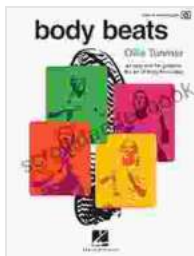


# An Easy and Fun Guide to the Art of Body Percussion

Body percussion is a fun and easy way to make music using your body as an instrument. It's a great way to get creative, express yourself, and have some fun! This guide will teach you the basics of body percussion, including how to create different sounds, how to keep a beat, and how to create your own body percussion routines.



## Body Beats: An Easy and Fun Guide to the Art of Body Percussion by Ray Pratt

★★★★☆ 4.4 out of 5

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## Creating Different Sounds

The first step to body percussion is learning how to create different sounds with your body. There are many different ways to do this, but some common sounds include:

- **Claps:** Clapping your hands together is a simple but effective way to create a percussive sound. You can vary the sound by clapping your hands in different ways, such as by clapping your palms together, clapping your fingers together, or clapping your hands against your chest.

- **Stomps:** Stomping your feet is another great way to create a percussive sound. You can vary the sound by stomping your feet in different ways, such as by stomping your whole foot, stomping just your toes, or stomping your heels.
- **Snaps:** Snapping your fingers is a quick and easy way to create a percussive sound. You can vary the sound by snapping your fingers in different ways, such as by snapping your fingers together, snapping your fingers against your palm, or snapping your fingers against your thigh.
- **Pats:** Patting your body is a great way to create a soft and gentle percussive sound. You can vary the sound by patting your body in different ways, such as by patting your chest, patting your stomach, or patting your legs.
- **Rubs:** Rubbing your hands together is a great way to create a rustling or scratching sound. You can vary the sound by rubbing your hands together in different ways, such as by rubbing your palms together, rubbing your fingers together, or rubbing your hands against your clothes.

## Keeping a Beat

Once you have learned how to create different sounds, the next step is to learn how to keep a beat. A beat is a regular pattern of sounds that creates a sense of rhythm. You can keep a beat by clapping your hands, stomping your feet, or snapping your fingers. The most important thing is to keep a steady and consistent beat.

There are many different ways to keep a beat. Some common beats include:

- **4/4 time:** This is the most common beat in Western music. It consists of four beats per measure, with the first beat being accented.
- **3/4 time:** This beat consists of three beats per measure, with the first beat being accented.
- **2/4 time:** This beat consists of two beats per measure, with the first beat being accented.

## Creating Your Own Body Percussion Routines

Once you have mastered the basics of body percussion, you can start creating your own body percussion routines. A body percussion routine is a series of body percussion sounds that are arranged in a specific order. You can create your own body percussion routines by experimenting with different sounds, beats, and rhythms.

Here are some tips for creating your own body percussion routines:

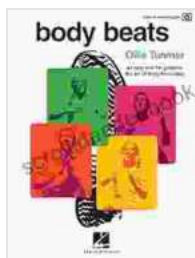
- **Start with a simple beat.** Once you have a simple beat, you can start adding other sounds and rhythms.
- **Experiment with different sounds.** There are many different ways to create sounds with your body. Experiment with different sounds until you find ones that you like.
- **Add some rhythm.** Once you have some sounds, you can start adding some rhythm. You can create rhythm by varying the speed and intensity of your sounds.
- **Practice!** The more you practice, the better you will become at creating body percussion routines.

## Body Percussion is a Great Way to Express Yourself

Body percussion is a fun and easy way to make music and express yourself. It's a great way to get creative, have some fun, and learn about music. So what are you waiting for? Start making music with your body today!

### Additional Resources

- Body Percussion Tutorial for Beginners
- Body Percussion website
- Body Percussion: Play and Learn the Instrument of Your Body



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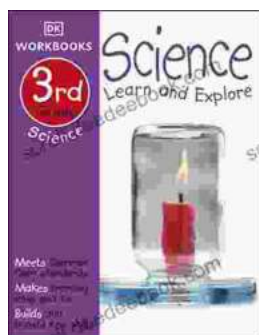
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