**Lesson plan**

| Beginner blues course | Lesson 2 |
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| Lesson objectives | Develop rhythm with chord tones |
| Activities | Go through the different rhythms, really internalising them, try with a drum backing or metronome.<br><br>I have tried to use rhythms from jazz standards, this is a great way to start, you can also try bebop heads too (rhythm)!<br><br>So, the following are my own examples!<br>You can and should try them but to get the most from this approach you MUST create your own solos using said rhythms, be it mine or rhythms you choose.<br><br>I have gone straight into using all the chord tones, you could try just play rhythms on the root, 3rd, 5th or 7th of each chord. A great way to get the rhythms internalised without being overwhelmed.<br><br>1 Blues chorus using rhythms from sheet 1 - mostly chord tones.<br>2 Blues chorus using rhythms from sheet 1, mix of chord tones and bebop scale fragments.<br>3 Blues chorus using rhythms from sheet 1, mix of chord tones and bebop scale fragments. |
| Resources | Backing tracks<br>PDF sheets in C, Bb, Eb & bass clef |
| Notes on the lesson | Be patient.<br>You can only expect to play and improvise what you have successfully internalised, otherwise you are noodling.<br>A little noodling is always fine but never practice noodling! Otherwise what are you practicing? NOODLING!<br>Try to always practice - Chord tones, rhythm, jazz/bebop language. |