

## 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.

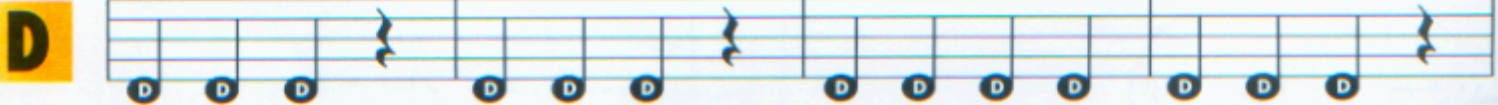


### 1. TUNING TRACK *Wait quietly for your teacher to tune your instrument.*

### 2. LET'S PLAY "OPEN D"

*Pizzicato (pizz.)* → Pluck the strings

0 → Open string



### 3. LET'S PLAY "OPEN A"

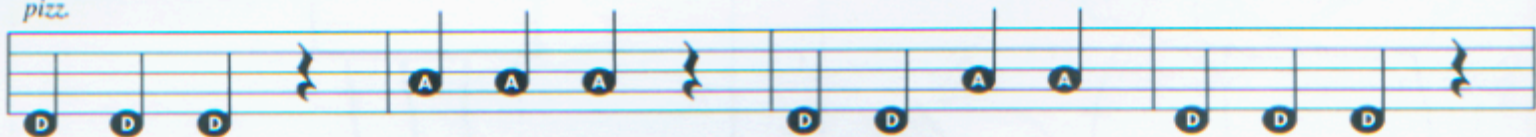
*pizz.*  
0



*Keep a steady beat.*

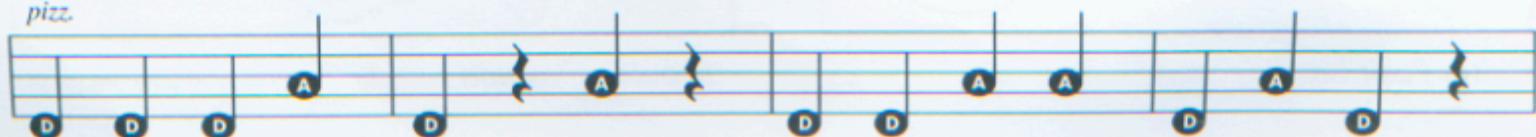
### 4. TWO'S A TEAM

*pizz.*



### 5. AT PIERROT'S DOOR *The melody is on your CD.*

*pizz.*



## Treble Clef



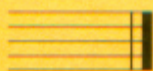
Clefs indicate a set of note names.

## 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

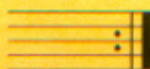


A **double bar** indicates the end of a piece of music.

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

### 7. MIX 'EM UP

## 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.*

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



# SHAPING THE RIGHT HAND

## BOW BUILDER ONE

### Pencil Hold

**Step 1** Hold a pencil in your left hand at eye level.



**Step 2** Hang your right fingers over the top of the pencil, as shown.



**Step 3** Place your right 4th finger on top of the pencil.



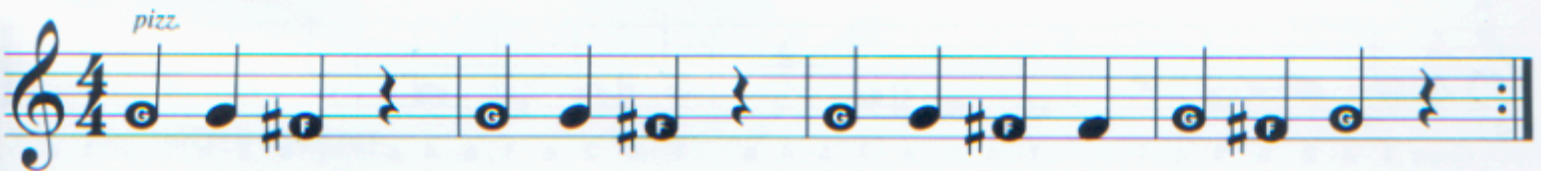
**Step 4** Touch the tip of your right thumb to the pencil just opposite your 2nd finger. The curve of your thumb will form an oval with the finger.



**Step 5** Lean your right hand so the first finger rests on top of the pencil between the 1st and 2nd joints. Keep your fingers relaxed. Remove your left hand from the pencil. 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



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

