Rhythms for Practice

See Gary Chaffee “Rhythm and Meter, Volume 1”
Ronan Guilfoyle “Creative Rhythmic Concepts for Jazz”

Carnatic (South India) syllabic counting system:
TA=1, TA KA=2, TA KI TA=3, TA KA DI MI=4. TA DI GE NA KA=5

Use metronome marking ß=52
1. Use syllables
2. Play scales or melodies, restarting on each beat of the measure (1 2, 1 2)
3. Play scales or melodies, continuing through the second beat (1 2 3 4)