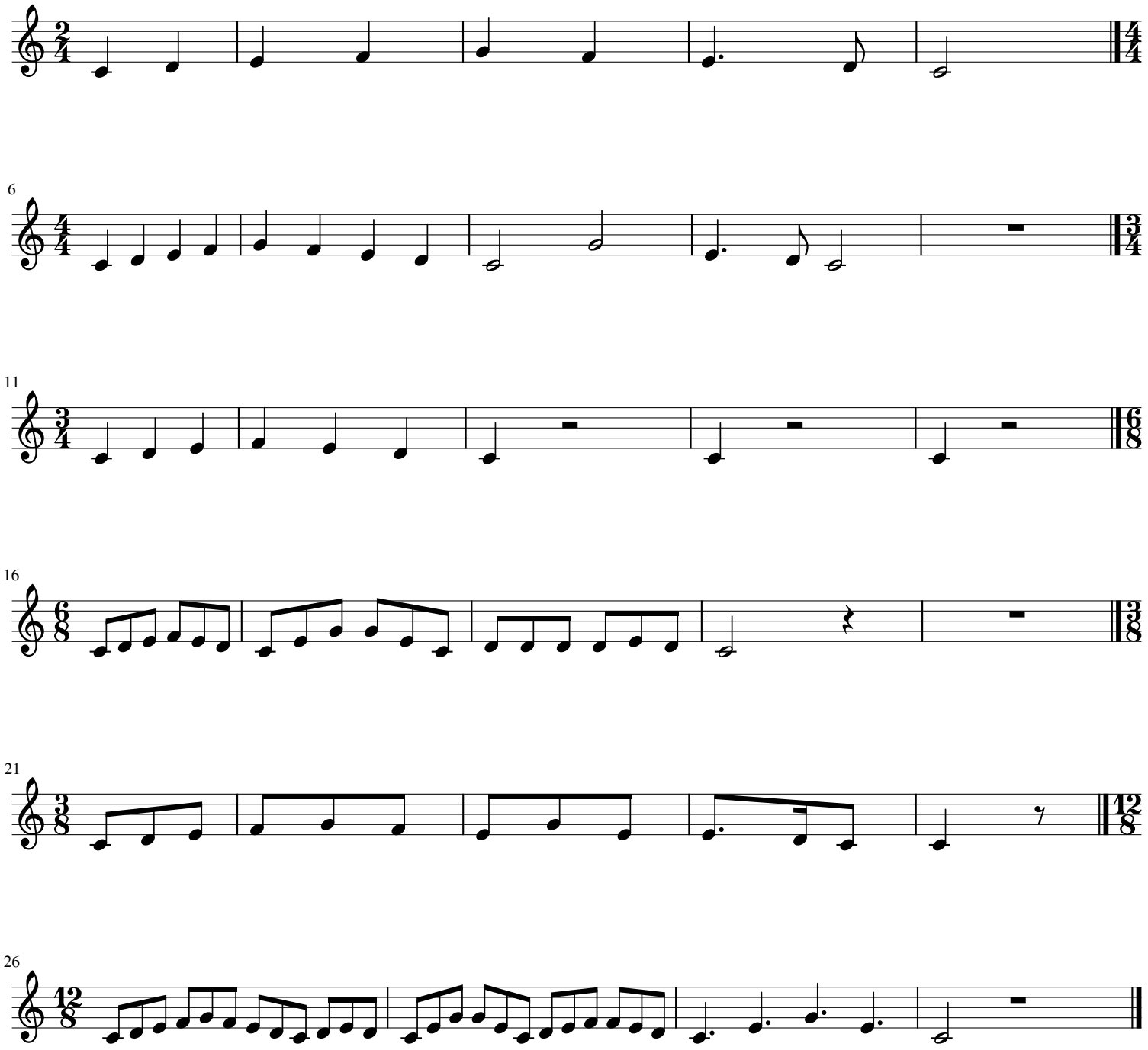
Time Signatures: 1. Work Sheet:
See it, Say it, Play it, Make it

(Practice each "Basic Pulse" as you count aloud,
Then Improvise your own tunes in the Time Frame)

JimO