“Pulse is essential to life. Everything we do as humans is influenced by the phenomenon of rhythm”

The Hildebrandt Method is about rhythm – or more precisely polyrhythm. A polyrhythm is the rhythmic pattern that results when two or more independent rhythm or tempo layers are played simultaneously. Polyrhythms are used in virtually every culture throughout the world, from Polynesian folk music to Beethoven symphonies, and from avant-garde compositions to jazz, pop and electronica.

This book presents a polyrhythmic method that guides the reader through the jungle of polyrhythms, equipping them with tools to understand and execute even the most challenging constellations of rhythms.

The Hildebrandt Method sets new standards of what is possible within the field of polyrhythms. Through analyses of rhythm structures, polyrhythm is presented in a new and simplified light. The method is for anyone who wishes to improve their polyrhythmic ability.

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POLYRHYMTHS
THE HILDEBRANDT METHOD

By David Hildebrandt
ISBN 978 87 7219 839 2
336 PAGES
499,95 DKK
RELEASE DATE: January 21 2024

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