

Theory pages 11–158

- Preface 3
- Introduction 7
- 1 About Polyrhythm in General** 11
- How is a polyrhythm defined?** 11
- Tempo and meter** 12
- How is a polyrhythm played?** 13
- Tuplets** 13
- Groupings in tuplets** 15
- How basic polyrhythms are generated in practice
- How to practice polyrhythms** 17
- Metronome
- Count out loud
- Record
- Horizontal and vertical direction of orientation
- 2 Root Rhythms and Derivations** 21
- Introduction to the Hildebrandt Method** 21
- Root rhythms and derivations
- Singularity
- Fans** 23
- Single fans
- Single fans with +structure
- Double fans
- Subdivision intervals
- Adjacent points
- The core
- Expanding and contracting characteristics
- Summary of the two fan types and their characteristics
- When basic forms are regrouped
- Two études
- Introduction to derivations** 35
- How derivations are condensed
- Condensation
- Reconstruction of segment ratios
- Phase shifting
- Metric derivation of single fans** 44
- Rhythm blood · m-derivations
- +Structure
- A word on core segments
- mm-derivations
- mmm-derivations
- Pen and paper
- Regroupings
- Two études
- Tempo derivation of single fans** 56
- The difference between m-derivations and t-derivations
- t-derivations
- tt-derivations
- ttt-derivations
- Two études
- When double fans are derived
- Derivation of double fans** 65
- t-derived double fans with derived single fans as a springboard
- m-derived double fans (with derived single fans as a springboard)
- tt-derived double fans
- mm-derived double fans
- Regroupings
- Two études
- Cross-derivations** 75
- Unpredictable recognition
- mt-derivation of single fans
- Single fan vs. double fan
- When double fans are cross-derived
- mt-derivation of double fans
- tmt-derivation of single fans
- tmt-derivation of double fans
- Family tree
- Regroupings
- Four études
- 3 Three-Part Polyrhythms** 92
- Three-part polyrhythm in the Hildebrandt Method** 95
- Shadow rhythms** 96
- of single fans
- of double fans
- Close three-part** 104
- Close three-part I** 104
- Inversions
- Regrouping
- Close three-part II** 108
- Inversions
- Dispersed three-part** 111

Practice pages 159–333

4 **Nested Polyrhythms** 116

Inauthentic nesting 118

Authentic nesting 121

Vertical orientation

Horizontal orientation

Nesting within multiple tempo units 126

The actual rhythm product

When the actual product

of the nesting is a derived fan

Double nested rhythms 132

Three-part nestings 136

5 **Functional Rhythm Pitch and Tempo** 144

Pitch

Overtone series

Tempo intervals

Away and back home again

Rhythmic magnetism 151

Tonic with quintuplet in the bass

Tonic–dominant

Minor triad

Tonic with triplet in the bass

Tonic–tonic parallel

The paradox of the fourth

Subdominant

Rhythmic cadence

Cadence 1: tonic–subdominant–
dominant–tonic

Cadence 2: tonic–tonic parallel–
subdominant–dominant–tonic

A Larger Perspective 158

6 **Subdivision of Pulse** 159

Tuplets 159

Tuplets with relation

Tuplets without relation

Offbeat tuplets

Polyrhythmic excerpts

Gaps in tuplets

Tuplets to polyrhythms 168

Mini-études in omission 175

7 **Root Rhythms and Derivations** 187

The Hildebrandt Method 187

Single fans 187

Up the stairs – down the stairs

Études in regrouping of root fans

Double fans 191

Up the stairs – down the stairs

Études in regrouping

of root fans · double fans

Tempo and meter derivation 197

t- and tt-derivation of single fans

m- and mm-derivation of single fans

Études in regrouping

t- and m- derivation of single fans

t- and tt-derivation of double fans

m- and mm-derivation of double fans

Études in regrouping

t- and m- derivation of double fans

mt- and tm-derivation 214

Single fans

Études in mt- and tm-derivation

of single fans

Double fans

Études in mt- and tm-derivation

of double fans

8 **Three-Part Rhythms** 224

Shadow rhythms 224

Single fans – $a : t\text{-drv} : b$

Études in regrouping shadow rhythms
of single fans

Double fans

Études in regrouping shadow rhythms
of double fans

Single fans – $t\text{-drv} : tt\text{-drv} : b$

Études in regrouping

Double fans ($t\text{-drv} : tt\text{-drv} : b$)

Études in regrouping

9 **Two-Part Nested Polyrhythm** 239

**Pre-exercises and études in parent
subdivision and substitutes** 240

Nesting over multiple frame units 263

**Pre-exercises and études in nesting
over multiple frame units** 263

10 **Three-Part Nested Polyrhythm** 290

Broken cycles 291

Unbroken cycles 294

Six levels 304

Index 334

Most Common Rhythms 336