love" - Whitesnake

"Don't Stop" - Fleetwood Mac

"Rhythm Of My Heart" - Rod Stewart

"Hot Summer Nights" - Miami Sound  
Machine

"Make Believe" - Toto

"Bad To The Bone" - George Thorogood  
& The Destroyers

"Sweating Bullets" - Megadeth

"Awaken Me" - Jesus Culture

"Rockin Into The Night" - .38 Special