



ABEL Rhythm Dominoes ® - USER MANUAL

What is rhythm?	3
The rules of the game:	4
● The BLACK DECK™	4
○ The WHITE DECK™	8
How to play?.....	10
Examples of rules:.....	12
Some basic notions of music theory:	13
Relative value of rests:.....	15
Relative value of notes:.....	15
How to count ?	19
Benefits of ABEL Rhythm Dominoes®:	20

What is rhythm?

Rhythm is perhaps the single most fundamental element of music. Rhythm in music refers to the pattern of silences and sounds that occur over time.

“Rhythm is to time what symmetry is to space.”

– Eugène d’Eichtal

Are you searching for a game to learn rhythm & music through play while enjoying it? Don’t search anymore, **ABEL Rhythm Dominoes**® Playing Cards™ game is designed for you!



The rules of the game:

Each card exists in 2 versions, black and white :

● The **BLACK DECK™**

The black deck represents the pulse and its (sub)divisions in the easiest way possible which are shown with rhythmic cells. Each cell is associated with a letter of the Latin alphabet.

The **pulse** is a steady beat that runs through the music. It's a bit like a heartbeat or the tick-tock of a clock. When you listen to a piece of music, you might find yourself tapping your foot along to the beat. This is the pulse. The pulse (sub)divisions are smaller parts of a beat that can be used to create a sense of time and drive the flow of music. The ability to (sub)divide while performing music ensures rhythmic accuracy and is an important skill that all musicians need to develop.

1 CELL = 1 PULSE (or BEAT)

The number of symbols (dashes and/or dots) on each cell tells you what the (sub)division of the pulse is:

- ① A' or A
- ② B' or B C D
- ③ E' or E F G H I J K
- ④ L' or L M N O P Q R S T U V W X Y Z

Dashes mean rests. A **rest** is the absence of a sound for a defined period of time in music.

The dots represent the rhythms or notes that must be played with the instrument of your choice (like claves for example).

The **notes** are musical sounds that have a pitch and duration. The **pitch of the note** refers to how high or low the note sounds. The **duration of the note** is the amount of time the note lasts. If you use a musical instrument that allows you to control the duration of the note (like the guitar, the piano or the violin for example), then the dashes that appear after a dot extend the duration of the note to the next point or to the end of the cell.

Color codes on the cells allow you to easily identify similar rhythms in different (sub)divisions ●●●

A Primary Letters

B Binary Letters (simple)

E Ternary Letters

L Binary Letters (advanced)

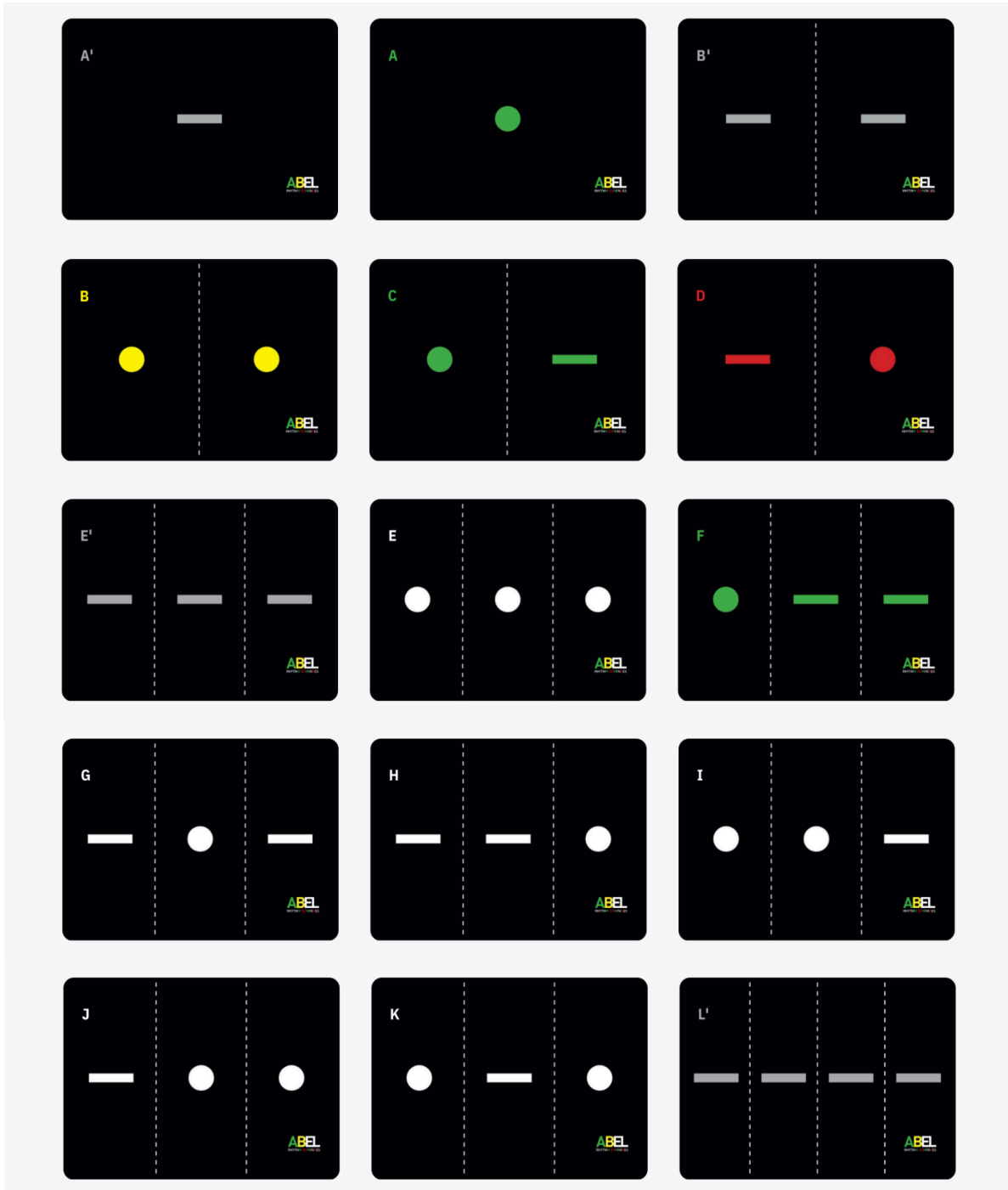
Scale of values

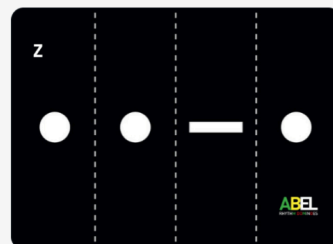
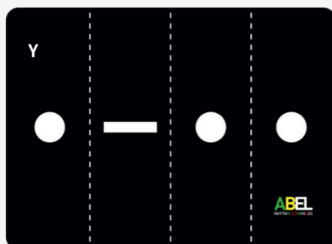
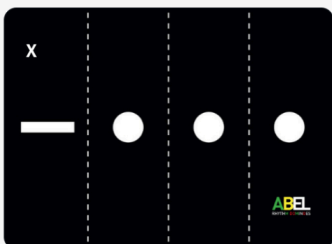
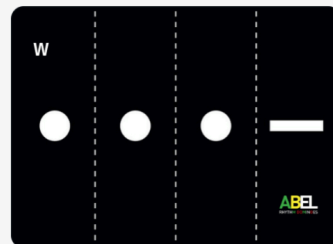
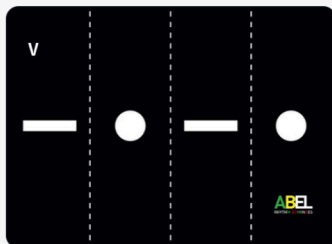
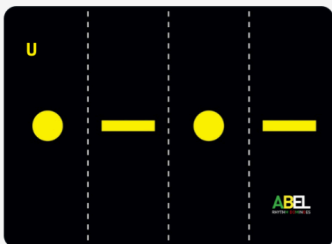
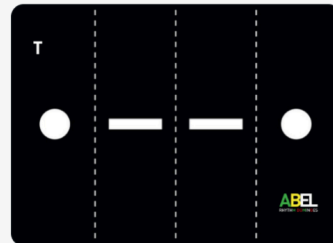
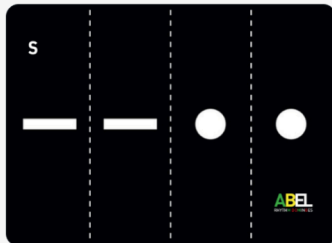
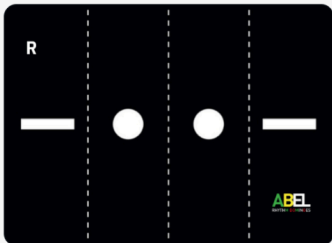
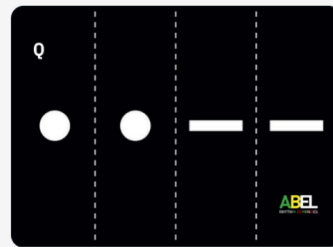
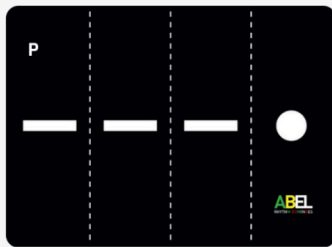
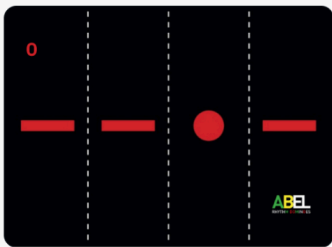
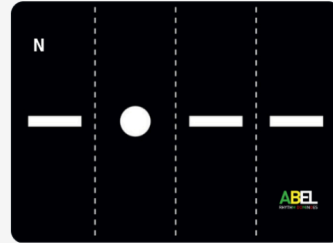
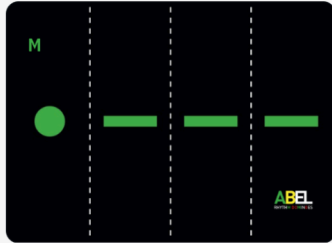
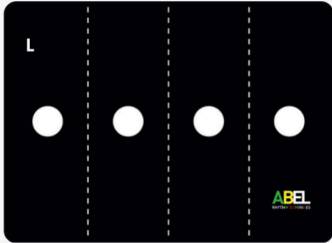
ABEL
RHYTHM DOMINOES

It is important to first work on the rhythmic cells with only dashes (**A'B'E'L'**) counting them out loud in order correctly and using a metronome to be comfortable when you have to play rhythm (**A** to **Z**).

A **metronome** is a device that produces an audible click or other sound at a uniform interval that can be set by the user, typically in beats per minute (**BPM**).

i Dashes can also be replaced with ghost notes for advanced players. In music, notably in jazz, a **ghost note** (or a dead, muted, silenced or false note) is a musical note with a rhythmic value, but no discernible pitch when played. *In musical notation, this is represented by an "X" for a note head instead of an oval, or parentheses around the note head.*





● The **WHITE DECK™**

The white deck represents rhythmic figures used into musical notation:

The image displays 15 cards arranged in a 5x3 grid, each showing a different rhythmic figure on a staff with a dashed vertical line. The 'ABEL' logo is present in the bottom right corner of each card.

- Row 1, Card 1: A single eighth note with a wavy tail.
- Row 1, Card 2: A single quarter note.
- Row 1, Card 3: A single eighth note with a wavy tail, positioned to the left of the dashed line.
- Row 2, Card 1: A beamed eighth-note pair, with the dashed line between the two notes.
- Row 2, Card 2: A single quarter note, positioned to the left of the dashed line.
- Row 2, Card 3: A quarter rest followed by a quarter note, with the dashed line between them.
- Row 3, Card 1: A single eighth note with a wavy tail, positioned to the left of the dashed line.
- Row 3, Card 2: A triplet of three eighth notes, with the dashed line between the first and second notes.
- Row 3, Card 3: A single quarter note, positioned to the left of the dashed line.
- Row 4, Card 1: A triplet of a quarter rest, a quarter note, and a quarter note, with the dashed line between the first and second notes.
- Row 4, Card 2: A triplet of an eighth note with a wavy tail, a quarter note, and a quarter note, with the dashed line between the first and second notes.
- Row 4, Card 3: A triplet of a quarter note, a quarter note, and a quarter note, with the dashed line between the first and second notes.
- Row 5, Card 1: A triplet of a quarter rest, a beamed eighth-note pair, and a quarter note, with the dashed line between the first and second notes.
- Row 5, Card 2: A triplet of a quarter note, a quarter note, and a quarter note, with the dashed line between the first and second notes.
- Row 5, Card 3: A single eighth note with a wavy tail, positioned to the left of the dashed line.

You will find these rhythmic figures in all musical scores. The notes are overlaid on a grid so you can see the note value at a glance and get a feel for how each one lines up with the imaginary grid behind it.

The image displays 15 musical notation examples arranged in a 5x3 grid. Each example is presented on a three-line grid with vertical dashed lines. The examples are as follows:

- Row 1, Column 1: A four-note eighth-note sequence (quarter note). **ABEL**
- Row 1, Column 2: A single quarter note. **ABEL**
- Row 1, Column 3: A quarter rest followed by a quarter note. **ABEL**
- Row 2, Column 1: A quarter rest followed by a quarter note. **ABEL**
- Row 2, Column 2: A quarter rest followed by a quarter note with a stem up. **ABEL**
- Row 2, Column 3: A quarter note followed by a dotted quarter note. **ABEL**
- Row 3, Column 1: A quarter rest followed by a quarter note and an eighth note. **ABEL**
- Row 3, Column 2: A quarter rest followed by a quarter note and an eighth note. **ABEL**
- Row 3, Column 3: A dotted quarter note followed by an eighth note. **ABEL**
- Row 4, Column 1: A quarter note followed by a quarter note. **ABEL**
- Row 4, Column 2: A quarter rest followed by a quarter note and an eighth note. **ABEL**
- Row 4, Column 3: A quarter note followed by two eighth notes. **ABEL**
- Row 5, Column 1: A quarter rest followed by a quarter note and an eighth note. **ABEL**
- Row 5, Column 2: A quarter note followed by a quarter note and an eighth note. **ABEL**
- Row 5, Column 3: A quarter note followed by a quarter note and an eighth note. **ABEL**

How to play?

ABEL Rhythm Dominoes ® Playing Cards™ game can be played alone but it's even more fun together !

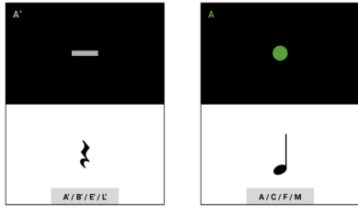
However you will always need one friend to play it: the METRONOME.

Choose one or more cards to play (black deck/white deck or both) and set a tempo (speed measured according to beats per minute, the BPM) on your metronome, then play the correct rhythm corresponding to the right card on the right time.

When you're playing with friends, set several rows of cards to play simultaneously. You can also ask your friend to swap cards during the game. To play rhythm, you can use your hands, body clapping, claves, drums, any percussion instrument or other music instrument like guitar or piano for example.

To know how to play the WHITE DECK™, use the BLACK DECK™ to easily know where to place the rests and notes.

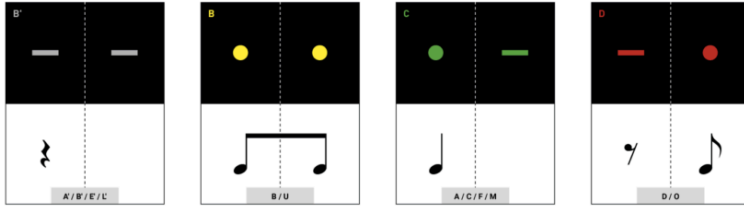
A Primary Letters



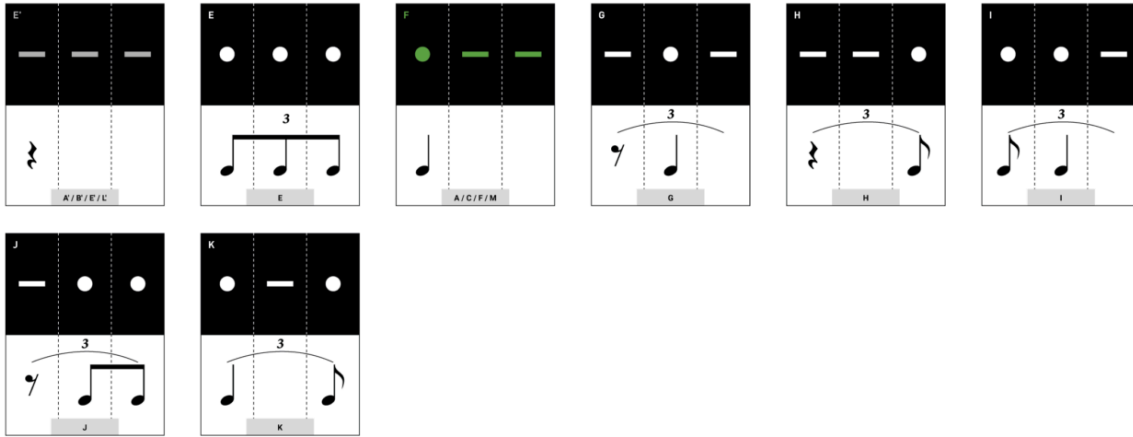
ABEL

RHYTHM DOMINOES

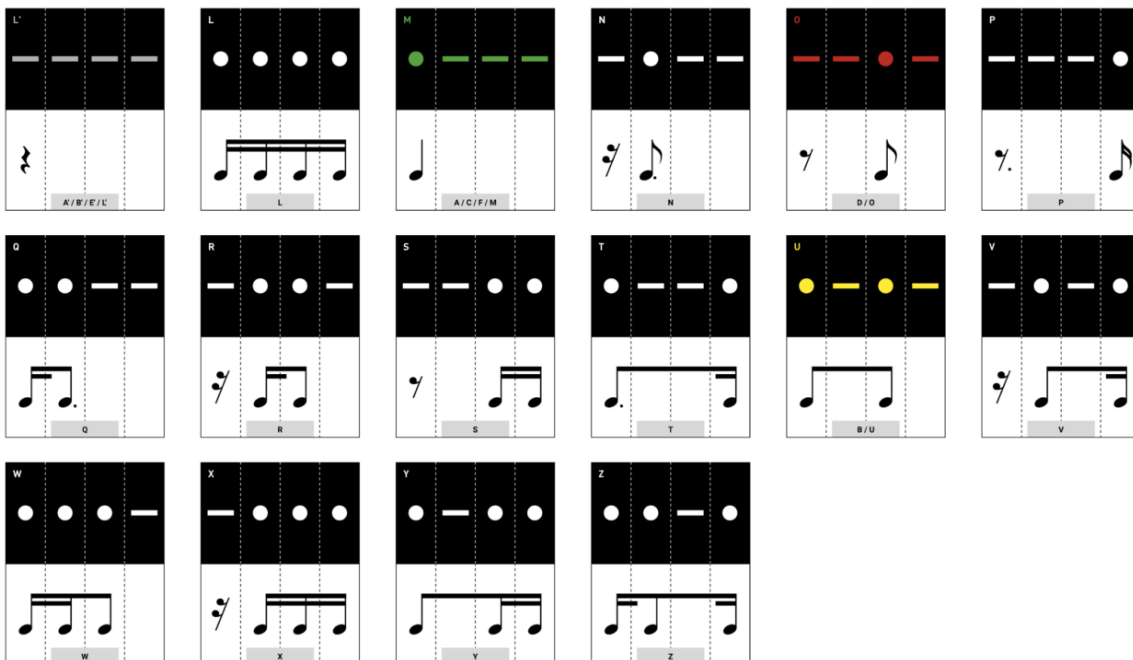
B Binary Letters (simple)



E Ternary Letters



L Binary Letters (advanced)



Examples of rules:

-Call-and-response: One player performs one or more cards, the other one echo him back.

-Improvisation: Choose cards at random, combining them however you choose. An instructor can facilitate students improvise as a whole class, in pairs, or in other configurations.

-Rhythmic Dictation: An instructor can perform some of the rhythms, then have the students identify which cells were performed in what order (e.g., cards P, O, U, and L). This is a way to encourage students to listen for the big picture and develop rhythmic dictation skills without worrying about the notation component of it. After students get comfortable with the activity, they can perform short dictations for their classmates.

-Performance Loops: The instructor (or a student) can point to or call out rhythms for the rest of the class to perform in a loop.

Help yourself with this tutorial, with the scale of values and all available resources (videos, photos and PDF documents) found on this site and our various social networks. If digital technology has considerably changed the world of learning with its numerous freely accessible video content on YouTube, we now know that nothing replaces the teaching of a teacher who can offer quality educational monitoring over the long term. If you're having trouble, find a local rhythm teacher or music school near you who can help you use the free ABEL method.

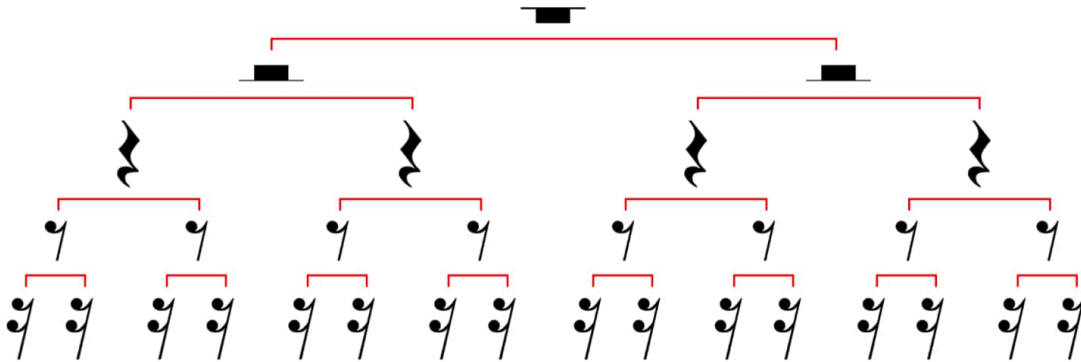
We just have to wish you maximum pleasure while learning with ABEL and please never forget:

“We're not playing to win, we're playing to play. And ultimately, playing is fun. Perfectionism gets in the way of fun. A more skillful goal might be to find comfort in the process. To make and put out successive works with ease.”

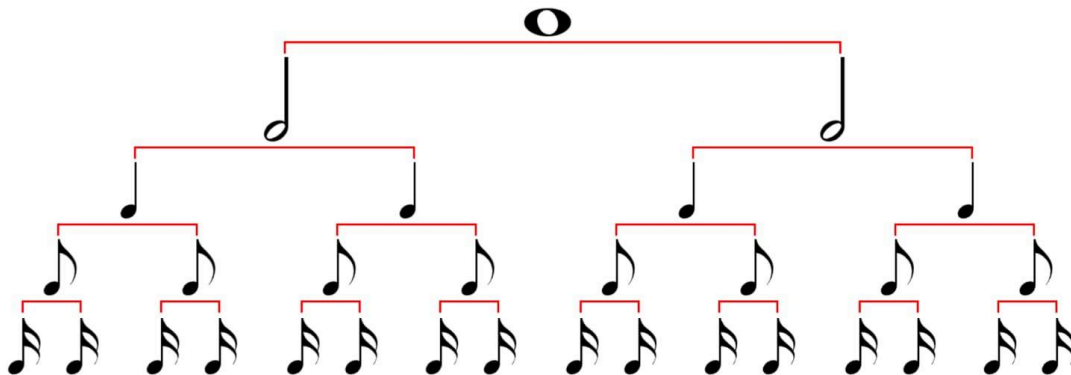
– Frederick Jay Rubin

Some basic notions of music theory:

In musical notation, a **rest** is the sign used to indicate the absence of a sound for a defined period of time.















In musical notation, a **note value** indicates the relative duration of a note, using the texture or shape of the notehead, the presence or absence of a stem, and the presence or absence of flags/beams/hooks/tails. Unmodified note values are fractional powers of two, for example one, one-half, one fourth, etc.



The length of a rest corresponds with that of a particular note value, thus indicating how long the silence should last.

Each type of rest is named for the note value it corresponds with, and each of them has a distinctive sign:

Note value	Rest value	English name	American name	Fraction of 1 semibreve	*Usual length (if ♩ = 1 beat)
		semibreve	whole note	1	4 beats
		minim	half note	1/2	2 beats
		crotchet	quarter note	1/4	1 beat
		quaver	eighth note	1/8	1/2 beat
		semiquaver	sixteenth note	1/16	1/4 beat
		demisemiquaver	thirty-second note	1/32	1/8 beat

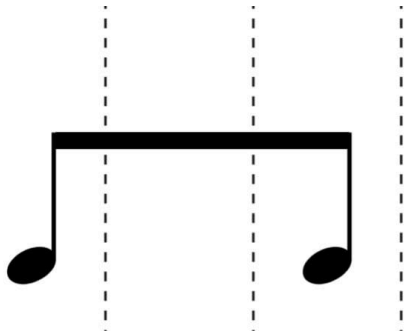
Relative value of rests:

■															
■								■							
⏏				⏏				⏏				⏏			
⏏		⏏		⏏		⏏		⏏		⏏		⏏		⏏	
⏏	⏏	⏏	⏏	⏏	⏏	⏏	⏏	⏏	⏏	⏏	⏏	⏏	⏏	⏏	⏏

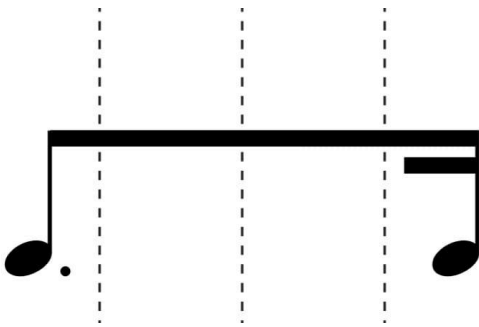
Relative value of notes:

○															
○								○							
○				○				○				○			
○		○		○		○		○		○		○		○	
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

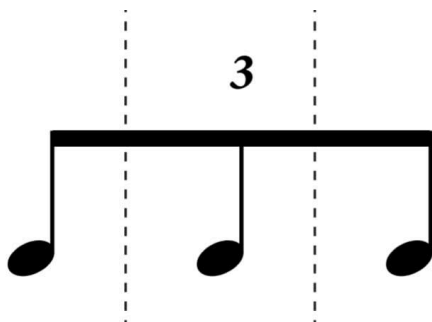
A single eighth note, or any faster note, is always stemmed with flags, while two or more are usually beamed in groups.



A note or rest value may be augmented by adding a dot after it. A dot added to the note or rest increases the duration of that note or rest by half.

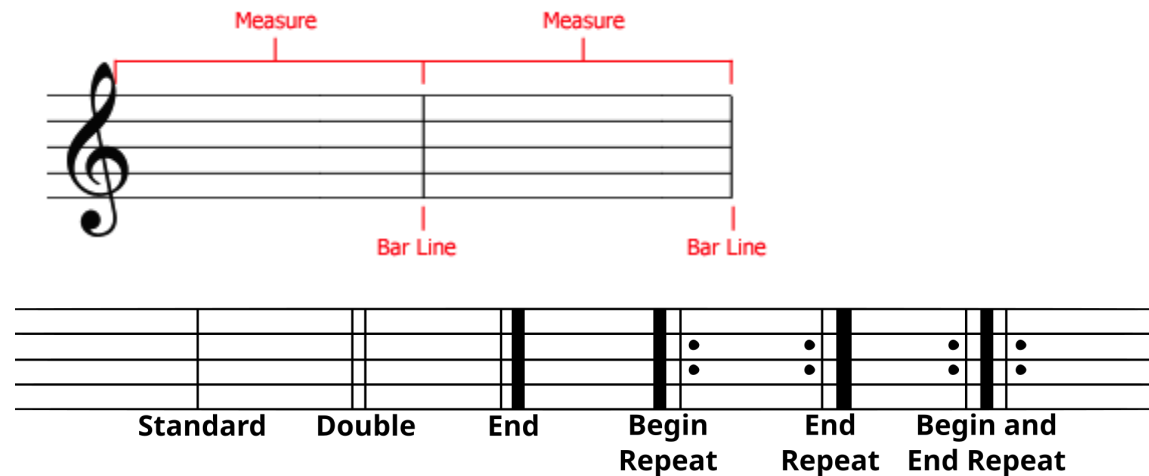


Triplets in music are notes and/or rests connected by a bracket and indicated with a number 3, that equally divide a beat into three equal pieces.

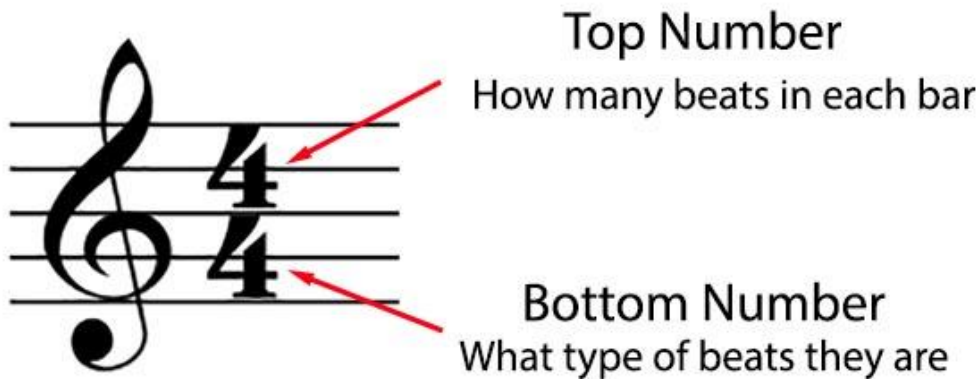


ABEL Rhythm Dominoes ® Playing Cards™ are based on a time signature in x/4.

The **time signature** indicates two things. The top number tells us the number of beats in a measure, and the bottom number tells us the type of note that gets one beat. In musical notation, a measure (or bar) is a segment of music bounded by vertical lines, known as bar lines, usually indicating one or more recurring beats.



Time Signature



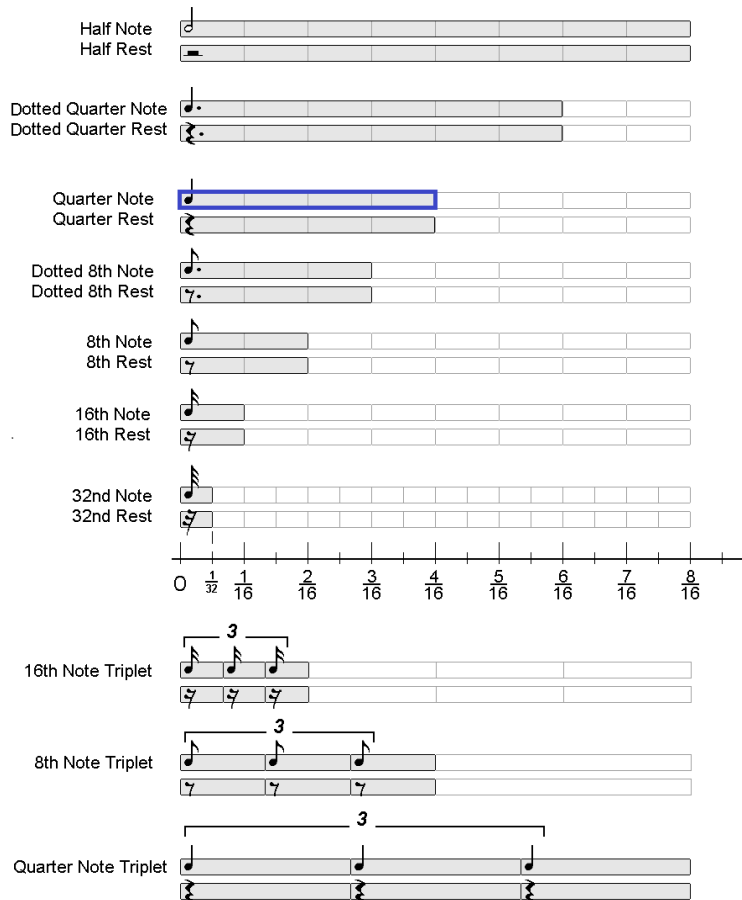
A 4/4 time signature for example indicates that there is the time value of 4 quarter notes per measure.

Each measure can have as many beats as the composer desires.


For example: 2/4 or 4/4




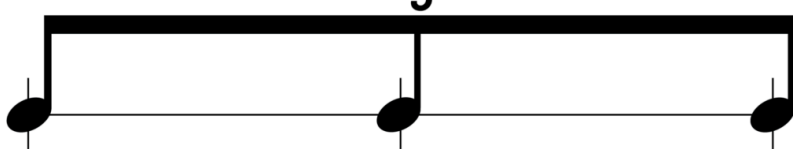
With **ABEL Rhythm Dominoes**® PLAYING CARDS™ game, 1 PULSE (or BEAT) = the time value of 1 QUARTER NOTE or REST.

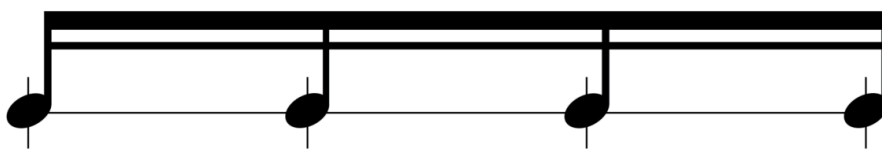


Scale of values

A 

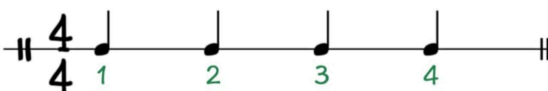
B 


E 


L 


How to count ?

Counting out loud is really helpful. It's like a ruler that keeps the rhythm precise and measured. If you don't count your rhythm it can be like trying to build a house without measuring anything. The counting method used in 4/4 can easily be adapted to any other time signature.

Quarter Notes $\frac{4}{4}$  1 2 3 4

Eighth Notes $\frac{4}{4}$  1 + 2 + 3 + 4 +

Triplets $\frac{4}{4}$  1 triplet 2 triplet 3 triplet 4 triplet

Sixteenth Notes $\frac{4}{4}$  1 e + a 2 e + a 3 e + a 4 e + a

Benefits of ABEL Rhythm Dominoes®:

✓ **Improves rhythm and timing:** ABEL Rhythm Dominoes® is a great way to improve your rhythm and timing. The game requires players to listen carefully to the beat and match their cards accordingly. This can help to improve your overall coordination and musicality.

✓ **Develops cognitive skills:** ABEL Rhythm Dominoes® is a challenging game that requires players to use their problem-solving skills, memory, and attention. The game can help to improve your cognitive abilities and keep your mind sharp.

✓ **Encourages creativity:** ABEL Rhythm Dominoes® is a versatile game that can be played in many different ways. Players are encouraged to be creative and come up with their own strategies. This can help to boost your creativity and problem-solving skills.

✓ **Is a fun and social activity:** ABEL Rhythm Dominoes® is a great way to have fun with friends and family. The game is easy to learn but challenging to master, making it perfect for players of all ages and skill levels.

✓ **Promotes active listening:** ABEL Rhythm Dominoes® requires players to listen carefully to the beat and match their cards accordingly. This can help to improve your listening skills and focus.

✓ **Can be played anywhere:** ABEL Rhythm Dominoes® is a portable card game that can be played anywhere. This makes it a great option for travel or parties.