

Beat, Tempo and Rhythms (Building Unity in Uptunes)

Beat – Regularly occurring pattern of rhythmic stresses (like the heartbeat of music) Includes both Strong and Weak Beats.

Tempo – The speed of pace of the Beat. This is one of the main building blocks of music and a primary component/factor in successful uptune delivery.

Rhythms – Sometimes known as Melodic Rhythm. This is the rhythm of a song if you took the words out. This includes syncopation and various rhythm patterns that must fit inside the tempo and beat as defined.

Tempo Descriptions that may be used:

Moderato – moderate tempo -100-112 BPM (beats per minute)

Andante – walking tempo - 84-90 BPM

Allegro – joyfully quick and bright – 115-160 BPM

Presto – extremely fast – 170-200

Our normal resting heart rate is 60-100 beats per minute.

The way we build unity (synchronicity) in music is to have shared beat and tempo understanding and to fit the melodic rhythm into the tempo.

Personal Practice:

1. Beat a steady beat to songs on the radio
2. Establish a steady beat as you walk or exercise.
3. Play with changing your exercise/walk “tempo” to a bit faster or slower
4. Choose the tempo and say the words to the uptune within that walking tempo (no fair changing tempos when you get tired!)
5. Use a metronome or rhythm track on an electronic keyboard to keep your beat steady

Tools for Use in a Group:

- Rhythm Lines
- Partners for Backbeat (and Downbeat if needed)
- Rhythm instruments in Groups
- Modified Hand Jive

“Rhythm is one of the principal translators between dream and reality.”