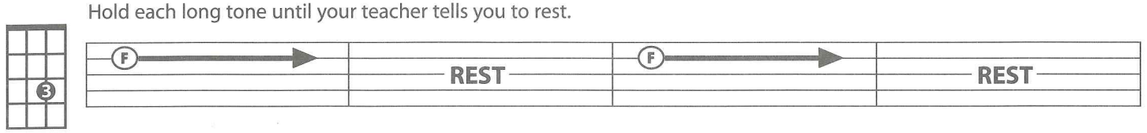
g Tone

To begin, we'll use a special "Long Tone" note. Hold the tone until your teacher tells you to rest. Practice long tones each day to develop your sound.

IE FIRST NOTE

Hold each long tone until your teacher tells you to rest.



To play "F," place your fingers on the string as shown.

e Beat

beat is the pulse of music, and like your heartbeat it ld remain very steady. Counting aloud and foot-tapping us maintain a steady beat. Tap your foot **down** on each ber and **up** on each "&."

beat = 1 &
↓ ↑

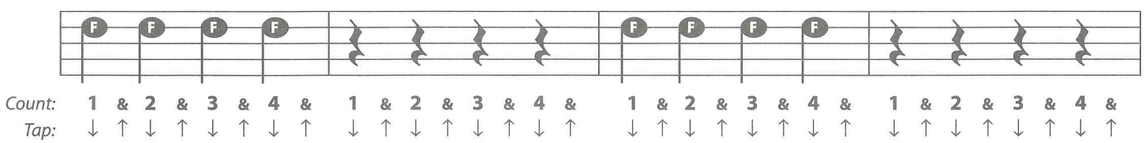
Notes And Rests

Notes tell us how high or low to play by their placement on a line or space of the music staff, and how long to play by their shape. **Rests** tell us to count silent beats.

Quarter Note = 1 beat

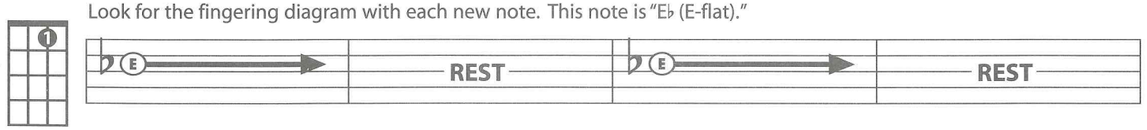
Quarter Rest = 1 silent beat

OUNT AND PLAY

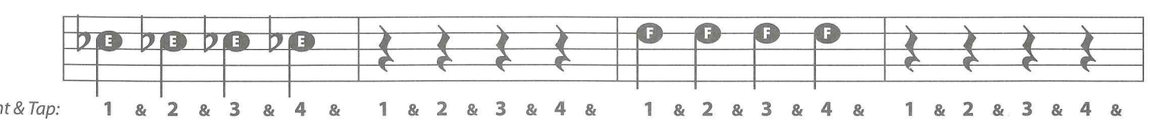


NEW NOTE

Look for the fingering diagram with each new note. This note is "E♭ (E-flat)."

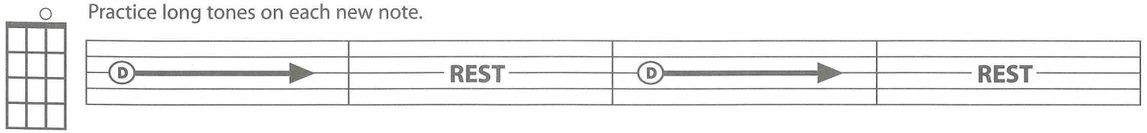


VO'S A TEAM



EADING DOWN

Practice long tones on each new note.



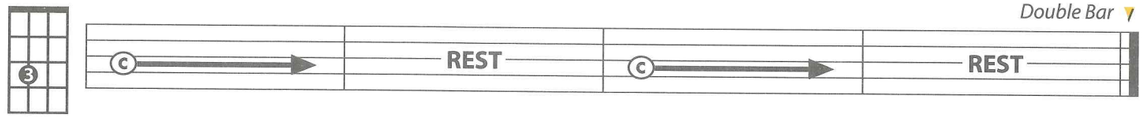
OVING ON UP

Double Bar indicates the end of a piece of music.

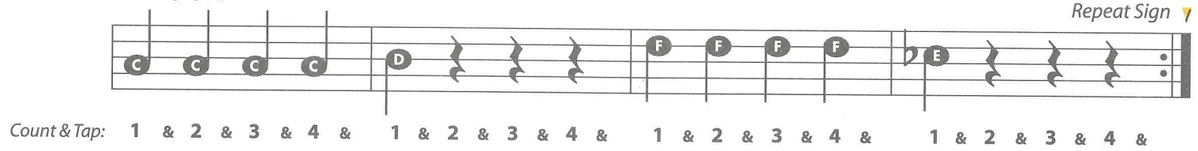
Repeat Sign Without stopping, play once again from the beginning.

7. THE LONG HAUL

C

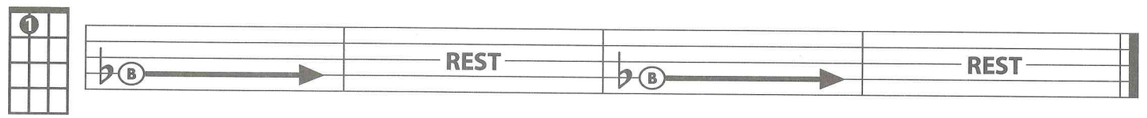


8. FOUR BY FOUR

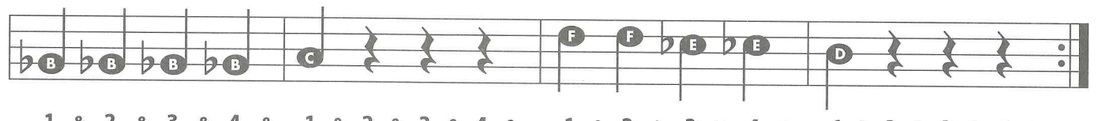


9. TOUCHDOWN

B♭



10. THE FAB FIVE



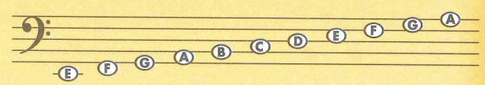
THEORY

Bass Clef (F Clef) indicates the position of note names on a music staff: Fourth line is F.

Time Signature indicates how many beats per measure and what kind of note gets one beat.

= **4 beats** per measure
= **Quarter** note gets one beat

Note Names Each note is on a line or space of the staff. These note names are indicated by the Bass Clef.

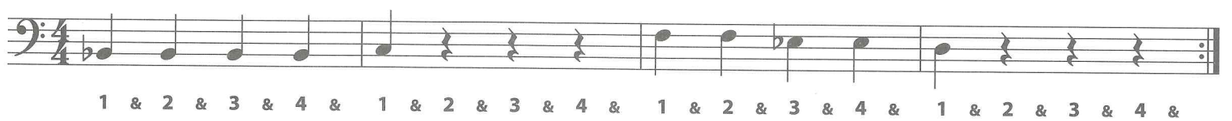


Sharp ♯ raises the note and remains in effect for the entire measure.

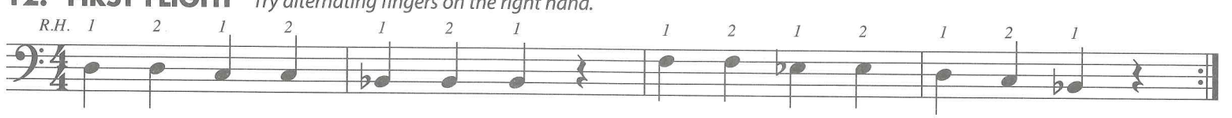
Flat ♭ lowers the note and remains in effect for the entire measure.

Natural ♮ cancels a flat (♭) or sharp (♯) and remains in effect for the entire measure.

11. READING THE NOTES *Compare this to exercise 10, THE FAB FIVE.*



12. FIRST FLIGHT *Try alternating fingers on the right hand.*



13. ESSENTIAL ELEMENTS QUIZ *Fill in the remaining note names before playing.*