

Tracking Exercises

Transpose each line to all seven diatonic pitch levels

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1. 2nds

2. 3rds

3. 4ths

4. 5ths

5. 4ths

6. 5ths

7. 6ths

8. 6ths

9. 7ths

10. 7ths

1969 - 1970
 RHYTHM PRACTISE CHART (Longy System)
 based on the various division
 possibilities of any ONE BEAT unit.

Two (2) equal parts:

1 2
 . .
 1 .
 . 2

Three (3) equal parts:

a 1 2 3
 b . . .
 c 1 2 .
 d 1 . 3
 e . 2 3
 f 1 . .
 g . 2 .
 h . . 3

Four (4) equal parts:

1 2 3 4

 1 2 3 .
 1 2 . 4
 1 . 3 4
 . 2 3 4
 1 2 . .
 1 . 3 . 4
 1 . . . 4
 . 2 3 . 4
 . . 3 4
 1
 . 2 . . .
 . . 3 . 4
 . . . 4

Five (5) equal parts:

1	2	3	4	5
.				
1	2	3	4	.
1	2	3	.	5
1	2	.	4	5
1	.	3	4	5
.	2	3	4	5
1	2	3	.	.
1	2	.	4	.
1	.	3	4	.
.	2	3	4	.
1	2	.	.	5
1	.	3	.	5
.	2	3	.	5
1	.	.	4	5
.	2	.	4	5
.	.	3	4	5
1	2	.	.	.
1	.	3	.	.
1	.	.	4	.
1	.	.	.	5
.	2	3	.	.
.	2	.	.	5
.	.	3	4	.
.	.	.	4	.
.	.	.	.	5

Six (6) equal parts:

1	2	3	4	5	6
1	2	3	4	5	6
1	2	3	4	.	6	5	.
1	2	3	.	5	6	.	.	.	4	.	.
1	2	.	4	5	6	.	.	3	.	.	.
1	.	3	4	5	6	.	2
.	2	3	4	5	6	1
1	2	3	4	5	6
1	2	3	.	5	4	.	6
1	2	.	4	5	3	.	6
1	.	3	4	5	.	.	2	.	.	.	6
.	2	3	4	5	.	1	6
1	2	3	.	.	6	4	5
1	2	.	4	.	6	.	.	3	.	5	.
1	.	3	4	.	6	.	2	.	.	5	.
.	2	3	4	.	6	1	.	.	.	5	.
1	2	.	.	5	6	.	.	3	4	.	.
1	.	3	.	5	6	.	2	3	4	.	.
1	.	.	4	5	6	.	2	3	.	.	.
.	2	3	.	5	6	1	2	3	.	.	.
.	.	3	4	5	6	1	2
1	.	.	.	5	6	.	.	3	4	5	.
1	2	.	.	6	.	.	.	3	4	5	.
.	2	3	.	6	.	1	.	3	4	5	.
.	2	.	.	6	.	1	.	3	4	.	.
.	.	3	4	5	6	1	2	.	4	.	.
.	.	3	4	.	6	1	2	.	.	5	.
.	.	4	5	6	.	1	2	3	.	.	.

Sometimes SIX parts stem from 2 basic parts thus: 1 . . 2 . .

OR

sometimes it stems from 3 basic parts, thus: 1 . 2 . 3 .