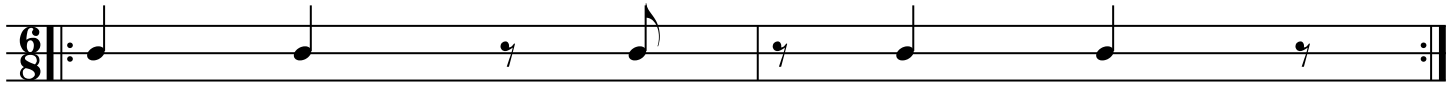
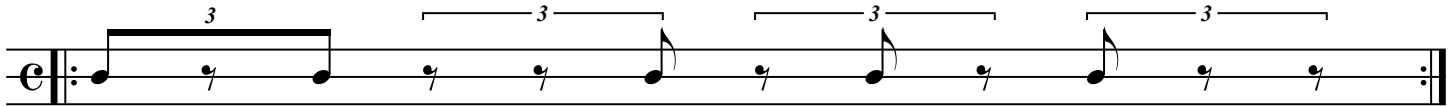


Most West African rhythms derive heavily from 6/8 feels. One popular 6/8 feel (which originated in Cuba) is called the Bembe, originating from the word bembes, which are religious gathering that include drumming, singing and dancing. The real challenge of the Afro-Cuban take on the rhythm is slipping in and out of the two different meter feels. Depending on how you and/or your bandmates are accenting, the Afro-Cuban 6/8 can be felt in 4 or 6.

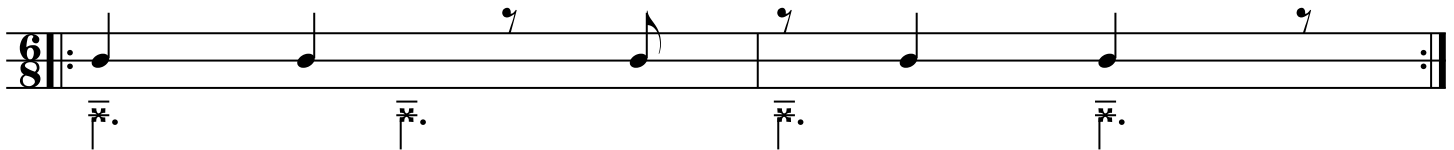
6/8 Clave



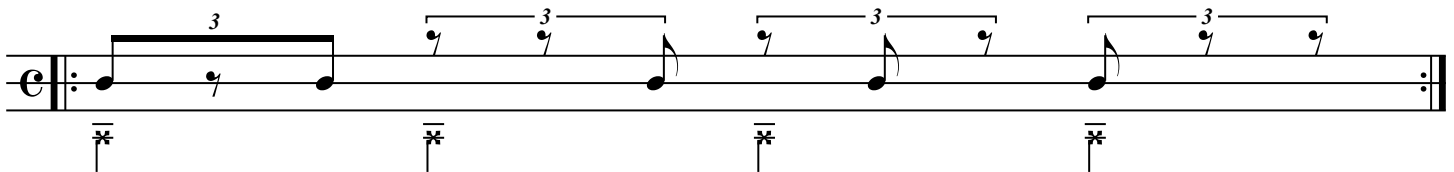
6/8 Clave written in Common Time (triplets). Notice that two bar pattern in 6/8 is reduced to a one bar pattern in 4/4



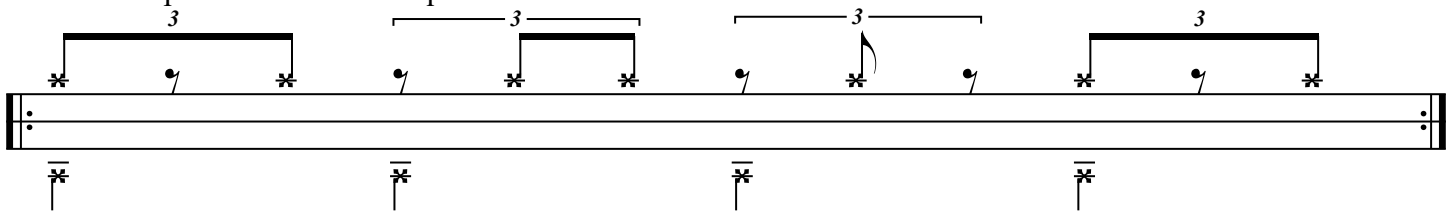
6/8 Clave with the HH playing dotted quarters. Try playing the clave switching your count every two bars from 6/8 time to common time.



6/8 Clave written in Common Time with HH pattern on quarter notes



6/8 Cowbell pattern with HH on quarter notes



Playing quarter notes on the HH helps lock in the bell pattern. See the similarities between this pattern and the 6/8 clave pattern.

Exercise #1 with 6/8 Clave Pattern on the snare drum

Musical notation for Exercise #1, featuring a 6/8 Clave pattern on the snare drum. The notation consists of a single staff with four measures. Each measure contains a triplet of eighth notes, indicated by a bracket with the number '3' above it. The notes are marked with asterisks to denote snare drum hits. The first measure has a triplet of eighth notes on a single line. The second measure has a triplet of eighth notes on a single line, with a quarter rest on the line below. The third measure has a triplet of eighth notes on a single line, with a quarter rest on the line below. The fourth measure has a triplet of eighth notes on a single line, with a quarter rest on the line below.

Exercise #2

Musical notation for Exercise #2, featuring a 6/8 Clave pattern on the snare drum. The notation consists of a single staff with four measures. Each measure contains a triplet of eighth notes, indicated by a bracket with the number '3' above it. The notes are marked with asterisks to denote snare drum hits. The first measure has a triplet of eighth notes on a single line. The second measure has a triplet of eighth notes on a single line, with a quarter rest on the line below. The third measure has a triplet of eighth notes on a single line, with a quarter rest on the line below. The fourth measure has a triplet of eighth notes on a single line, with a quarter rest on the line below.

Exercise #3 - Strong quarter note pulse on the bass drum

Musical notation for Exercise #3, featuring a strong quarter note pulse on the bass drum. The notation consists of a single staff with four measures. Each measure contains a triplet of eighth notes, indicated by a bracket with the number '3' above it. The notes are marked with asterisks to denote snare drum hits. The first measure has a triplet of eighth notes on a single line. The second measure has a triplet of eighth notes on a single line, with a quarter rest on the line below. The third measure has a triplet of eighth notes on a single line, with a quarter rest on the line below. The fourth measure has a triplet of eighth notes on a single line, with a quarter rest on the line below.

Exercise #4 - Tom variation

Musical notation for Exercise #4, featuring a Tom variation. The notation consists of a single staff with four measures. Each measure contains a triplet of eighth notes, indicated by a bracket with the number '3' above it. The notes are marked with asterisks to denote snare drum hits. The first measure has a triplet of eighth notes on a single line. The second measure has a triplet of eighth notes on a single line, with a quarter rest on the line below. The third measure has a triplet of eighth notes on a single line, with a quarter rest on the line below. The fourth measure has a triplet of eighth notes on a single line, with a quarter rest on the line below.

Exercise #5 - Tom variation with strong quarter note pulse on the bass drum

Musical notation for Exercise #5, featuring a Tom variation with a strong quarter note pulse on the bass drum. The notation consists of a single staff with four measures. Each measure contains a triplet of eighth notes, indicated by a bracket with the number '3' above it. The notes are marked with asterisks to denote snare drum hits. The first measure has a triplet of eighth notes on a single line. The second measure has a triplet of eighth notes on a single line, with a quarter rest on the line below. The third measure has a triplet of eighth notes on a single line, with a quarter rest on the line below. The fourth measure has a triplet of eighth notes on a single line, with a quarter rest on the line below.

Exercise #6 - Bass Drum Variation

Musical notation for Exercise #6, featuring a Bass Drum Variation. The notation consists of a single staff with four measures. Each measure contains a triplet of eighth notes, indicated by a bracket with the number '3' above it. The notes are marked with asterisks to denote snare drum hits. The first measure has a triplet of eighth notes on a single line. The second measure has a triplet of eighth notes on a single line, with a quarter rest on the line below. The third measure has a triplet of eighth notes on a single line, with a quarter rest on the line below. The fourth measure has a triplet of eighth notes on a single line, with a quarter rest on the line below.

Half-Time Bembe Grooves

Exercise #1

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Exercise #1 consists of two staves. The top staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The bottom staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The first two groups in both staves have asterisks above and below the notes, while the last two groups do not.

Exercise #2

Exercise #2 consists of two staves. The top staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The first two groups have an asterisk above and below the notes, and the last two groups have a plus sign above the notes. The bottom staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The first two groups have an asterisk above and below the notes, and the last two groups have a plus sign above the notes.

Exercise #3

Exercise #3 consists of two staves. The top staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The first two groups have an asterisk above and below the notes, and the last two groups have an asterisk above and below the notes. The bottom staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The first two groups have an asterisk above and below the notes, and the last two groups have an asterisk above and below the notes.

Exercise #4

Exercise #4 consists of two staves. The top staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The first two groups have an asterisk above and below the notes, and the last two groups have an asterisk above and below the notes. The bottom staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The first two groups have an asterisk above and below the notes, and the last two groups have an asterisk above and below the notes.

Exercise #5

Exercise #5 consists of two staves. The top staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The first two groups have an asterisk above and below the notes, and the last two groups have an asterisk above and below the notes. The bottom staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The first two groups have an asterisk above and below the notes, and the last two groups have an asterisk above and below the notes.

Exercise #6

Exercise #6 consists of two staves. The top staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The first two groups have an asterisk above and below the notes, and the last two groups have an asterisk above and below the notes. The bottom staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The first two groups have an asterisk above and below the notes, and the last two groups have an asterisk above and below the notes.

Exercise #7

Exercise #7 consists of two staves. The top staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The first two groups have an asterisk above and below the notes, and the last two groups have an asterisk above and below the notes. The bottom staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The first two groups have an asterisk above and below the notes, and the last two groups have an asterisk above and below the notes.