

# 裏拍とSWING感強化のための練習

## 基本パターン



普通にメトロノームを4分音符で刻み（下段）、基本パターン（上段）を足で踏めるようにします。  
この基本パターンのリズムを取りながら以下のスケールを行います

### A 4分音符スケール



### B 8分音符Cメジャースケール



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C 8分音符半音階

Exercise C consists of two systems of musical notation. Each system has a treble clef staff and a drum staff. The first system shows an ascending eighth-note half-step scale (C4 to B4) in the treble staff, followed by a descending eighth-note half-step scale (B4 to C4). The drum staff shows a pattern of quarter notes and eighth notes. The second system shows a descending eighth-note half-step scale (B4 to C4) in the treble staff, followed by an ascending eighth-note half-step scale (C4 to B4). The drum staff continues with the same pattern.

D I Got Rhythmで基本パターン

Exercise D consists of two systems of musical notation. Each system has a treble clef staff and a drum staff. The key signature is B-flat major (two flats). The first system shows the 'I Got Rhythm' pattern in the treble staff: a quarter rest, a quarter note, a quarter note, a dotted quarter note, a half note, a quarter rest, a quarter note, a quarter note, a dotted quarter note, and a half note. The drum staff shows a pattern of quarter notes and eighth notes. The second system shows the 'I Got Rhythm' pattern in the treble staff: a quarter rest, a quarter note, a quarter note, a dotted quarter note, a half note, a quarter rest, a quarter note, a quarter note, a dotted quarter note, and a half note. The drum staff continues with the same pattern.