

Long Tone teacher tells you to rest. Practice long tones each day to develop your sound.

THE FIRST NOTE

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

played **open**. Keep your fingers relaxed and curved above the tone holes.

Beat

A beat is the pulse of music, and like your heartbeat it should remain very steady. Counting aloud and foot-tapping helps to maintain a steady beat. Tap your foot **down** on each downbeat and **up** on each "&."

1 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

COUNT AND PLAY

Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &
 Tap: ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

NEW NOTE

Look for the fingering diagram with each new note.

The black circles tell you which tone holes to cover or keys to press. "F" is played with the **left thumb**.

FOUR'S A TEAM

Tap: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

MOVING DOWN

Practice long tones on each new note.

MOVING ON UP

Tap: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

Double Bar indicates the end of a piece of music. **Repeat Sign** without stopping, play once again from the beginning.

7. THE LONG HAUL

8. FOUR BY FOUR

Count & Tap: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

9. TOUCHDOWN

10. THE FAB FIVE

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

Treble Clef (G Clef) indicates the position of note names on a music staff: Second line is G.

Time Signature indicates how many beats per measure and what kind of note gets one beat.
 4/4 = 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 Treble Clef.

Sharp # raises the note and remains in effect for the entire measure.
Flat b lowers the note and remains in effect for the entire measure.
Natural ♮ cancels a flat (b) or sharp (#) and remains in effect for the entire measure.

THEORY

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

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

12. FIRST FLIGHT

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