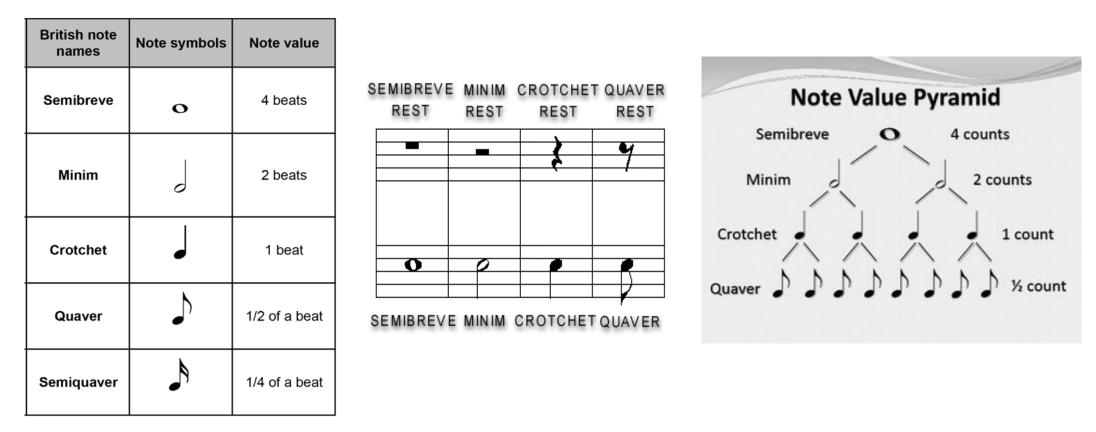
## Note values and tips to help read rhythms.



In the NYCGB video they use 1 & 2 & etc which is a great way of counting rhythm. If you are finding that a bit tricky sometimes using word patterns can help you memorise different rhythm patterns. These are some that I use in my teaching:

