

# CoreBeat System© – Counting and Singing Method

by Michael Burris 4/20/2018

**Get mentally organized first** in order to pre-program your body to become physically coordinated. Your body will always follow what is clearly in your mind, and the best way to sink it deeply into your mind is through counting and singing. Making music is an “inside job!” Counting and singing out loud **focuses your mind** to weed out distracting thoughts, greatly speeding up your learning process. Before you play one note, make sure what you are saying matches what you are hearing or reading! **First say it, and then play what you say – as you are still saying it!** This will help develop you into a real musician, so that your drumming becomes an extension of your hearing, counting, and singing. Do this **first without music** to develop a phonographic memory so you always have the all-important groove in mind when you play to **a metronome or music**. If you can’t do it at their tempo without a mistake, stop! Set your metronome slower or use a “slow-downer” music app until you can play without mistakes. Playing to music is so much more fun and so important to improve your timing and expression.

**Counting** exercises the left-side of your brain (strengthening logical thinking, math, and science), whereas **singing** exercises the brain’s right-side (strengthening abstract and creative thinking, intuition, art, and music). You want to involve **both sides** of your brain to speed up the learning process. Saying it out of your mouth causes you to use so much more of your brain because of what is involved in speaking and interpreting what you hear back. This eventually forces more of your drumming to the back of your mind to become more automatic, thus speeding up the development of coordination. We need all the help we can get!

## Counting and Playing the Total Rhythm:

1. If the music has a Time-keeping rhythm, play this while **counting softly** each of its notes, or for slower tempos, counting the subdivisions between them, slightly raise the pitch on the last Pickup Note (“+” or “a” of Count 4), just like a conductor raises their baton.
2. Now add to this the counting (don’t play) of the Bass Drum (BD), Snare Drum (SD), and Tom-Tom (TT) parts **louder**, as if this were a melody or groove – your **louder** voice signals your brain to later play those notes! Again, raise the pitch of any Pickup Notes. Do this until you understand the melody/groove in combinations with the Time-Keeper and have thus become mentally coordinated. Now play what you are saying! This may be just too much to count/sing at faster speeds, so go to the next step.
3. While keeping the Time-Keeper going, pick the easiest and/or most repetitive part of the melody/groove to **only count (loudly) this part**, doing this until mentally coordinated. Again, raise the pitch of any Pickup Notes. Now play this part as you are still counting it loudly, doing this until you are now physically coordinated. Then pick the next easiest and/or repetitive part of the melody/groove to repeat this counting and playing process until every limb has played its part of the melody/groove. Now repeat the counting and playing process for every combination of 2 limbs. Next repeat this for every combination of 3 limbs. Finally do this for all 4 limbs. Now you have succeeded!
4. **Another way to play a beat** is to count and play all the parts together in just Count 1 (e.g., 1e+), then add to it the rhythm of Count 2’s slot (e.g., 1e+ 2 +a), then add Count’s 3’s slot (e.g., 1e+ 2 +a3 +), then finally add Count 4’s slot (e.g., 1e+ 2 +a3 + 4e a), again raising the pitch of any Pickup Notes. What’s hard by the yard is cinch by the inch!

## Singing and Playing the Total Rhythm:

1. To get the big picture, sing the total rhythm of all the limbs combined with a single tone like:  
didiDa Da didiDa Da diDa di, with a short “di” and longer “Da” like Jazz and Latin does.  
1 e + 2 + a 3 + 4 e a
2. You can sing a sentence with syllables to help remember the total rhythm like:  
Trot-ting Horse is real - ly fast and fair - ly fun  
1 e + 2 + a 3 + 4 e a
3. For kids who need to learn their animals, just string them together with the long & short syllable spacing like:  
El - e - phant Grass-hop-per Tur - key I - guan - a  
1 e + 2 + a 3 + 4 e a
4. You can sing the Right-Left sticking like:  
R L R R R L R L R L L  
1 e + 2 + a 3 + 4 e a
5. **Sing these (or your own) combinations of tones** to approximate the sound of your drums and cymbals, focusing on the most common\*. For example, a standard 1/8-note rock & roll beat would be shown as:

HH: 1 + 2 + 3 + 4 +  
SD: 2 4  
BD: 1 3 +  
Toom Ti Cha Ti Toom Toom Choom Ti

- Prefix a “sss” sound for drags, like on a SD: sDa or when you sizzle the opening of a HH
- Suffix a “zzz” sound for a Buzz-Stroke, like on a SD: Taz

### **1 Limb:**

- **\*Ti** or **Tick** for the Hi-Hat (HH) or **Ting** on the Ride – say **louder** if an accent or a Crash
- **\*Ta** (as in the “cha-cha”) for Snare Drum (SD)
- **Da** (as in “dawn”) for any Tom-Tom (TT) – optionally change pitch for high, medium, and low toms.
- **\*Ba** (as in “ball”) for short **Bass** Drum (BD), or **-oom** when added to other sounds
- **\*Chick** for Hi-Hat foot-choked (HHc) “Chick” sound
- **Ching** for HH foot-splashed (HHs) “Ching” sound

### **Combinations of 2 Limbs:**

- **\*Cha** (TTa, a thicker Ta as in the latin Cha-Cha) for HH/Ride (Ti) + SD (Ta)
- **Tid** for HH/Ride (Ti) + TT (Da)
- **\*Toom** for HH/Ride (Ti) + longer “oom” ring of a BD
- **Thick** for HH/Ride (Ti) + choked HHc (Chick), a thicker, staccato Ti
- **Thing** for HH/Ride (Ti) + splashed HHs (Ching), a thicker, legato Ti

- **Tack** for SD (**Ta**) + choked HHc (**Chick**)
- **Tang** for SD (**Ta**) + splashed HHs (**Ching**)
- **Tad** for SD (**Ta**) + TT (**Da**)
- **\*Tam** for SD (**Ta**) + BD (**oom**)
- **Dam** for TT (**Da**) + BD (**oom**)
- **Dack** for TT (**Da**) + choked HHc (**Chick**)
- **Ding** for TT (**Da**) + splashed HHs (**Ching**)
- **Back** for BD (**Ba**) + choked HHc (**Chick**)
- **Bang** for BD (**Ba**) + splashed HHs (**Ching**)

**Combinations of 3 limbs – SD (**Ta**) included:**

- **Chad** for HH/Ride (**Ti**) + SD (**Ta**) + TT (**Da**)
- **\*Choom** for HH/Ride (**Ti**) + SD (**Ta**) + BD (**oom**)
- **Chack** for HH/Ride (**Ti**) + SD (**Ta**) + choked HHc (**Chick**)
- **Chang** for HH/Ride (**Ti**) + SD (**Ta**) + splashed HHs (**Ching**)
- **Tadm** for SD (**Ta**) + TT (**Da**) + BD (**oom**)
- **Tadk** for SD (**Ta**) + TT (**Da**) + choked HHc (**Chick**)
- **Tadg** for SD (**Ta**) + TT (**Da**) + splashed HHs (**Ching**)
- **Tamk** for SD (**Ta**) + BD (**oom**) + choked HHc (**Chick**)
- **Tamg** for SD (**Ta**) + BD (**oom**) + splashed HHs (**Ching**)

**Combinations of 3 limbs – TT (**Da**) included, SD (**Ta**) excluded:**

- **Tidm** for HH/Ride (**Ti**) + TT (**Da**) + BD (**oom**)
- **Tidk** for HH/Ride (**Ti**) + TT (**Da**) + choked HHc (**Chick**)
- **Tidg** for HH/Ride (**Ti**) + TT (**Da**) + splashed HHs (**Ching**)
- **Damk** for TT (**Da**) + BD (**oom**) + choked HHc (**Chick**)
- **Damg** for TT (**Da**) + BD (**oom**) + splashed HHs (**Ching**)

**Combinations of 3 limbs – BD (**oom**) included, SD (**Ta**) + TT (**Da**) excluded:**

- **Timk** for HH/Ride (**Ti**) + BD (**oom**) + choked HHc (**Chick**)
- **Timg** for HH/Ride (**Ti**) + BD (**oom**) + splashed HHs (**Ching**)

**Combinations of 4 limbs:**

- **\*Choomk** for HH/Ride (**Ti**) + SD (**Ta**) + BD (**oom**) + choked HHc (**Chick**)
- **Choomg** for HH/Ride (**Ti**) + SD (**Ta**) + BD (**oom**) + splashed HHs (**Ching**)