UPbeat
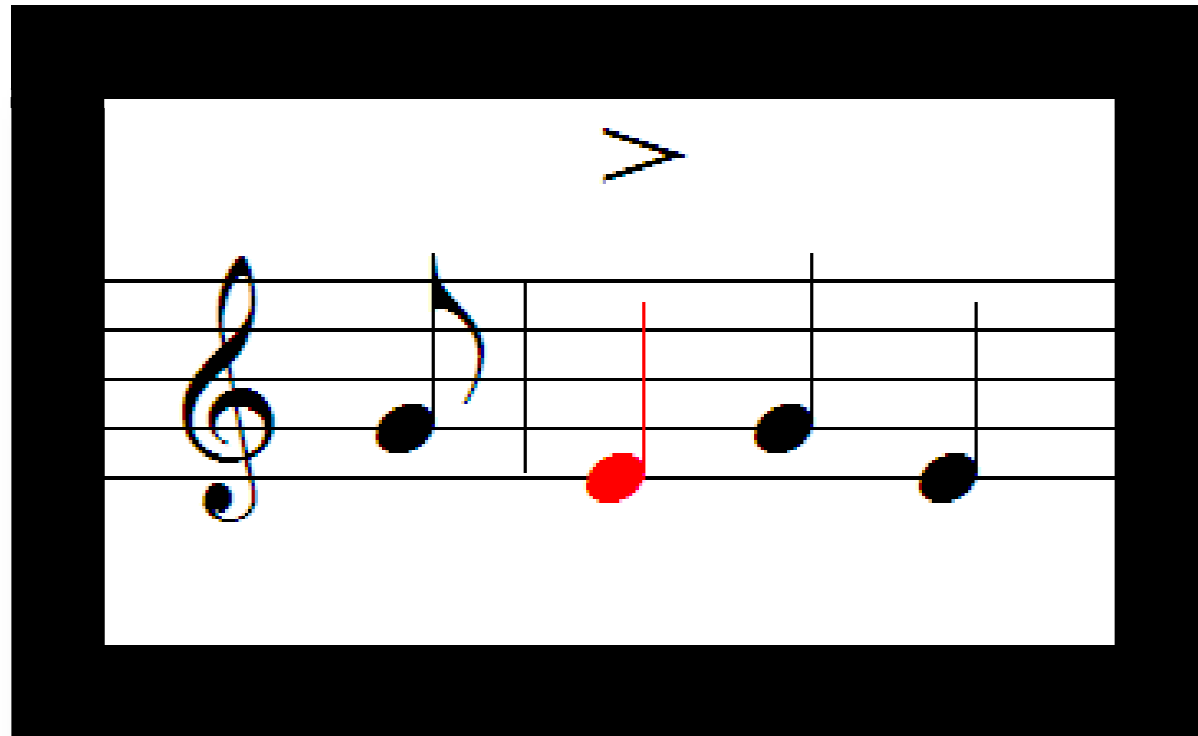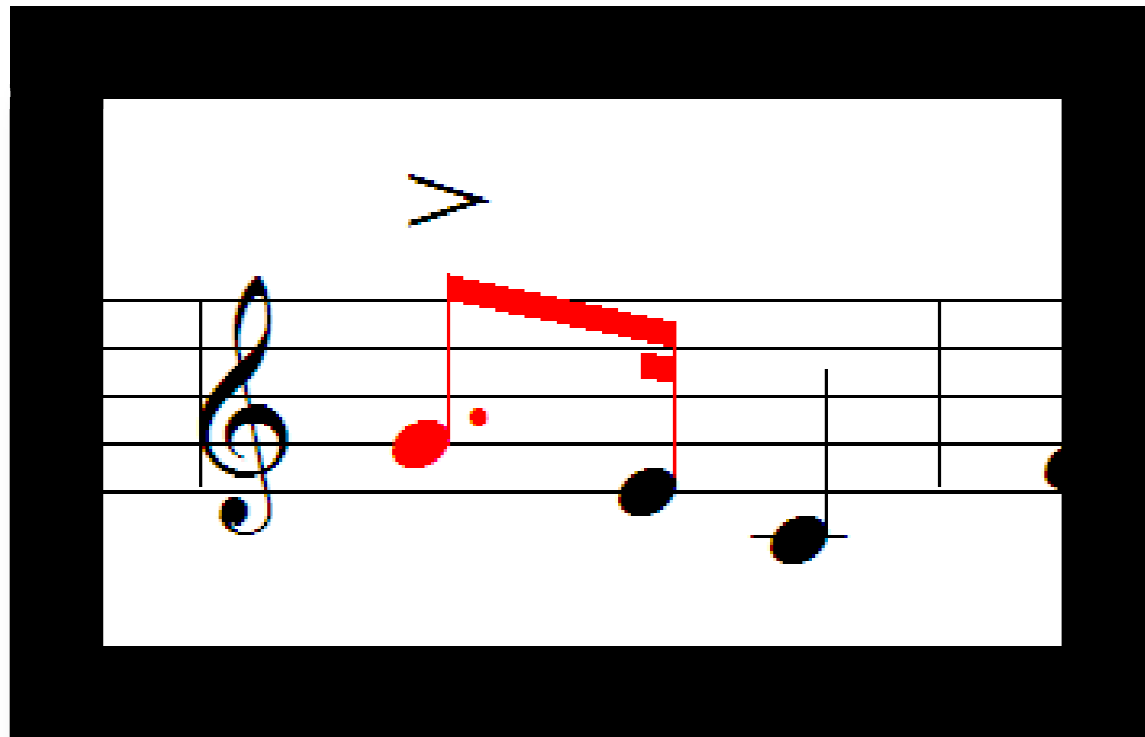
The, phrase starts off <u>before</u> the stressed note

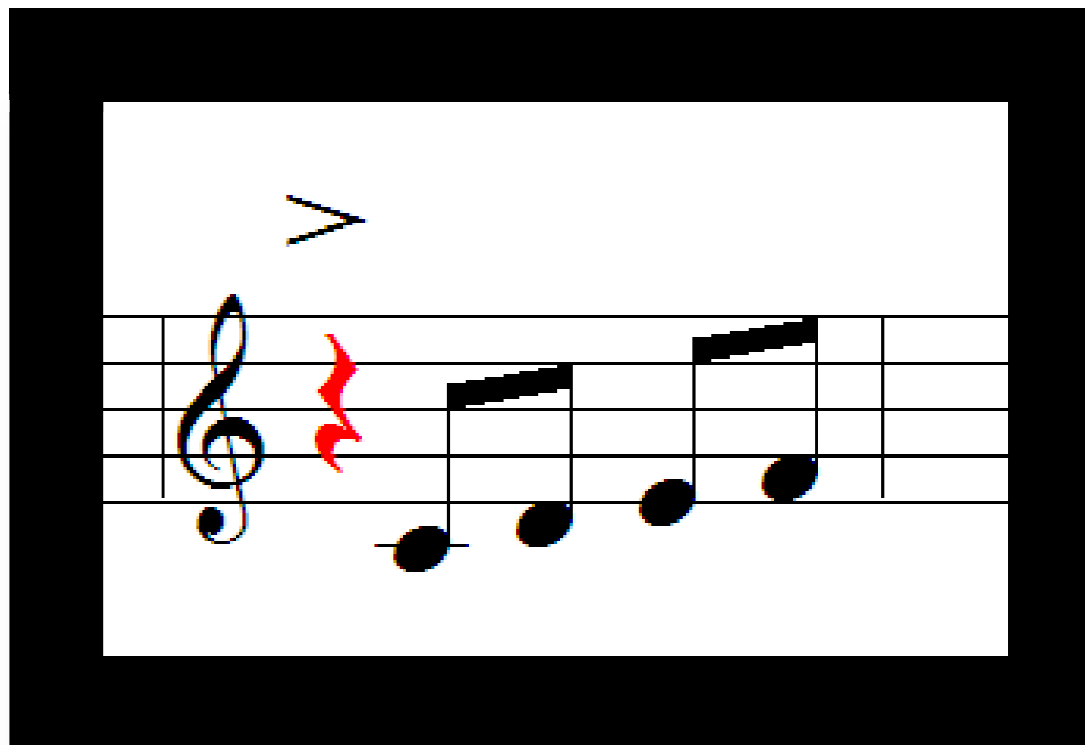# DOWNbeat

The phrase starts off to a stressed note

OFFbeat

Material 11.2

The phrase starts off to a rest