

Sargam polyrhythm paltas

For the development of rhythmic fluency in the context of scale practice
 Transpose and practice in ALL scales & keys... see notation note below

Amiya Dasgupta
 & Paul Livingstone

Palta (excercise) #1 2+3+4+7 (3+4)

3

Sa Re, Sa Re Ga, Sa Re Ga Ma, Sa Re Ga Ma Pa Dha Ni,
 Śa Ni, Śa Ni Dha, Śa Ni Dha Pa, Sa Ni Dha Pa Ma Ga Re,

5 Palta #2 (offbeats)

S R G S R G M P D N Ś N D Ś N D P M G R

9 Palta #3 (offbeats with dotted quarters reducing)

S R G S R G M P D N Ś N D Ś N D P M G R

13 Palta #4 (dotted quarters variation)

S R G M P D N Ś N D P M G R

17 Palta #5 (fives & threes)

S R G M P D N Ś
 Ś N D P M G R S

PLEASE NOTE: non-standard rhythmic groupings have been purposely employed in these polyrhythmic excersizes to solidify the rhythmic groupings initially, as abtacted from the measures of time.