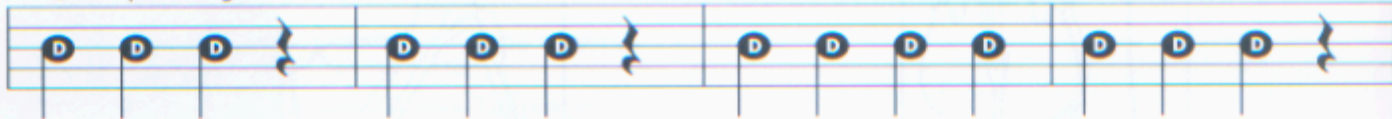
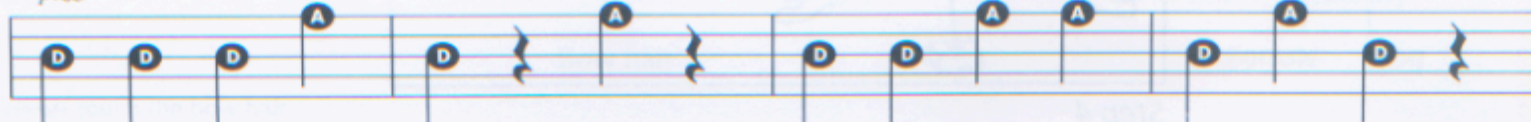


**Beat = The Pulse of Music**The **beat** in music should be very steady, just like your pulse.**Quarter Note** ♩ = 1 Beat of Sound**Notes** tell us how high or low to play, and how long to play.**Quarter Rest** } = 1 Beat of Silence**Rests** tell us to count silent beats.**Music Staff**The **music staff** has 5 lines and 4 spaces.**Bar Lines****Bar lines** divide the music staff into **measures**.**Measures**The **measures** on this page have four beats each.**1. TUNING TRACK** *Wait quietly for your teacher to tune your instrument.***2. LET'S PLAY "OPEN D"***Pizzicato (pizz.)* ♪ Pluck the strings

0 ♪ Open string

**D****3. LET'S PLAY "OPEN A"***pizz.*

0

**A***Keep a steady beat.***4. TWO'S A TEAM***pizz.***5. AT PIERROT'S DOOR** *The melody is on your CD.**pizz.*

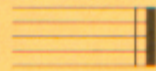
**Bass Clef**

Clefs indicate a set of note names.

**Time Signature (Meter)**

$\frac{4}{4}$  4 beats per measure  
 $\frac{4}{4}$  ♩ or ♪ gets one beat

The **time signature** tells us how many beats are in each measure and what kind of note gets one beat.

**Double Bar**

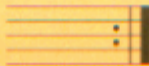
A **double bar** indicates the end of a piece of music.

**6. JUMPING JACKS** *Identify the clef and time signature before playing.*

*pizz.* Double Bar ▾

**7. MIX 'EM UP**

*pizz.*

**Repeat Sign**

Go back to the beginning and play the music again.

**Counting**

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

One beat = Tap toe down on the number and up on "&." Always count when playing or resting.

**8. COUNT CAREFULLY** *Keep a steady beat when playing or resting.*

*pizz.* Repeat sign ▾

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

**9. ESSENTIAL ELEMENTS QUIZ** *Write in the counting before you play.*

*pizz.*

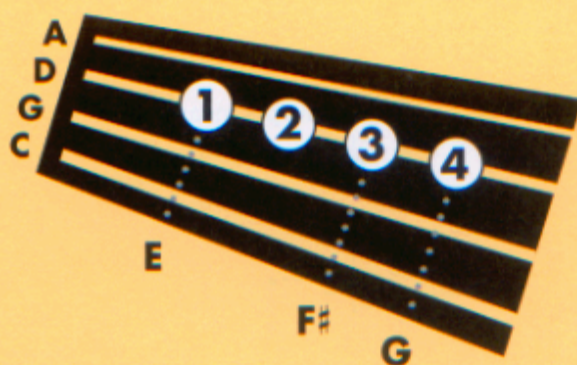
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# SHAPING THE LEFT HAND

## D STRING NOTES

**Step 1** Shape your left hand as shown.  
Be certain your palm faces you.

0 = Open string  
1 = 1st finger  
2 = 2nd finger  
3 = 3rd finger  
4 = 4th finger



**Step 2** Bring your hand to the fingerboard. Place your fingers on the D string, keeping your hand shaped as shown below.  
Be sure your thumb is behind the second finger and slightly bent.

**G** is played with 4 fingers on the D string.



**F#** is played with 3 fingers on the D string.



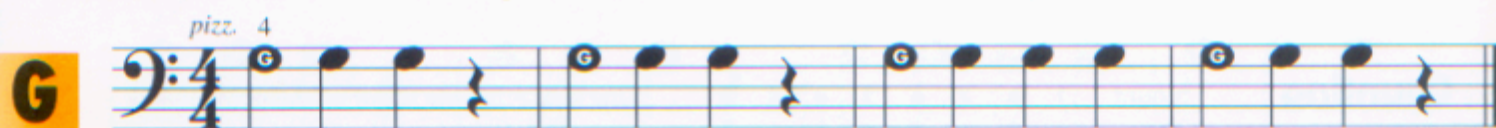
**E** is played with 1 finger on the D string.



### Listening Skills

Play what your teacher plays. Listen carefully.

### 10. LET'S READ "G" Start memorizing the note names.

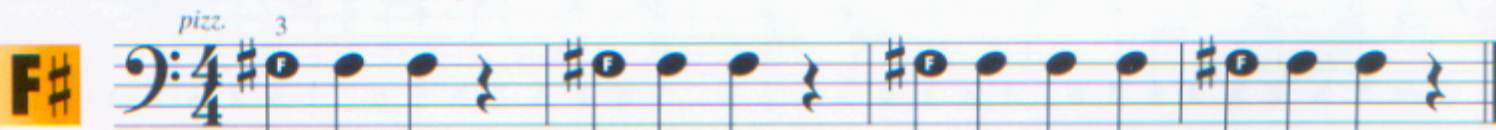


### THEORY

### Sharp #

A **sharp** raises the sound of notes and remains in effect for the entire measure. Notes without sharps are called **natural** notes.

### 11. LET'S READ "F#" (F-sharp)



▲ Play all F#'s. Sharps apply to the entire measure.

### 12. LIFT OFF



✓ Is your left hand shaped as shown in the diagrams above?

# SHAPING THE RIGHT HAND

## BOW BUILDER ONE

### Pencil Hold

**Step 1** Hold a pencil in your left hand about waist level.



**Step 2** Place the tip of your right thumb between the first and second joints of your second finger.



**Step 3** Place the pencil between your thumb and second finger, while keeping your thumb gently curved.

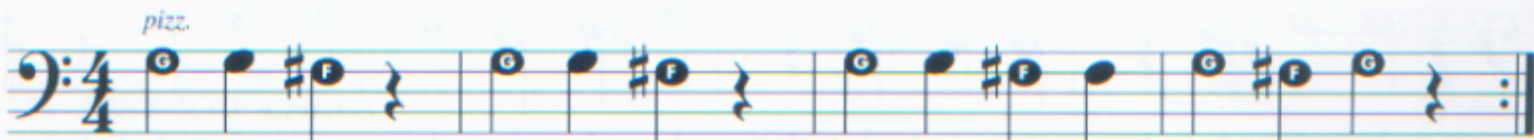


**Step 4** The pencil should touch your first three fingers between the first and second joints, and touch the fourth finger at the first joint, as shown.

**Step 5** Remove your left hand from the pencil. Keep your fingers relaxed. Practice shaping your hand on the pencil until it feels natural to you.

★ Practice BOW BUILDER ONE daily.

### 13. ON THE TRAIL *Say or sing the note names before you play.*



### 14. LET'S READ "E"



### 15. WALKING SONG



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

### 16. ESSENTIAL ELEMENTS QUIZ *Draw the missing symbols where they belong before you play:*

