

LESSON ONE: Check Your Pulse
(relates to the song: *Tha Thin Tha*)

© Lisa Young

In this Indian style notation every syllable or comma represents the internal measures sub-dividing the main beats of the cycle. We are in *Adi tala* (a cycle of 8 beats) *Chathusra nadai* (sub-dividing each beat by 4, except in the Third Speed (extension version) where we shift into *Thisra nadai* (sub-dividing each beat by 3).

The underscore denotes double speed.

The crosses above show where the claps and taps of the cycles main beats fall (cycle of 8). The circles with dots inside represent the waves in the tala, where the hand is turned over on beats 6 and 8.

FIRST SPEED

^xTha,,, ^xka,,, ^xthi,,, ^xmi,,,
^xTha,,, ^oka,,, ^xja,,, ^onu,,,

SECOND SPEED

^xTha, ^xka, ^xthi, ^xmi, ^xtha, ^xka, ^xja, ^xnu,
^xTha, ^oka, ^xthi, ^xmi, ^xtha, ^oka, ^oja, ^onu,

Extension Version: THIRD SPEED (switches to *thisra nadai* here – sub-dividing each beat by 3) This section isn't used in the opening of the song *Tha Thin Tha*.

^xTha ka ^xthi ^xmi ^xtha ka ^xja nu
Tha ^xka ^xthi ^xmi ^xtha ka ^oja nu
Tha ka ^xthi ^omi ^otha ka ^oja nu

FOURTH SPEED

^xTha ka ^xthi ^xmi ^xtha ka ^xja nu ^xTha ka ^xthi ^xmi ^xtha ka ^xja ka ^xTha ka ^xthi ^xmi ^otha ka ^oja nu

FIFTH SPEED

^xTha ka ^xthi ^xmi ^xtha ka ^xja nu ^otha,,,

Lisa Young / Sruthi Laya Kendra School Chennai/Melb

© lisayoungmusic.com *Check Your Pulse* resources