
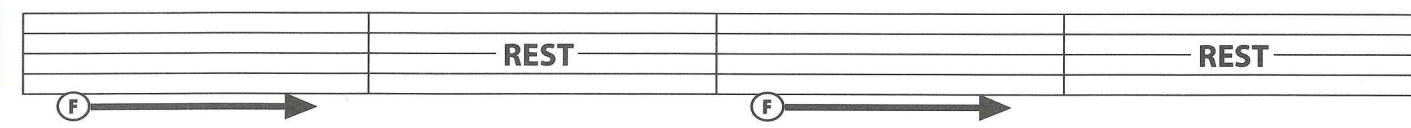


Long Tone  To begin, we'll use a special "Long Tone" note. Hold the tone until your teacher tells you to rest. Practice long tones each day to develop your sound.

THE FIRST NOTE

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



played with **open valves**. Just rest your fingers lightly on the valves.



THE BEAT

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

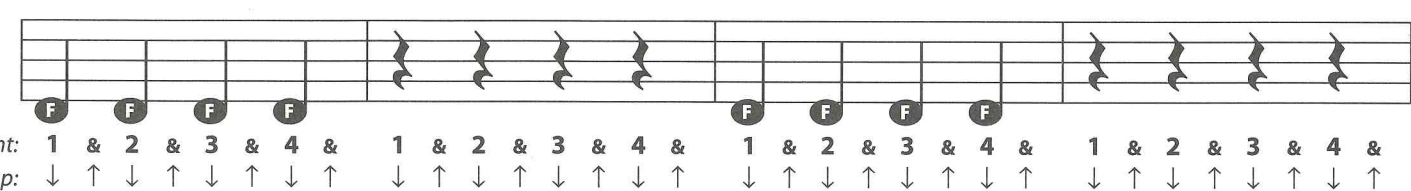
1 beat = 1 &
↓ ↑

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.

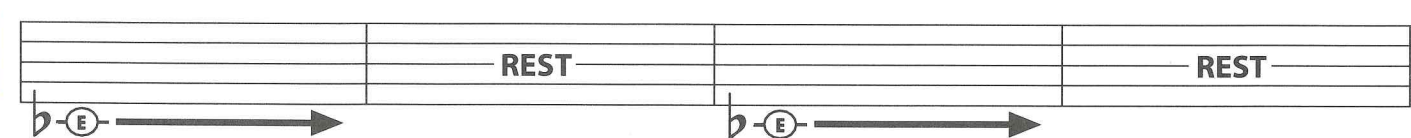
-  **Quarter Note** = 1 beat
-  **Quarter Rest** = 1 silent beat

COUNT AND PLAY



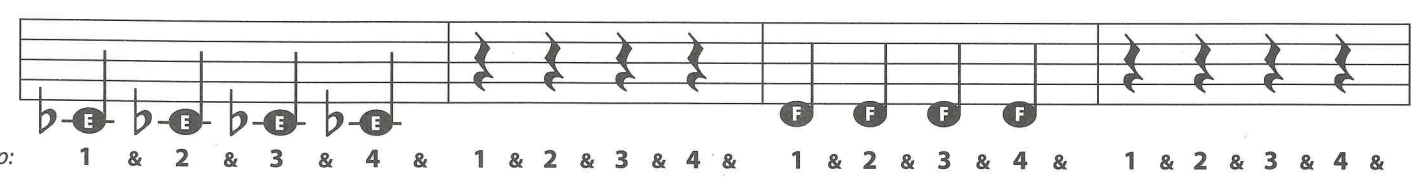
NEW NOTE

Look for the fingering diagram under each new note.



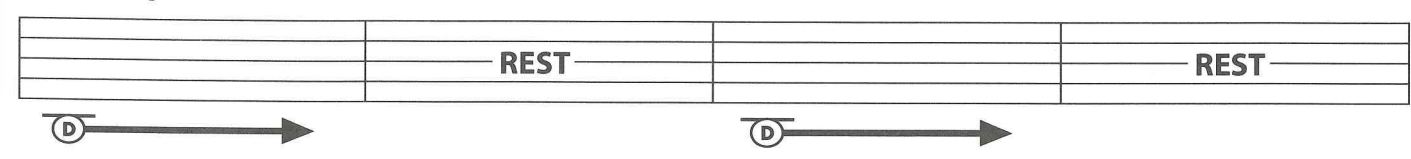
Black circles tell you which valves to push down. "Eb (E-flat)" is played with **1st valve**.

FOUR VOICES A TEAM



READING DOWN

Practice long tones on each new note.



MOVING ON UP

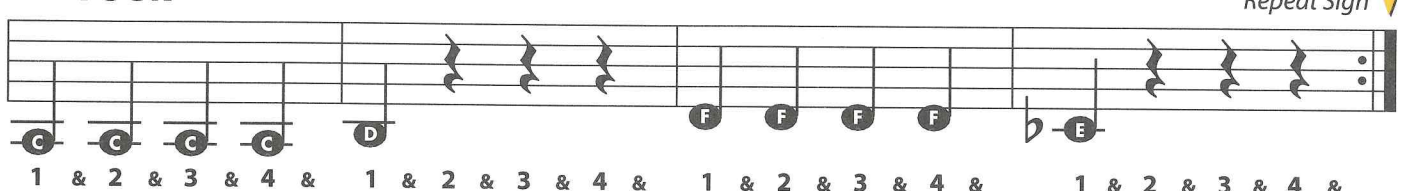


Double Bar  indicates the end of a piece of music. **Repeat Sign**  Without stopping, play once again from the beginning.

7. THE LONG HAUL



8. FOUR BY FOUR

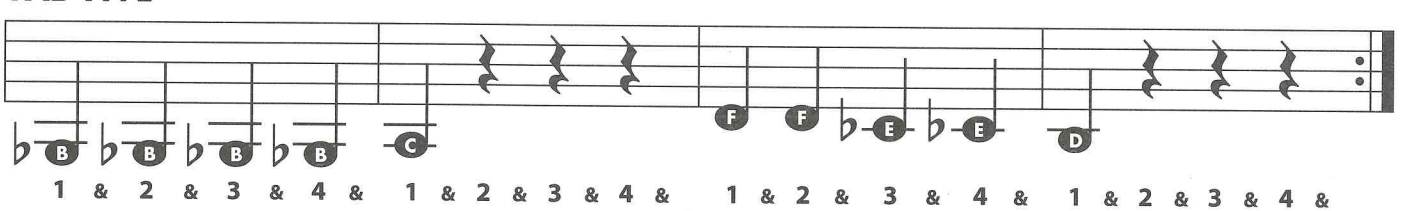


Count & Tap: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

9. TOUCHDOWN



10. THE FAB FIVE





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

Bass Clef

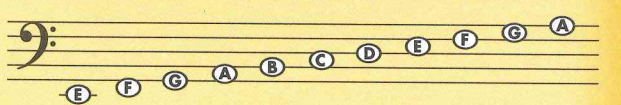
(F Clef) indicates the position of note names on a music staff: Fourth line is F.

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.



THEORY

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

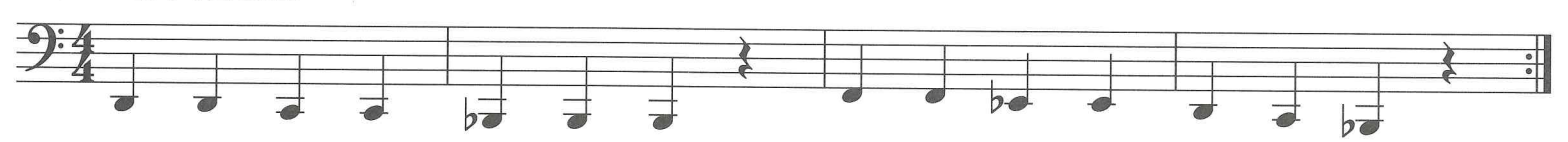
♮ cancels a flat (b) or sharp (#) and remains in effect for the entire measure.

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.

