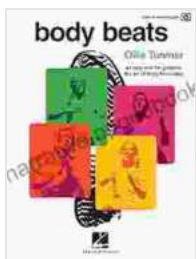


An Easy And Fun Guide To The Art Of Body Percussion

Body percussion is a form of music that uses the body as an instrument. It is a great way to make music, have fun, and get exercise. This guide will teach you the basics of body percussion so that you can start making music right away.



Body Beats: An Easy and Fun Guide to the Art of Body Percussion by Ray Pratt

★★★★☆ 4.4 out of 5

Language : English

File size : 4159 KB

Screen Reader : Supported

Print length : 40 pages



Getting Started

To get started with body percussion, you don't need any special equipment. All you need is your body. You can practice body percussion anywhere, at any time. Just find a comfortable place to sit or stand and start making some noise.

The first step is to learn the basic rhythms. There are four basic rhythms in body percussion: the beat, the clap, the stomp, and the snap. The beat is the foundation of all body percussion rhythms. It is a simple up-and-down motion that you can make with your hands, feet, or body. The clap is a sharp, percussive sound that you can make by clapping your hands

together. The stomp is a heavy, thudding sound that you can make by stomping your feet on the ground. The snap is a light, clicking sound that you can make by snapping your fingers.

Once you have learned the basic rhythms, you can start to combine them to create more complex patterns. You can also add in other sounds, such as vocalizations or hand claps, to create your own unique rhythms.

Body Percussion Exercises

Here are a few body percussion exercises to help you get started:

- **The Basic Beat:** Sit or stand with your feet flat on the ground and your hands resting on your knees. Tap your hands on your knees in a steady rhythm. Then, add in your feet by stomping them on the ground in time with your hands.
- **The Clap:** Stand with your feet shoulder-width apart and your arms at your sides. Clap your hands together in front of your body in a steady rhythm. You can also add in a stomp or a snap to create a more complex rhythm.
- **The Stomp:** Stand with your feet shoulder-width apart and your arms at your sides. Stomp your feet on the ground in a steady rhythm. You can also add in a clap or a snap to create a more complex rhythm.
- **The Snap:** Stand with your feet shoulder-width apart and your arms at your sides. Snap your fingers in front of your body in a steady rhythm. You can also add in a stomp or a clap to create a more complex rhythm.

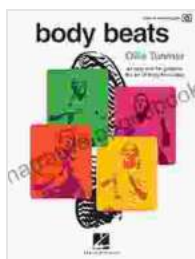
Using Body Percussion In Music

Body percussion can be used in a variety of musical settings. It can be used as a solo instrument, or it can be used to accompany other instruments. Body percussion can also be used to create rhythms for dance or movement.

Here are a few ideas for using body percussion in music:

- Create a rhythm for a song that you are singing.
- Accompany a friend who is playing a guitar or piano.
- Create a rhythm for a dance or movement routine.
- Use body percussion as a tool for relaxation or meditation.

Body percussion is a fun and easy way to make music. It is a great way to get exercise, relieve stress, and express yourself creatively. With a little practice, you can learn to create complex rhythms and patterns with your own body. So what are you waiting for? Start making music with your body today!



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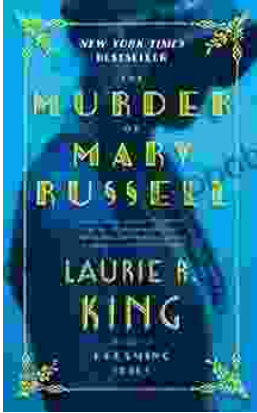
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