

## LESSON ONE: Check Your Pulse

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(Use this version of the notes page to add your own *tala* cycle beat markings)  
(relates to the song: *Tha Thin Tha*)

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

Tha , , , ka , , , thi , , , mi , , ,

Tha , , , ka , , , ja , , , nu , , ,

### SECOND SPEED

Tha , ka, thi , mi , tha , ka, ja , nu ,

Tha , ka, thi , mi , tha , ka, ja , nu ,

**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*.

Tha ka thi mi tha ka ja nu

Tha ka thi mi tha ka ja nu

Tha ka thi mi tha ka ja nu

### FOURTH SPEED

Tha ka thi mi tha ka ja nu Tha ka thi mi tha ka ja ka Tha ka thi mi tha ka ja nu

### FIFTH SPEED

Tha ka thi mi tha ka ja nu tha , , ,