

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.

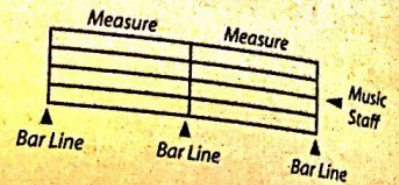
Quarter Rest ♩ = 1 Beat of Silence

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

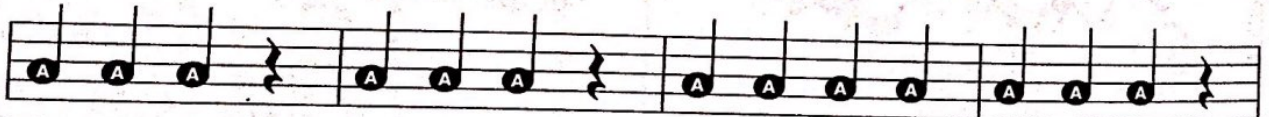
D



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.



Treble Clef



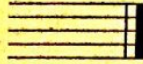
Clefs indicate a set of note names.

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

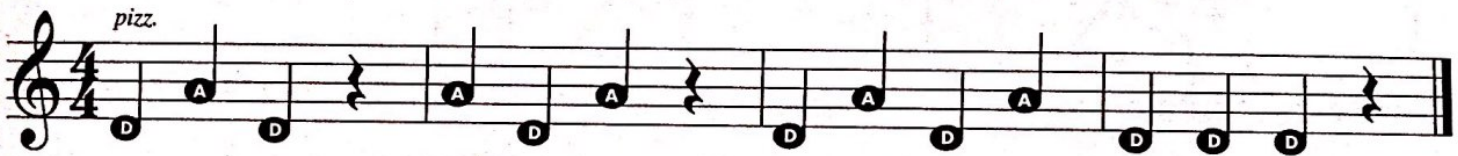


A **double bar** indicates the end of a piece of music.

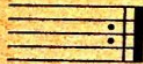
6. JUMPING JACKS Identify the clef and time signature before playing.



7. MIX 'EM UP



Repeat Sign



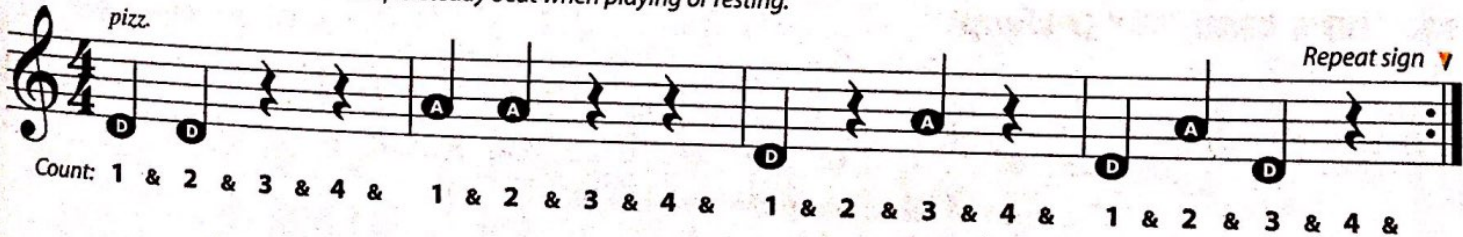
Go back to the beginning and play the music again.

Counting

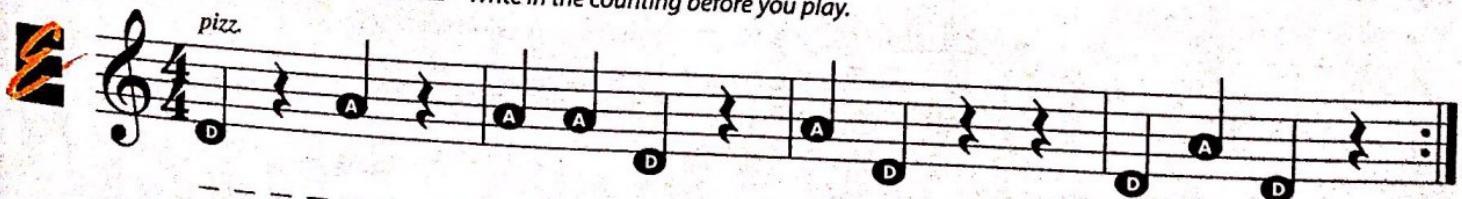
Count	1	&	2	&	3	&	4	&
Tap	↓	↑	↓	↑	↓	↑	↓	↑

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.

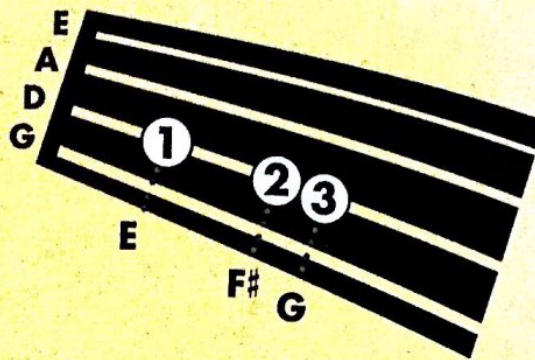
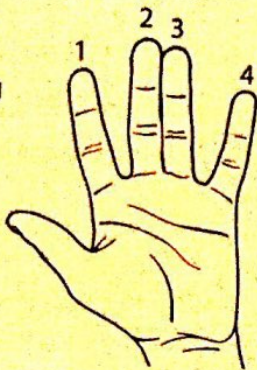


SHAPING THE LEFT HAND

D STRING NOTES

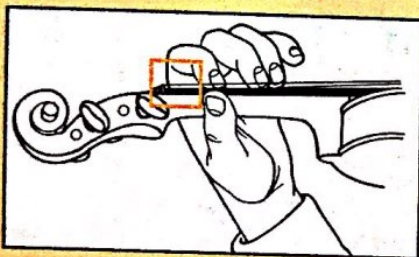
Step 1 Shape your left hand as shown. Be certain your palm faces you.

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

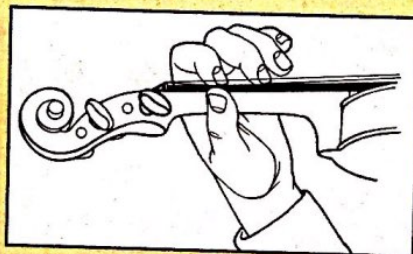


Step 2 Bring your hand to the fingerboard. Place your fingers on the D string, keeping your hand shaped as shown below. Be sure your first finger forms a square with the fingerboard, and your wrist is relaxed and straight.

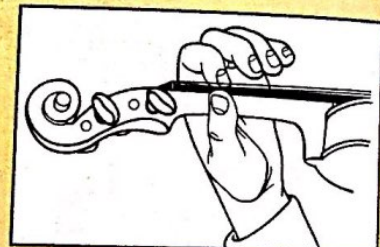
G is played with 3 fingers on the D string.



F# is played with 2 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.

G *pizz. 3*

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)

F# *pizz. 2*

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

12. LIFT OFF

pizz. 3

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

SHAPING THE RIGHT HAND

BOW BUILDER ONE

Pencil Hold

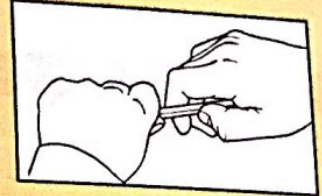
Step 1 Hold a pencil in your left hand at eye level.



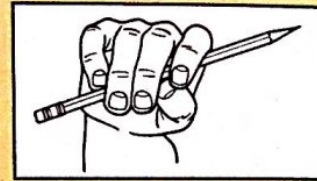
Step 2 Hang your right fingers over the top of the pencil, as shown.



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.*

pizz.

14. LET'S READ "E"

E *pizz. 1*

15. WALKING SONG

pizz. 3

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:*

pizz.

BOW BUILDER TWO

Pencil Hold Exercises

I'm Outta Here

Wave good-bye while keeping your wrist relaxed.

Thumb Flexers

Flex your thumb in and out.

Finger Taps

Tap your first finger. Then tap your fourth finger.

Knuckle Turnovers

Turn your hand over and be sure your thumb knuckle is bent, as shown.



Knuckle Turnovers

BOW BUILDER THREE

Bowing Motions

Swingin' Out

Put one finger inside your right elbow and swing your arm, as shown.



Swingin' Out

17. HOP SCOTCH

pizz.



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

HISTORY Folk songs have been an important part of cultures for centuries and have been passed on from generation to generation. Folk song melodies help define the sound of a culture or region. This folk song comes from the Slavic region of eastern Europe.

18. MORNING DANCE

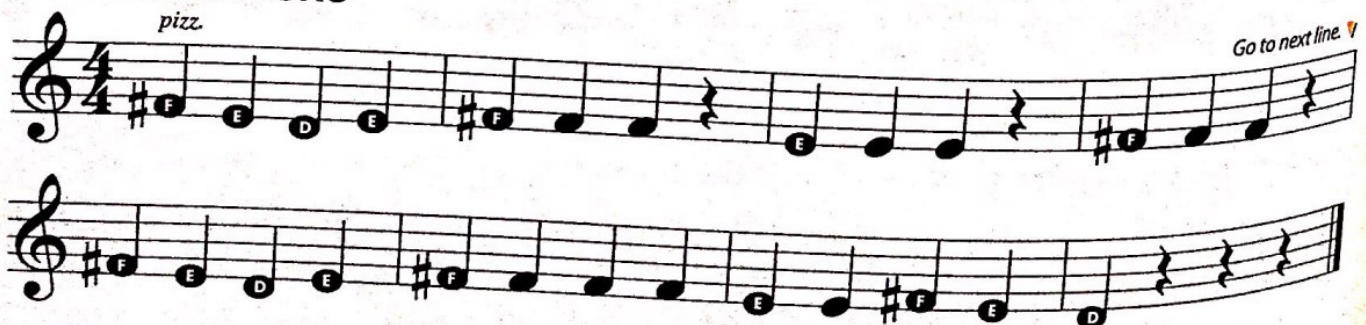
pizz. 3 2 0 1



Slavic Folk Song

19. ROLLING ALONG

pizz.



Go to next line. ▽

Place your instrument in shoulder position as shown on page 3. Then practice the following exercises with your left hand.

Finger Taps

Tap fingertips on any string. Practice in different combinations of fingers.

Pull Aways

Pull your left hand away from the side of the neck, while keeping the thumb and fingers on the instrument.

Strummin' Along

Strum the strings with your 4th finger while swinging your elbow under the violin, as shown.



Strummin' Along

20. GOOD KING WENCESLAS

Welsh Folk Song

pizz. 3 0

▲ Keep fingers down when you see this bracket.

21. SEMINOLE CHANT

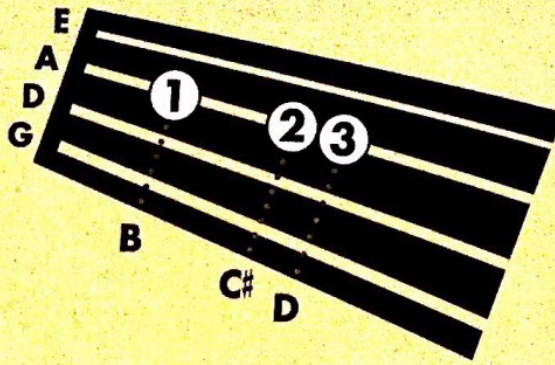
pizz.

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

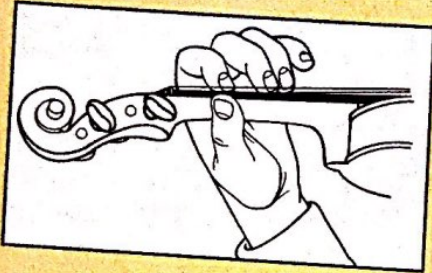
22. ESSENTIAL ELEMENTS QUIZ - LIGHTLY ROW

pizz. 0 2 3 1

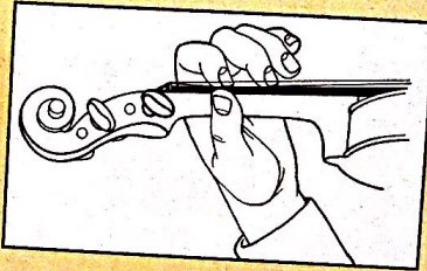
▲ Prepare F# before playing.



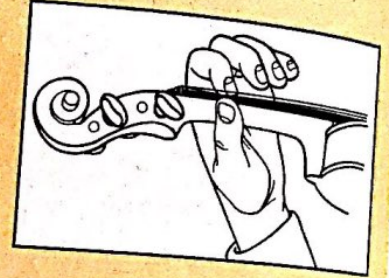
D is played with 3 fingers on the A string.



C# is played with 2 fingers on the A string.



B is played with 1 finger on the A string.



Listening Skills

Play what your teacher plays. Listen carefully.

23. LET'S READ "D"

D *pizz. 3*

24. LET'S READ "C#" (C-sharp)

C# *pizz. 2*

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

25. TAKE OFF

pizz. 3

26. CARIBBEAN ISLAND

pizz. 3

★ Practice BOW BUILDERS ONE, TWO, and THREE daily.

27. OLYMPIC HIGH JUMP

pizz.

28. LET'S READ "B"

B *pizz.* 1

29. HALF WAY DOWN

pizz. 3 2 1 0

30. RIGHT BACK UP

pizz. 0 1 2 3

Scale A scale is a sequence of notes in ascending or descending order. Like a musical "ladder," each note is the next consecutive step of the scale. This is your D Scale. The first and last notes are both D.

THEORY

31. DOWN THE D SCALE *Remember to memorize the note names.*

pizz. 3 2 1 0

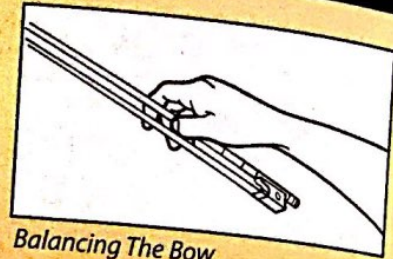
32. ESSENTIAL ELEMENTS QUIZ - UP THE D SCALE

pizz. 0 1 2 3

BOW BUILDER FOUR

On The Bow (Early Bow Hold)

Step 1 Identify all parts of the bow (see page 2). Hold the bow in your left hand near the tip with the frog pointing to the right.

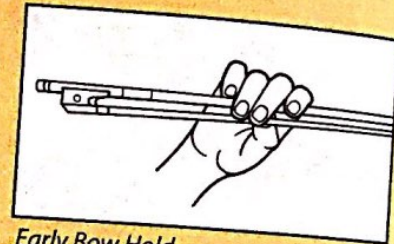


Balancing The Bow

Step 2 Put your right thumb and 2nd finger on the bow stick near the middle of the bow.

Step 3 Shape your right hand on the bow stick, as shown.

Step 4 Turn your right hand over, and be sure your thumb and fingers are curved.



Early Bow Hold

Step 5 Hold the bow and repeat the exercises on page 8.



Alert Do not place your bow on the instrument until instructed to do so by your teacher.

33. SONG FOR CHRISTINE

pizz.

34. NATALIE'S ROSE Remember to count.

pizz.

35. ESSENTIAL CREATIVITY How many words can you create by drawing notes on the staff below?



Example E G G

Folk songs often tell stories. This **Israeli folk song** describes a game played with a dreidel, a small table-top spinning toy that has been enjoyed by families for centuries. The game is especially popular in December around the time of Hanukkah.

36. **DREIDEL**

Israeli Folk Song

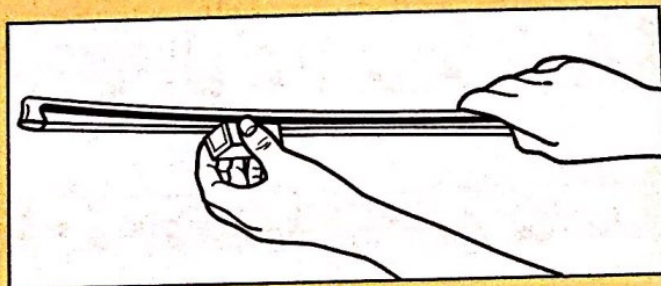
pizz.

BOW BUILDER FIVE

Shadow Bowing

Shadow Bowing is bowing without the instrument.

- Step 1** Tighten the bow hair as instructed by your teacher.
- Step 2** Place the rosin in your left hand. Hold the bow at the balance point.
- Step 3** Shadow bow by slowly moving the bow back and forth on the rosin. Be sure to move the bow, not the rosin.



- Down Bow** □ Move the bow away from your body (to the right).
- Up Bow** ▽ Move the bow toward your body (to the left).

37. **ROSIN RAP #1** *Bow these exercises on the rosin.*

38. **ROSIN RAP #2**

39. **ROSIN RAP #3**

✓ Is your bow hand shaped as shown in the diagram above?

Review these notes. Write the letter names in the spaces below.

THEORY

A musical staff in treble clef with a key signature of one sharp (F#). The notes are: G4, A4, B4, C5, B4, A4, G4. Below the staff is a blank line with seven dashes for writing letter names.

40. CAROLINA BREEZE

pizz. 3 2 1 0 3 2 1 2 3

Musical staff in 4/4 time, treble clef, key signature of one sharp. The notes are: G4, A4, B4, C5, B4, A4, G4, F#4, G4, A4, B4, C5, B4, A4, G4. Fingerings are indicated above the notes. A count is provided below the staff: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

41. JINGLE BELLS

pizz. 2 0 0 1 J.S. Pierpont

Musical staff in 4/4 time, treble clef, key signature of one sharp. The notes are: G4, A4, B4, C5, B4, A4, G4, F#4, G4, A4, B4, C5, B4, A4, G4. Fingerings are indicated above the notes.

42. OLD MACDONALD HAD A FARM

pizz. 3 0 1 American Folk Song

Musical staff in 4/4 time, treble clef, key signature of one sharp. The notes are: G4, A4, B4, C5, B4, A4, G4, F#4, G4, A4, B4, C5, B4, A4, G4. Fingerings are indicated above the notes.

★ Practice BOW BUILDER FIVE daily.

BOW BUILDER SIX

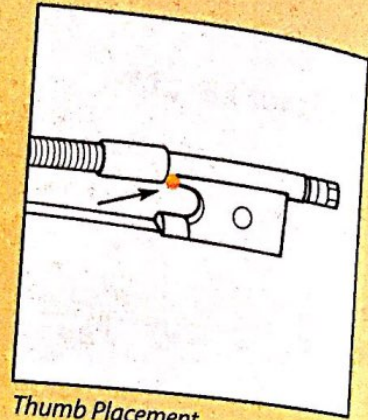
Let's Bow!



Early Bow Hold



Regular Bow Hold



Thumb Placement

Step 1 Hold the instrument with your left hand on the upper bout as illustrated.

Step 2 Hold the bow at the balance point (Early Bow Hold). Your right elbow should be slightly lower than your hand.

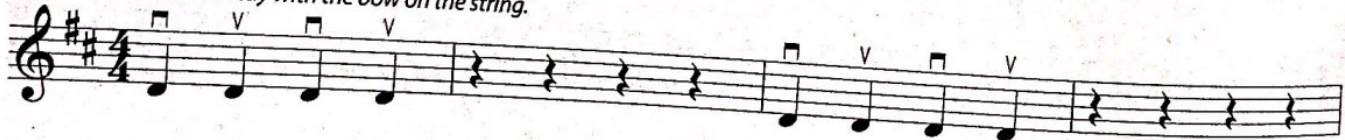
Your teacher will suggest when to begin moving your bow hand toward the frog, as shown in the Regular Bow Hold illustration. The tip of your thumb will move to the place on the stick where it touches the frog.

Listening Skills

Play what your teacher plays. Listen carefully. Your tone should be smooth and even.

47. BOW ON THE D STRING

arco ▶ Play with the bow on the string.



48. BOW ON THE A STRING



String Levels

Your arm moves when bowing on different strings. Memorize these guidelines:

- Raise your arm to play lower-pitched strings.
- Lower your arm to play higher-pitched strings.



Raise arm = lower string
 Lower arm = higher string

49. RAISE AND LOWER

Musical notation for exercise 49. The first part of the staff shows notes with 'v' (bowing) marks and the instruction "Raise your arm." above the staff. The second part shows notes with 'v' marks and the instruction "Lower your arm." above the staff.

50. TEETER TOTTER

Musical notation for exercise 50, featuring a sequence of notes with 'v' marks alternating between higher and lower positions on the staff.

51. MIRROR IMAGE

Musical notation for exercise 51, featuring a sequence of notes with 'v' marks that mirror the positions of the notes in the previous exercise.

Bow Lift

Lift the bow and return to its starting point.

52. A STRAND OF D 'N' A

Musical notation for exercise 52, featuring a sequence of notes with 'v' marks and a final note with a downward arrow and the instruction "Bow Lift" above it.

53. ESSENTIAL ELEMENTS QUIZ - OLYMPIC CHALLENGE

Musical notation for exercise 53, featuring a sequence of notes with 'v' marks and a graphic icon of a flag on the left side of the staff.

BOW BUILDER SEVEN

Combining Both Hands

Using notes from the D major scale, echo what your teacher plays.

Example A: Musical notation showing a sequence of notes in D major scale. The first part is labeled "Teacher" and the second part is labeled "Student". The sequence is repeated three times.

Example B: Musical notation showing a sequence of notes in D major scale. The first part is labeled "Teacher" and the second part is labeled "Student". The sequence is repeated three times.

PUTTING IT ALL TOGETHER

Congratulations! You are now ready to practice like an advanced player by combining left and right hand skills while reading music. When learning a new line of music, follow these steps for success:

Step 1 Tap your toe and say or sing the letter names.

Step 2 Play *pizz.* and say or sing the letter names.

Step 3 Shadow bow and say or sing the letter names.

Step 4 Bow and play as written.

54. BOWING "G"

55. BACK AND FORTH

56. DOWN AND UP

57. TRIBAL LAMENT

58. BOWING "D"

59. LITTLE STEPS

60. ELEVATOR DOWN

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

61. ELEVATOR UP

62. DOWN THE D MAJOR SCALE

63. SCALE SIMULATOR *Remember to count.*

64. ESSENTIAL ELEMENTS QUIZ - THE D MAJOR SCALE

Special Violin Exercise

While the basses learn a new note, draw the bar lines in the music below. Then write in the counting.

65. LET'S READ "C#" - Review

Eighth Notes

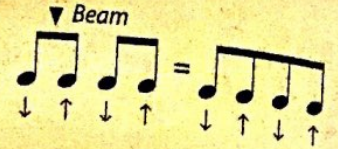
THEORY



Each Eighth Note = 1/2 Beat
2 Eighth Notes = 1 Beat



Two or more Eighth Notes have a *beam* across the stems.



Tap your toe down on the number and up on the "&".

66. RHYTHM RAP

Shadow bow and count before playing.

67. PEPPERONI PIZZA

68. RHYTHM RAP

Shadow bow and count before playing.

69. D MAJOR SCALE UP

Tempo Markings

Tempo is the speed of music. Tempo markings are usually written above the staff, in Italian.

Allegro - Fast tempo

Moderato - Medium tempo

Andante - Slower, walking tempo

70. HOT CROSS BUNS

Moderato

71. AU CLAIRE DE LA LUNE

Andante

72. RHYTHM RAP

Shadow bow and count before playing.

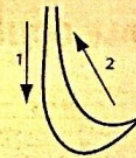
73. BUCKEYE SALUTE

Moderato

2/4 Time Signature

Conducting

Practice conducting this two-beat pattern.



THEORY

74. RHYTHM RAP

Shadow bow and count before playing.

75. TWO BY TWO

1st & 2nd Endings

Play the 1st ending the 1st time through. Then, repeat the same section of music, skip the 1st ending, and play the 2nd ending.

THEORY

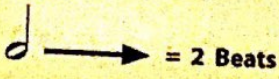
76. ESSENTIAL ELEMENTS QUIZ - FOR PETE'S SAKE

Moderato

▲ 1st time ▲ 2nd time

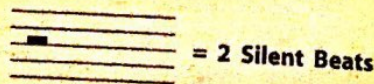
THEORY

Half Note

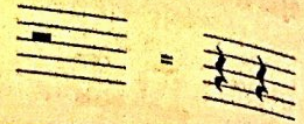


1 & 2 &

Half Rest



1 & 2 &



77. RHYTHM RAP

Shadow bow and count before playing.

Musical notation for exercise 77 in 4/4 time. It consists of three measures of quarter notes with bowing marks (V) above them. Below the staff is the count: 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & .

78. AT PIERROT'S DOOR

Moderato

Musical notation for exercise 78 in 4/4 time, marked Moderato. It features a melody with bowing marks (V) and three 'Slow Bow' annotations with arrows pointing to specific notes. The piece is identified as a 'French Folk Song'.

79. THE HALF COUNTS

Musical notation for exercise 79 in 4/4 time, featuring a sequence of half notes.

80. GRANDPARENT'S DAY

Andante

Musical notation for exercise 80 in 4/4 time, marked Andante. It consists of two staves of music with bowing marks (V). The piece is identified as an 'American Folk Song'.

THEORY

Repeat Signs



Repeat the section of music enclosed by the **repeat signs**.
(If 1st and 2nd endings are used, they are played as usual—
but go back only to the first repeat sign, not to the beginning.)

81. MICHAEL ROW THE BOAT ASHORE

Moderato

American Folk Song

Musical notation for exercise 81 in 4/4 time, marked Moderato. It includes first and second endings. The piece is identified as an 'American Folk Song'.

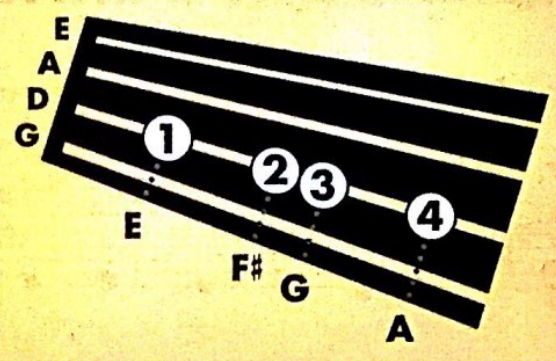
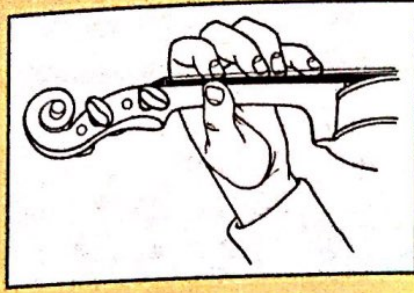
82. TEXAS TWO-STRING

Holding your violin in shoulder position, pizz. this exercise with your left hand 4th finger.
4+ = 4th finger pizz.
(etc.)

Musical notation for exercise 82 in 4/4 time, featuring a sequence of notes with '4+' markings above them, indicating pizzicato with the 4th finger.

4TH FINGER

Your 4th finger is often used to match the pitch of the next highest open string, creating a smoother tone and fewer changes between strings for bowing.



83. FOUR BY FOUR

Two staves of musical notation for exercise 83. The first staff shows a sequence of notes with a '4' above the fourth note. The second staff continues the sequence with a '4' above the fourth note, a '0' above the fifth note, and another '4' above the eighth note.

84. 4TH FINGER MARATHON

One staff of musical notation for exercise 84. It features a sequence of notes with '4' above the second and eighth notes, and a 'V' above the sixth note.

85. HIGH FLYING

One staff of musical notation for exercise 85. It features a sequence of notes with '4' above the fourth and tenth notes.

German composer **Ludwig van Beethoven** (1770-1827) was one of the world's greatest composers. He was completely deaf by 1802. Although he could not hear music like we do, he could "hear" it in his mind. The theme of his final *Symphony No. 9* is called "Ode To Joy," and was written to the text of a poem by Friedrich von Schiller. "Ode To Joy" was featured in concerts celebrating the reunification of Germany in 1990.

HISTORY

86. ESSENTIAL ELEMENTS QUIZ - ODE TO JOY

Moderato

Ludwig van Beethoven

Three staves of musical notation for exercise 86, which is a quiz on the 'Ode to Joy' theme. The notation includes various fingerings (4, V) and a dynamic marking (p).

PERFORMANCE SPOTLIGHT

★ Good performers are on time with their instruments and music ready, dressed appropriately, and know their music well.

87. SCALE WARM-UP

Two staves of musical notation in G major (one sharp) and 4/4 time. The first staff shows an ascending scale from G4 to G5. The second staff shows a descending scale from G5 to G4.

88. FRÈRE JACQUES - Round (When group A reaches ②, group B begins at ①)

Moderato

French Folk Song

Two staves of musical notation in G major (one sharp) and 2/4 time. The first staff is for Group A, starting at measure 1 and ending at measure 4. The second staff is for Group B, starting at measure 1 and ending at measure 4. There are circled numbers 1 and 2 indicating the start of each group's part. There are also '4' and 'V' markings above the notes.

THEORY

Chord, Harmony

Two or more pitches sounding at the same time form a **chord** or **harmony**. Throughout this book, **A** = Melody and **B** = Harmony.

89. BILE 'EM CABBAGE DOWN - Orchestra Arrangement

Allegro

American Fiddle Tune

Two staves of musical notation in G major (one sharp) and 4/4 time. The first staff is labeled 'A' and the second 'B'. Both staves show a rhythmic melody. There are 'V' markings above the notes in staff A.

5 ← Measure Number

Two staves of musical notation in G major (one sharp) and 4/4 time, continuing from the previous section. The first staff is labeled 'A' and the second 'B'. A box with the number '5' and an arrow points to the first measure of staff A.

PERFORMANCE SPOTLIGHT

90. ENGLISH ROUND

Andante

91. LIGHTLY ROW - Orchestra Arrangement

Moderato

French composer **Jacques Offenbach** (1819–1880) was the originator of the **operetta** and played the cello. An **operetta** is a form of entertainment that combines several of the fine arts together: vocal and instrumental music, drama, dance, and visual arts. One of his most famous pieces is the “Can-Can” dance from *Orpheus And The Underworld*. This popular work was written in 1858, just three years before the start of the American Civil War (1861–1865).

HISTORY

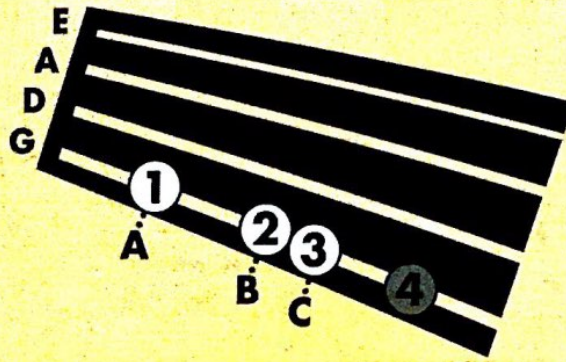
92. CAN-CAN - Orchestra Arrangement

Allegro

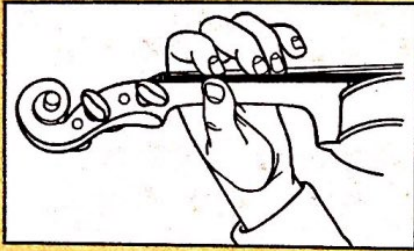
Jacques Offenbach
Arr. John Higgins

What were the strong points of your performance?

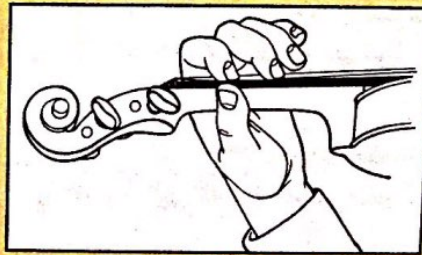
G STRING NOTES



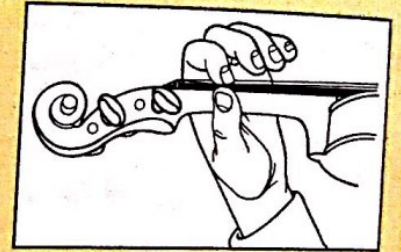
C is played with 3 fingers on the G string.



B is played with 2 fingers on the G string.



A is played with 1 finger on the G string.



Listening Skills

Play what your teacher plays. Listen carefully.

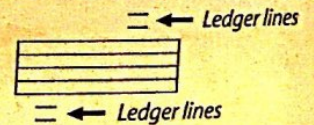
THEORY

**New Key Signature
G MAJOR**



Play all F's as F# (F-sharp) and all C's as C♮ (C-natural).

Ledger Lines



Ledger lines extend the music staff higher or lower.

93. LET'S READ "G"

G
 ▲ Play F#'s and C♮'s in this key signature.

94. LET'S READ "C" (C-natural)

C

95. LET'S READ "B"

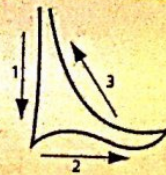
B

96. LET'S READ "A"

A

Time Signature $\frac{3}{4}$ = 3 beats per measure
(Meter) $\frac{4}{4}$ = ♩ or ♪ gets one beat

Conducting



Practice conducting this three-beat pattern.

Dotted Half Note ♩. = 3 Beats of Sound
1 & 2 & 3 &
↓ ↑ ↓ ↑ ↓ ↑

♩. ◀ **Dot**
A dot adds half the value of the note.
♩. = ♩.
2 beats + 1 beat = 3 beats

103. RHYTHM RAP

Shadow bow and count before playing.

104. COUNTING THREES

105. D MAJOR SCALE IN THREES

106. FRENCH FOLK SONG

Moderato

French Folk Song

107. ESSENTIAL ELEMENTS QUIZ - SAILOR'S SONG

Allegro

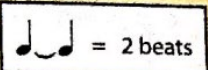
English Sea Song

▲ Write in the correct time signature before you begin.

Tie

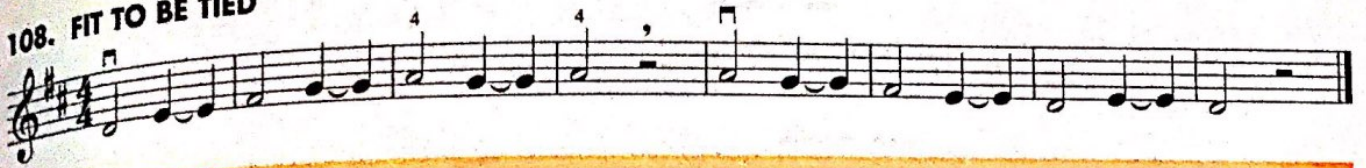


A tie is a curved line that connects notes of the same pitch. Play a single note for the combined counts of the tied notes.



THEORY

108. FIT TO BE TIED



Slur



A slur is a curved line that connects two or more different pitches. Play slurred notes together in the same bow stroke.

THEORY

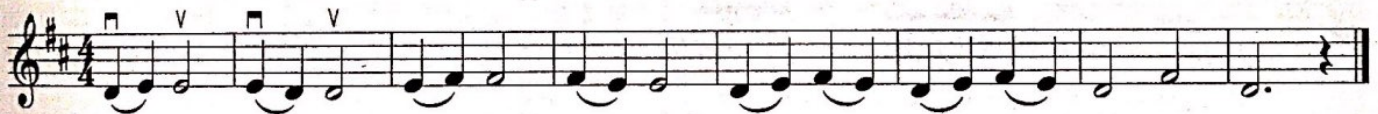
109. STOP AND GO



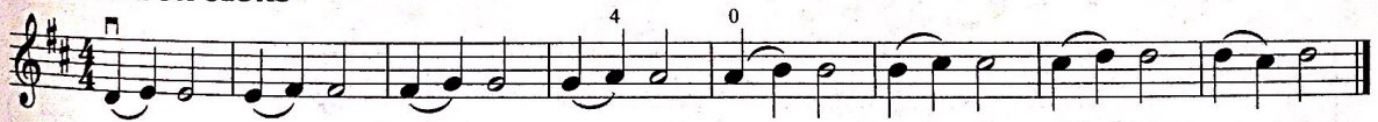
110. SLURRING ALONG



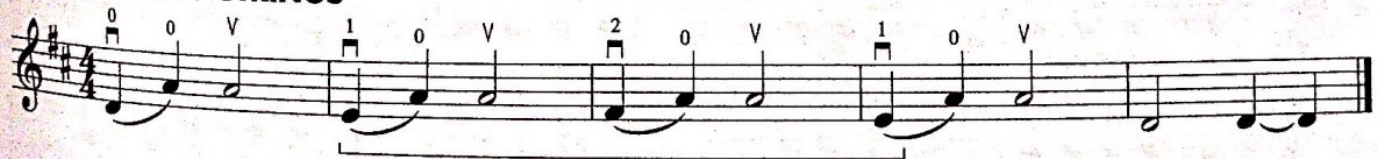
111. SMOOTH SAILING



112. D MAJOR SLURS



113. CROSSING STRINGS



114. GLIDING BOWS



115. UPSIDE DOWN

