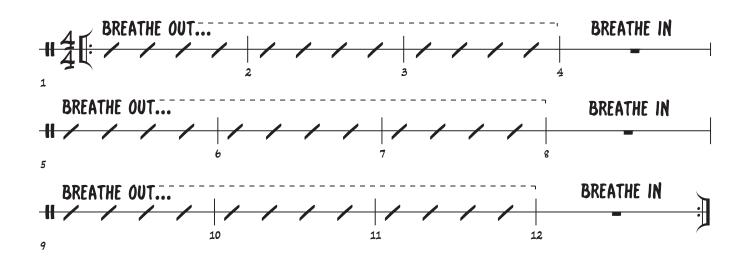
EXERCISE 1.1 - FEELING A FOUR-BAR PHRASE

1. SET METRONOME TO Q=108.

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



MEMORIZING BLUES HARMONY

