

EXERCISE 1.1 - FEELING A FOUR-BAR PHRASE

1. SET METRONOME TO Q=108.

2. AS IF BLOWING AIR THROUGH A STRAW, EXHALE FOR THREE MEASURES WHILE COUNTING REPS: 1 (2,3,4), 2 (2, 3, 4), 3 (2, 3, 4), ETC.

3. WHEN YOU REACH THE 4TH, 8TH, AND 12TH MEASURES, INHALE TO PREPARE FOR THE NEXT FOUR MEASURES.

1 2 3 4

5 6 7 8

9 10 11 12

MEMORIZING BLUES HARMONY

USING A METRONOME SET TO Q=108,

PLAY AND SING AT THE SAME TIME: 1. CHORD NAMES

2. MEASURE NUMBERS

3. ROMAN NUMERALS

MEMORIZE EACH 4-MEASURE PHRASE BY SHAPE:

1 2 3 4

ONE TWO THREE FOUR

I I I I

F F C C

FIVE SIX SEVEN EIGHT

IV IV I I

G G C C

NINE TEN ELEVEN TWELVE

V V I I