Easy Polyrhythms — 2:3, 3:2, 3:4, and 4:3

For any ratio X:Y, take Y beats, divide each beat into X parts, and tie them into X groups of Y.
Learn the simplest notation, and memorize the composite rhythm.

2:3 (Take 3 beats, divide each beat into 2 parts, and tie them into 2 groups of 3.)

3:2 (Take 2 beats, divide each beat into 3 parts, and tie them into 3 groups of 2.)

3:4 (Take 4 beats, divide each beat into 3 parts, and tie them into 3 groups of 4.)

4:3 (Take 3 beats, divide each beat into 4 parts, and tie them into 4 groups of 3.)