

Welcome to the

 **Fundamental Music Instruction** 

Supplementary workbook for beginning students.

The goal of this booklet is to help the very beginning student explore the first sounds, begin a study of basic rhythmic playing, learn to play in a smooth – pleasing fashion and master several notes appropriate for this level of study.

To make the most progress possible, a student must find a quiet place to practice and get in the habit of truly listening to the sounds being produced. Learning to critique one's sound is the best tool for building a lasting mastery of musicianship on every level. With this in mind the music presented in this supplementary book is titled "Habits of Musicianship" and modeled after research done at the University of Texas by Robert Duke and James Byo. Try to practice 15 minutes – 5 days per week and always strive for a smooth, pleasing sound using good breath control and rhythmic clarity.

Ed Kelly, Fundamental Music Instruction Administrator

Lesson 1 Objective:

- Practice sitting posture
- Form left and Right hand positions
- Produce initial sound
- Play keys keeping the relaxed shape
- Use initial sound to explore basic rhythm

Lesson 1



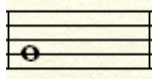
The best **height** is one which both allows the elbow/upper arm to fall freely from the shoulder, and allows the forearm to be parallel to the floor when the forearm and hand are in their natural shape -- the way they are when the hand is hanging at the side.

The best **distance** is one which allows our elbows to rest slightly in front of our center line when our hands are in a neutral position on the keyboard, with our hands in front of the elbows (i.e., not in front of the body or at the extremes of the keyboard).

Imagine you have placed a ball (a baseball, rubber ball, or tennis ball) in the palm of your hand and have *loosely* wrapped your fingers around the ball. Relax your fingers as though the ball would drop if you turned your hand over. Next, turn your hand over maintaining the shape of loosely holding the ball and rest the fleshy tips of your fingers on the keys. This will create a nice curved, relaxed shape for your fingers to touch the keys.



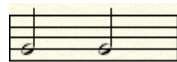
Once you can keep your fingers curled and relaxed, begin to play notes that last 4 beats long
4 beats = whole note



(A very long note)

Also try other lengths of notes

Half Notes last 2 Beats
(A long note)



and

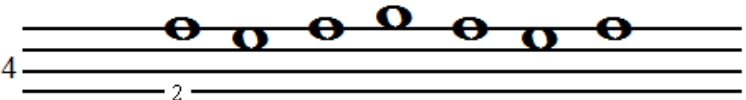
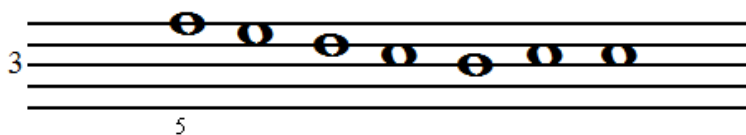
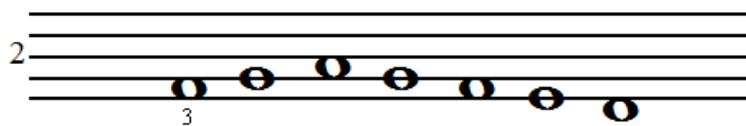
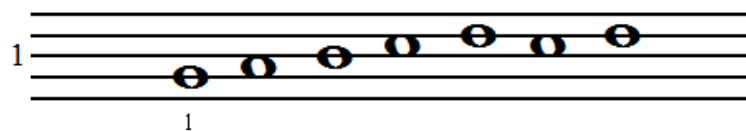
Quarter Notes last 1 beat each
(Short Notes)



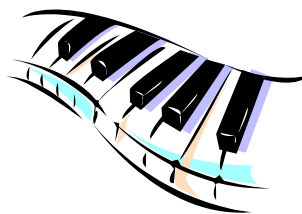
Next try an exercise for right hand –
try to have 1 key come up as the next is pressed down

Worms :

Start on any white note.



Begin on the finger marked and then move up or down one key when moving from a line note to a space note or space note to a line note



The last step in this lesson is known as “all and Response” Your teacher will sing or play Whole, Half and Quarter notes in various combinations and you will echo these combinations back as you hear them.



If you try this exercise with your left hand -
1 becomes 5 and # 5 becomes 1



Lesson 2



There are seven letter names on the keyboard: **C-D-E-F-G-A-B**

After the **B**, the scale repeats itself on the next **key and begins the pattern over again**. This means you only have to memorize seven notes!

Take note of the pattern in the picture.

- The alphabetical order from left to right.
 - There is no **H** note!*
- After **G**, the letters start back at **A**.

Try It: Find a **C** note on your keyboard, and identify each white key until you reach the next **C**. Do this until you feel comfortable enough with the keyboard to name the notes in random order.

Each Finger is assigned a finger # follow the pictures and place your hands in “C Position”



Next Try a few songs that will assist in learning the names of the piano keys and practice the relaxed hand positioned that was in lesson 1



C D C D C D C D E F G



G F G F G F G F E D C

Next try the “Worms” exercise taking turns using left and right – keep hands in the middle C position

Call and Response Examples:

(Listen to the note, tone quality and note length played by your teacher and try to echo this back as close as you possibly can)

The image shows six musical staves, numbered 1 to 6, each containing a sequence of notes and rests. Staff 1: Treble clef, C4 (quarter), rest (quarter), C4 (quarter), rest (quarter), C4 (quarter), rest (quarter), C4 (quarter), rest (quarter). Staff 2: Treble clef, C4 (quarter), rest (quarter), C4 (quarter), rest (quarter), C4 (quarter), rest (quarter), C4 (quarter), rest (quarter). Staff 3: Treble clef, C4 (quarter), rest (quarter), C4 (quarter), rest (quarter), C4 (quarter), rest (quarter), C4 (quarter), rest (quarter). Staff 4: Treble clef, C4 (quarter), D4 (quarter), rest (quarter), C4 (quarter), D4 (quarter), rest (quarter), C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), rest (quarter), C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), rest (quarter). Staff 5: Treble clef, C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), rest (quarter), C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), rest (quarter), C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), rest (quarter). Staff 6: Treble clef, C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), rest (quarter), C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), rest (quarter), C4 (quarter), D4 (quarter), E4 (quarter), F4 (quarter), rest (quarter).

A musical staff showing two notes: C4 (quarter) and D4 (quarter).

Right Hand	C	D
Finger #	1	2

A musical staff showing two notes: E4 (quarter) and F4 (quarter).

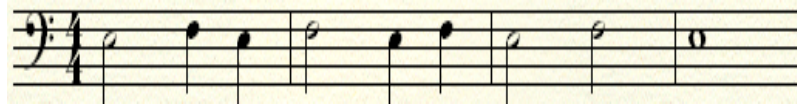
Left Hand	E	F
Finger #	3	2

Lesson Objective:

- Reinforce legato style playing and musical control using two-note songs
- left/right control & musicianship
- Enhance Note Reading Skills



Use this excerpt to develop home practice skills:



1. The first time you read through each note say Line note or Space Note
2. The next time Say the letter names of each note (then play the excerpt)
3. Now identify each note as long short or very long – (2 beats, 1 beat, or 4 beats) – say these words keeping each word the same length as the sound it identifies.
4. Say each note identifying how many fingers each note takes. Now play all of “Breathin’ Easy” (found on the “Habits of Musicianship” page)
5. You should practice this series of notes until you can play it at a comfortable speaking speed – think of a sentence that matches the speed of the written rhythm such as “I play the Flute and it’s really cool”

The following pages are used as a supplement to other lesson material such as the “First Songs for Band” booklet or any other lesson book used in class. The songs and exercises included in this series introduce one new thing at a time and should be played with a smooth controlled sound known as *Legato*.

Piano

Habits of Musicianship

This is a "Middle" C played with the right thumb finger(1)

This is a below the staff D played with the right pointer finger (#2)

Breathin' Easy

1 2 1 2 1
3 2 3 2 3

This is a 4th line F played with the left pointer finger (#2)
This is a 3rd space E played with the left middle finger (#3)

Either Or

2 1
4 3 2 3

This is a 3rd line D played with the left ring finger (#4)
Play the right hand C with the left hand E - continue to hold the E down while you change the right hand to D and C and D again

Give it up for Two Notes

Reminder: Play the C and the Harmony together but continue to hold the harmony down as you change notes with the right hand

1 1
3 2 ← Two notes at the same time is called Harmony (try to get them to play exactly at the time)

This type of harmony is called a 2nd - they are 1 key apart and is written "bunched together"

This type of harmony is called a 3rd - it "skips a key" - press with fingers 1 and 3 be careful not to press finger 2

Movin' Up

3

This song requires "independence" meaning the two hands are doing different things but need to combine together properly

The left hand is playing "Chords" use fingers 1, 3 & 5 for each chord. Move this shape up or down the key board depending on the lowest note of each chord

Fun "E"

Musical score for "Fun 'E'". The piece is in 4/4 time. The right hand plays a simple melody of quarter notes: C4, D4, E4, F4, E4, D4, C4, C4. The left hand plays chords: C, D, E, F, E, D, C, C. Chord names are written in red below the bass staff.

Doo Bah Doo Bah

Musical score for "Doo Bah Doo Bah". The piece is in 4/4 time. The right hand plays eighth notes: C4, D4, E4, F4, E4, D4, C4, D4, E4, F4, E4, D4, C4. The left hand plays chords: C, D, E, F, C, D, C, 1&2, C. Chord names are written in red below the bass staff. A red '3' is written above the final measure of the right hand.

Repeat to the Beginning

Eighth Notes = 2 sounds for every 1 Beat (play the 1st note when you tap your foot down and the 2nd when your foot is up.....)

Movin' Along

Musical score for "Movin' Along". The piece is in 4/4 time. The right hand plays a melody of quarter notes: C4, D4, E4, F4, E4, D4, C4, D4, E4, F4, E4, D4, C4. The left hand plays chords: C, D, E, F, C, D, C, 1, 2, 4. Chord names are written in red below the bass staff. A red '3' is written above the final measure of the right hand.

This curved line is a "tie" it attaches 2 notes together to form 1 longer sound!

Time Signature

Spinning

Musical score for "Spinning". The piece is in 3/4 time. The right hand plays a melody of quarter notes: C4, D4, E4, F4, E4, D4, C4, D4, E4, F4, E4, D4, C4. The left hand plays chords: C, D, E, F, C, D, C, 1, 2, 4. Chord names are written in red below the bass staff. A red '3' is written above the final measure of the right hand.

Wiggle Room

This song is in "Octaves" which means both hands are playing the same letters (not the same fingers though)

The musical score consists of four systems, each with a grand staff (treble and bass clefs). The piece is in 4/4 time. Red numbers indicate fingerings for specific notes. The first system includes fingerings 5, 4, 3, 2, 3, 4. The second system includes 2, 4, 2, 4, 4, 2, 1, 2, 4. The third system includes 5, 4, 3, 4. The fourth system includes 3, 4, 5, 4, 1, 2, 3, 5, 1, 3, 5. The piece concludes with a double bar line and a key signature change to 3/4.

Music in 3/4 often has a "skipping" quality to it - long short long short long short.....especially as you build speed

3/4 March

Finger 5 moves 1 key down to the B key and back again to C

C is played with thumb then cross the pointer over the thumb to play this note B

1 on C then cross 2 over 1 for B then thumb on C again

B w/5 C w/5

Fermata = play this note longer than it's normal value

Mirror

Cross 1 Over 2

Snappy Neighbors

This rhythm is a new technique - the dots next to the quarter notes extend the note 1/2 beat therefore you begin by playing the 2 C's at the same time followed by the left 1&3 followed by the right D and next 2 C's together again - follow the pattern of arrows

Try a rhythm exercise: Tap both hands on the table at exactly the same time the just the left then just the right and finally both exactly together again (Both left right Both - get faster and faster)

This note is B flat (Bb) and is the black key to the left of the B key

Movin' Down to Bb

Musical score for "Movin' Down to Bb". The score consists of two staves: a treble clef staff and a bass clef staff. The treble staff contains a sequence of eighth notes with fingerings: 1 2 3 2, 2 3 2 3, 2 1, and 1. The bass staff contains chords with fingerings: Bb D F (5 3 1), C F A (1 2 5), and Bb D F (5 3 1). A red arrow points from the text box above to the Bb note in the first measure of the treble staff. Another red arrow points from the text box below to the "tie" between the C F A and Bb D F chords in the bass staff.

Bb D F
5 3 1

C F A (move hand over)
1 2 5

Remember this "tie" asks you to hold each chord down while you play all the notes of the right hand

Breathin' Easy with Bb

Musical score for "Breathin' Easy with Bb". The score consists of two staves. The treble staff has notes with fingerings: 1, 2, and 3. The bass staff has notes with fingerings: D (5), F (3), A (1), 1 3 1 2, 1 3 1, and 3. A green box on the left contains the text "left hand is in D position" with an arrow pointing to the D note in the first measure of the bass staff. A red arrow on the right points to the final chord in the bass staff with the text "Move hand position down in order to play Bb D F (5 3 1)".

left hand is in D position

D (5) F (3) A (1)

1 3 1 2 1 3 1 3

Move hand position down in order to play Bb D F (5 3 1)

From this point forward C E G (5 3 1) will be known as chord position 1 which will be identified by Roman Numeral I
B F G (5 moving down to B and 1 2) will be chord position 5 identified by Roman numeral V

In this case - do not cross pointer to be, instead move thumb down to B use pointer on D

Salt and Pepper

Musical score for "Salt and Pepper". The score consists of two systems, each with a treble and bass staff. The bass staff contains Roman numerals: I, V (4), I, V (4), V (4), I. The treble staff contains eighth-note patterns. A red arrow points from the text box above to the first measure of the bass staff.

I V (4) I V (4) V (4) I

V (4) I V (4) I V (4) I

This spot is a good place for the crossing technique

V I V I (4) I (4) I V I

Smooth Waves

The left hand is in E position and the thumb alternates between B and C

G B 3 1 E G C (1 to C) 5 3 1 (1 back to B) F G B 4 3 1

2 4

G B 3 1 E G C (1 to C) 5 3 1 (1 back to B) F G B 4 3 1

Groovin' Fingers

Play this song in B position

This song will make use of the rhythm exercise from "Snappy Neighbors" incorporating dotted quarter notes

More Neighbors



I (F) I (D) I (C) V (4) I (C) I (F) I (D) I (C) V (4) I

The I chord position is movable in this song so the I will also have the started note along with it

(F position usually includes a Bb)

Movin' Up

For the next 2 Song2 - Right hand position should start on D

4

I V F Bb/C I I V F Bb/C I

This is black key Bb with C

For the next 2 songs the left hand is in F position and the Roman Numerals will refer to this position

2

G Bb C Bb F A D G Bb E Bb F A G Bb C Bb F A D G Bb E Bb F A

2 1 5 1 3 1 5 2 1 4 1 3 1 2 1 5 1 3 1 2 1 4 1 3 1

The left hand shifts down to D - the pinky alternates d and C The thumb alternate A and Bb

Movin' Up Higher

3

3

V I V I

The songs are played in D position. This one has the 2 hands in "Octaves" like the song "Wiggle Room"

Fax Transmission Failed? Redial

The first system of music consists of two staves. The treble clef staff contains a sequence of notes with red fingerings: 3, 5, 3, 3, 2, 3, 5, 4, 3, 4, 2. The bass clef staff contains notes with red fingerings: 3, 1, 2, 3, 2, 4.

The second system of music consists of two staves. The treble clef staff contains a sequence of notes. The bass clef staff contains notes.

The third system of music consists of two staves. The treble clef staff contains a sequence of notes. The bass clef staff contains notes.

The fourth system of music consists of two staves. The treble clef staff contains notes with red fingerings: 2, 3. The bass clef staff contains notes with red fingerings: 4, 3.

This song is very "Synchopated" so there is a line connecting all of the spots when both hands play at exactly the same time all notes without these lines are either right hand or left hand alone

Swingin on D

Musical score for "Swingin on D". The score is written for guitar in standard tuning, featuring a treble clef and a bass clef. The right hand (treble clef) plays a melodic line with eighth and quarter notes, while the left hand (bass clef) plays a bass line with quarter notes. Red vertical lines indicate synchronization points where both hands play together. Red numbers above the notes indicate fingerings: 3, 2, 5, 2, 3, 5, 5, 3, 2, 1, 2, 3, 4, 2, 3.

The only 2 notes for the left hand are D (pinky) and A (thumb)

Continuation of the musical score for "Swingin on D". The right hand continues with a melodic line, and the left hand continues with a bass line. A red number 3 is placed above the final note of the right hand in the last measure.

Give it up for Two Notes one more time

Musical score for "Give it up for Two Notes one more time". The score is written for guitar in standard tuning, featuring a treble clef and a bass clef. The right hand (treble clef) plays a melodic line with eighth and quarter notes, while the left hand (bass clef) plays a bass line with chords. Red vertical lines indicate synchronization points where both hands play together.

2 1
4 3

The right hand in this song can be played in F position or D position -
F uses fingers 2 and 3.....D uses fingers 4 and 5

The first system of music consists of two staves. The upper staff is in treble clef and contains four measures of music. The first measure has a quarter note G4, a quarter note A4, and a quarter note B4. The second measure has a quarter note C5, a quarter note D5, and a quarter note E5. The third measure has a quarter note F5, a quarter note G5, a quarter note A5, and a quarter note B5. The fourth measure has a quarter note C6, a quarter note D6, and a quarter rest. The lower staff is in bass clef and contains four measures of music. The first measure has a whole chord of G2, B2, and D3. The second measure has a whole chord of G2, B2, and D3. The third measure has a whole chord of G2, B2, and D3. The fourth measure has a whole chord of G2, B2, and D3.

The second system of music consists of two staves. The upper staff is in treble clef and contains four measures of music. The first measure has a quarter note G4, a quarter note A4, and a quarter note B4. The second measure has a quarter note C5, a quarter note D5, and a quarter note E5. The third measure has a quarter note F5, a quarter note G5, a quarter note A5, and a quarter note B5. The fourth measure has a quarter note C6, a quarter note D6, and a quarter rest. The lower staff is in bass clef and contains four measures of music. The first measure has a whole chord of G2, B2, and D3. The second measure has a whole chord of G2, B2, and D3. The third measure has a whole chord of G2, B2, and D3. The fourth measure has a whole chord of G2, B2, and D3.