

## BASIC FINGER CYMBAL INSTRUCTION

Finger cymbals or zils are an intrinsic part of bellydance. Although you may find them difficult to manage at first, they will soon become second nature.

Finger cymbals come in sets of four, one each for the knuckle of both right and left thumb and the first knuckle of both right and left middle fingers, facing inward toward the palm. The elastic should be tight, don't dismay as it will most likely turn your finger tips blue(!), but this will ensure that you have complete control of your instrument. If they are loose you will experience frustration in executing exact rhythms.

Your hands and fingers must be relaxed to play your zils properly. Hold your hands "up", as if cupping something in them. Don't let your hands droop. With practice you will achieve a comfortable position. Remember to use your whole hand when playing zils, not just the fingers.

Several sounds can be produced with the same set of zils; a ring is made by quickly striking and releasing the thumb and middle finger, a clap is produced by striking the thumb and middle finger flat against each other so that the sound is stopped, and finally a tap is achieved by muting both thumb (by slightly curving the thumb inward) and middle finger (by gently supporting the back of the zil with the forefinger and ringfinger).

Don't feel that you have to accompany a drum solo the first time you put on your zils. Take time to get used to them. Sit down with a basic piece of music in 4/4 and try the rhythms. When you feel confident stand up and raise your arms up to shoulder level, hands facing up. Next, try just walking around the room while you play, and finally apply the cymbals to your dance steps.

<b>beat</b>	is a unit of counting
<b>measure</b>	is a structure in which to arrange these units of counting
<b>rhythm</b>	is the pattern or arrangement of these units of counting within a measure
<b>tempo</b>	is the speed in which this arrangement of beats is played
<b>an accent</b>	is an emphasized beat. It takes up the same length of time as an unaccented beat.

Reference: R denotes a stroke played on the right hand; L denotes a stroke played on the left hand; underline denotes an accented beat. UP (AND) denotes upbeat, DOWN (NUMBER) denotes the downbeat.

UP	DOWN	UP	DOWN	UP	DOWN	UP	DOWN	UP
	1	AND	2	AND	3	AND	4	AND
AND	1	AND	2	AND	3	AND	4	

### Rhythms:

#### Standard R-L-R

	1	AND	2	AND	3	AND	4	AND
quarter time	R		L		<u>R</u>		-	
half time	R	L	<u>R</u>	-	R	L	<u>R</u>	-
full time	R	L	<u>R</u>	-	R	L	<u>R</u>	-

over for more rhythms....

*FatChanceBellyDance Po Box 460594 San Francisco, California 94146*

Alternating R-L

	1	AND	2	AND	3	AND	4	AND
quarter time	R		L		R		L	
half time	R	L	R	L	R	L	R	L
full time	R	L	R	L	R	L	R	L

Military

	1	AND	2	AND	3	AND	4	AND
quarter time	R		L		R		-	
	R		L		R		-	
	R		L		R		L	
	R		L		R		-	
half time	R	L	R	-	R	L	R	-
	R	L	R	L	R	L	R	-
full time	R	L	R	-	R	L	R	-

Baladi

	1	AND	2	AND	3	AND	4	AND
half time	R		R		R	L	R	
	R		R	L	R		R	L
full time	R	R	R	L	R	R	L	R

Moroccan Six

	1	AND	2	AND	3	AND	4	AND	5	AND	6	AND
quarter time	R		L		R		L		R		L	
half time	R	L	R	L	R	L	R	L	R	L	R	L
full time	R	L	R	L	R	L	R	L	R	L	R	L

for more instruction on Zils and Rhythm, check out  
*FCBD's Tribal Basics Vol. 3, 30 minutes \$20.*