Guitar Ensemble Method Adaptive Curriculum



Method Book I Adaptive Curriculum

2nd Edition

Created by Lead Guitar

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Special thanks to Gayla Heinrichs

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Welcome to Method Book I!

Table of Contents

Parts of the Guitar	5
Sitting Position	
Right Hand	
Left Hand	8
Reading Music on the Guitar	g
Level One: Introduction to Chord Buddy and First Songs	10
Level Two: Rest Strokes and Increasing Strumming Complexity	38
Music Appendix: Song Melodies for Teachers and Supplemental Music	58

Parts of the Guitar



Sitting Position



There are two steps to prepare your body to help hold the guitar:

- 1. Sit at the front edge of your chair
- 2. Put your left foot on a woodblock or footstool

In order to keep the guitar stable as you play, there are four places that the guitar comes in contact with your body:

- 1. Rest the waist of the guitar on your left leg.
- 2. Rest the **lower bout** of the guitar against your inner right leg.
- 3. Lean the **upper bout** of the guitar against your chest.
- 4. Rest your right forearm on the top edge of the guitar, directly above the bridge.

Finally, raise the neck of the guitar so that the **head** is eye-level.

Right Hand

When playing the guitar, your right hand "strums" the strings to produce sound. You can choose to strum in one of the two ways pictured below.

1. with the end of your thumb or



2. with the back of your index fingernail

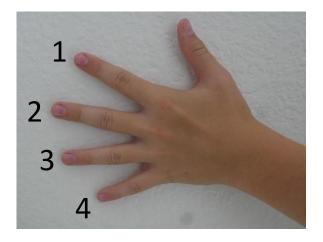


To strum the strings, glide your thumb or index finger quickly and lightly downward through all six strings.



Left Hand

Your Left Hand will hold down the colored buttons on your "Chord Buddy" to form chords. Each button makes a different chord. We can use those chords to accompany ourselves as we sing or fellow guitarists as they play a melody. We're going to start with the Blue Button (G Major chord) for the first several songs.



- 1. The fingers of the left hand are indicated with the following numbers:
 - 1 index finger
 - 2 middle finger
 - 3 ring finger
 - 4 little finger



2. Practice pushing down the Blue Button with the 3rd finger (ring finger) of your left hand for four counts.



3. Relax and try it again.

Reading Music on the Guitar

The Staff

Music is written on a staff using notes placed on the lines and spaces of the staff. This is a standard blank staff. It has four spaces and five lines.

Treble Clef

A clef determines the range of pitches found on a staff. Guitar music is written on a treble clef staff like this one:



The staff is divided into measures by barlines.



Note Values

A whole note equals four beats (in 4/4 time).



A half note equals two beats.



A quarter note equals one beat.



An eighth note equals half of one beat.



Level One: Introduction to Chord Buddy and First Songs

Daily Warm-up Routine	11
One, Two, Buckle My Shoe	13
Star Light, Star Bright	14
New Color, New Button!	17
Duerme Mi Tesoro	19
New Rhythm: Half Notes	20
New Sound!	22
Fire Dance	23
New Color, New Button!	24
Ring Around the Rosy	26
Rube Goldberg Machine	27
New Color, New Button!	29
Twinkle, Twinkle Little Star	31
Un Elefante se Balanceaba	33
New Sound!	34
Chant	35
Let's Create!	36

Daily Warm-up Routine

Scaffolding Steps

Scaffolding is an instructional practice in which teachers help students learn new skills in segments, providing less and less support as students progress.

In this book, students are asked to combine multiple skills and execute them at the same time. These skills include reading/understanding rhythms, counting rhythms, clapping rhythms, singing, reading chord colors, strumming and plucking. To prepare students for the multi-tasking required, it is helpful for the teacher to build in scaffolded steps. In our group setting, we can start by assigning one task to the students and the other task to the teacher. Once the group is proficient in that arrangement, we switch the assignments. After the group can execute both skills individually, they are ready to try them at the same time. Throughout this book, you will see instructions for Scaffolding Steps to help you break tasks down into manageable parts, and then build up the students' proficiency in combining the necessary skills.

It is also important to start each practice with a warm-up. This gives you time to focus on objectives for each hand and to relax your mind and body to get ready to make beautiful music. Apply the Daily Warm-up principles below throughout the book, modifying the routine to include new concepts as they are introduced.

Sitting Position

- 1. Before picking up the guitar, name and point to the four points where your guitar will contact your body (Left Leg, Right Leg, Chest, Right Forearm)
- 2. Next, pick up the guitar and put it in Rest Position. For Rest Position, lay the guitar across your lap with the strings facing down (against your legs).
- 3. Sit at the front edge of your chair
- 4. Put your left foot on a woodblock or footstool.
- 5. Establish the four points of contact between your body and the guitar. Make sure that the head of the guitar is at eye-level as shown on page 5.
- 6. Practice this sequence four times starting at Step 2.

Right Hand

- 1. Try strumming the open strings by dragging your Right-Hand thumb or the back of your index fingernail quickly, downward through all six strings.
- 2. Practice strumming together to a steady pulse (beat) while counting "1 2 3 4" out loud.

Left Hand

- 1. Practice pushing down the Blue Button with your 3rd finger (ring finger) of your Left Hand.
- 2. Push the Blue Button down for four beats and then release for four beats. Continue this pattern while counting out loud.

Daily Warm-up Routine Continued

Scaffolding Steps

- 1. Class counts out loud, while Teacher claps whole notes
- 2. Teacher counts out loud, while Class claps whole notes
- 3. Class and Teacher count out loud while clapping whole notes
- 4. Repeat the steps above but replace clapping whole notes with strumming whole notes on the open strings

Exercise #1





Scaffolding Steps

- 1. Class counts, Teacher claps
- 2. Teacher counts, Class claps
- 3. Class and Teacher count and clap together
- 4. Repeat the steps but replace clapping with strumming the open strings

Exercise #2





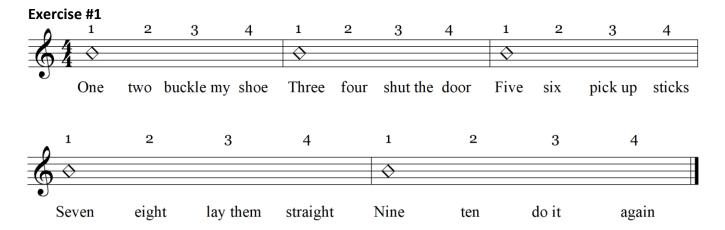
One, Two, Buckle My Shoe

Important: Music scores for Teachers that include the accompanying melody and/or ensemble parts for all songs in this book can be found in the Music Appendix on page 58. Here, only the student part is shown.

Learning One, Two, Buckle My Shoe and other nursery rhymes is an effective way for students of any age to begin learning an instrument. Because the songs are familiar, we can concentrate on other important elements: sitting and hand positions, finger movement and strumming through all of the strings of the guitar. We will also introduce a new element: playing and singing at the same time. *First, let's practice the rhythm and words of One, Two, Buckle My Shoe!*

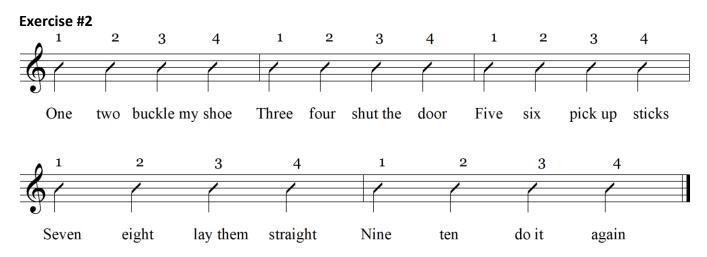
Scaffolding Steps

- 1. Class and Teacher count out loud while clapping whole notes.
- 2. Class claps whole notes, Teacher sings the words.
- 3. Class sings the words, Teacher claps whole notes.
- 4. Class and Teacher clap whole notes while singing the words.



Scaffolding Steps

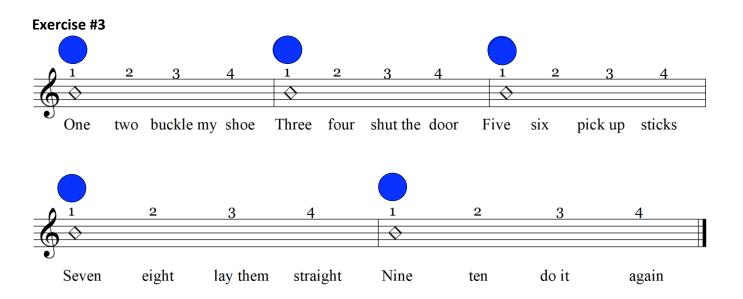
For Exercise #2, apply the Scaffolding Steps listed above using quarter notes instead of whole notes.



Now let's try One, Two Buckle My Shoe on the guitar!

Scaffolding Steps

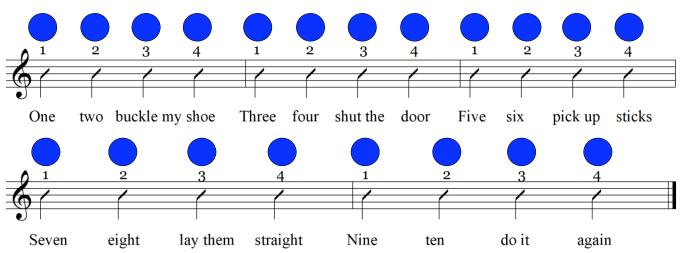
- 1. Press down the Blue Button while strumming whole notes and counting out loud.
- 2. Class strums whole notes (Blue), Teacher sings the words.
- 3. Class sings the words, Teacher strums whole notes (Blue).
- 4. Class and Teacher strum whole notes (Blue) while singing the words.



Scaffolding Steps

For Exercise #4, apply the Scaffolding Steps listed above using quarter notes instead of whole notes.

Exercise #4

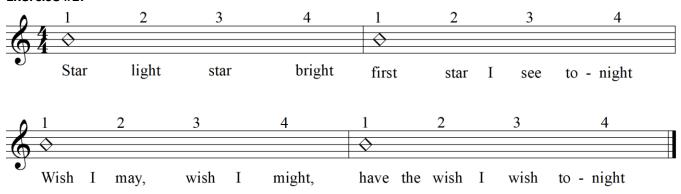


Star Light, Star Bright

Scaffolding Steps

- 1. Class and Teacher count out loud while clapping whole notes.
- 2. Class claps whole notes, Teacher sings the words.
- 3. Class sings the words, Teacher claps whole notes.
- 4. Class and Teacher clap whole notes while singing the words.

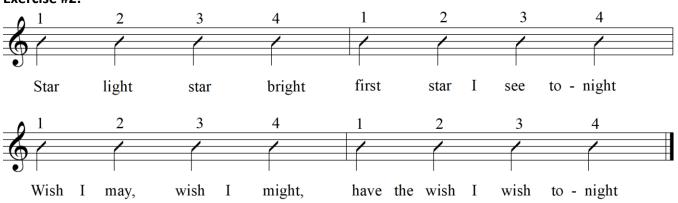
Exercise #1:



Scaffolding Steps

For Exercise #2, apply the Scaffolding Steps listed above using quarter notes instead of whole notes.

Exercise #2:



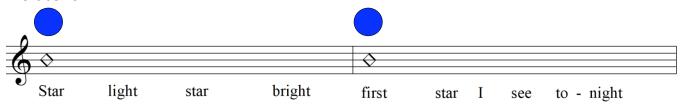
Star Light, Star Bright is included here in the Adaptive Method Book but does not appear in the Standard Method Book. It provides another opportunity for practicing with only the Blue Button before adding more buttons. If your class has students using both the Adaptive and Standard Method Books and would like some students to learn the melody for Star Light, Star Bright, you can find the score on page 59 in the Music Appendix of this book, or in the online Supplemental Lessons folder.

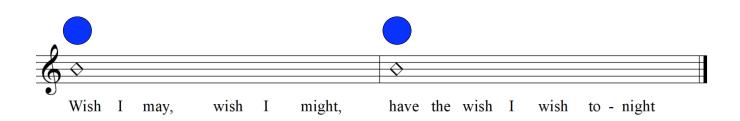
Now let's try Star Light, Star Bright on the guitar!

Scaffolding Steps

- 1. Press down the Blue Button while strumming whole notes and counting out loud.
- 2. Class strums whole notes (Blue), Teacher sings the words.
- 3. Class sings the words, Teacher strums whole notes (Blue).
- 4. Class and Teacher strum whole notes (Blue) while singing the words.

Exercise #3

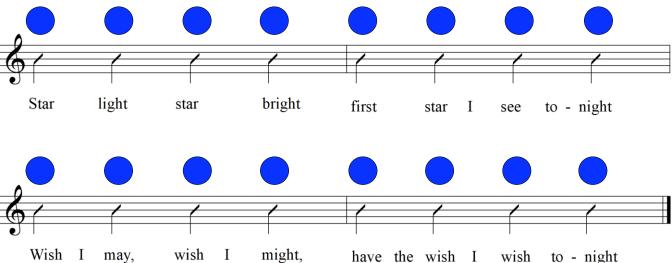




Scaffolding Steps

For Exercise #4, apply the Scaffolding Steps listed above using quarter notes instead of whole notes.

Exercise #4



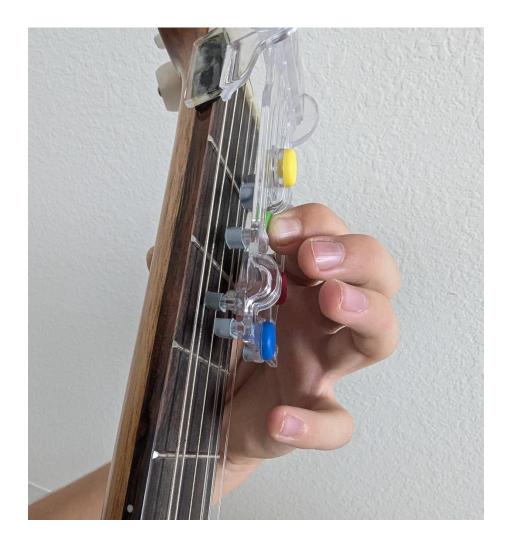
New Color, New Button!



It's time to try the Green Button (C Major chord). We will use the 1st finger (also called the pointer or index finger) to press the Green Button.

Left Hand Push Downs

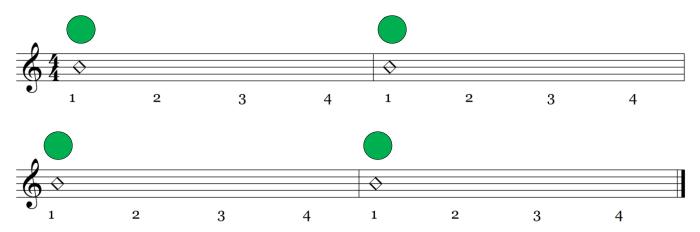
- 1. Push down and hold the Green Button with your 1st finger (pointer finger) for four counts.
- 2. Relax your finger and try it again.
- 3. Then practice switching back and forth between the Green Button (using your 1st finger) and the Blue Button (using your 3rd finger), holding each button for four counts.



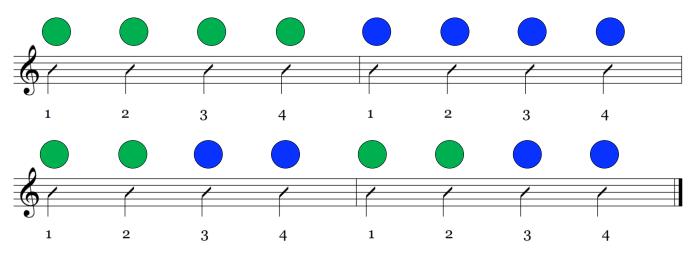
Both Hands Together

Combine Right and Left Hands together to play the following exercises.

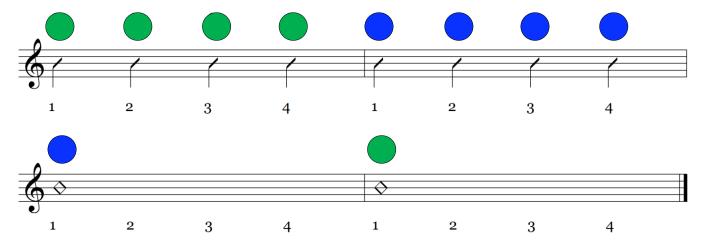
Exercise #1: Pushing down the Green Button while strumming whole notes.



Exercise #2: Switching between the Green and Blue Buttons while strumming quarter notes.



Exercise #3: Switching between Green and Blue Buttons with whole and quarter notes.



Duerme Mi Tesoro

Duerme Mi Tesoro combines the Green and Blue Buttons.

Scaffolding Steps

- 1. Class and Teacher count out loud while clapping whole notes.
- 2. Class claps whole notes, Teacher sings the words.
- 3. Class sings the words, Teacher claps whole notes.
- 4. Class and Teacher clap whole notes while singing the words.

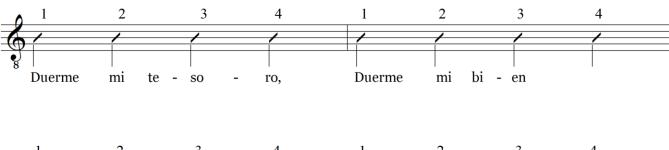
Exercise #1



Scaffolding Steps

For Exercise #2, apply the Scaffolding Steps listed above using quarter notes instead of whole notes.

Exercise #2

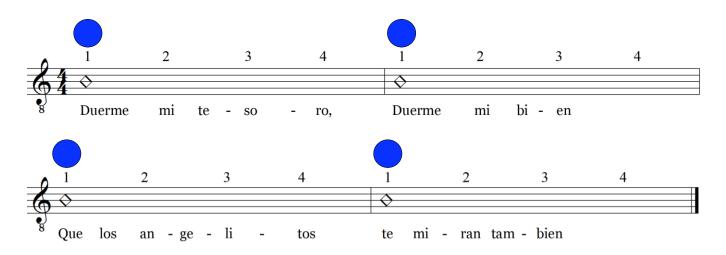


Now let's try Duerme mi Tesoro on the guitar!

Scaffolding Steps

- 1. Class and Teacher strum whole notes (Blue) and count out loud.
- 2. Class strums whole notes (Blue), Teacher sings the words.
- 3. Class sings the words, Teacher strums whole notes (Blue).
- 4. Class and Teacher strum whole notes (Blue) while singing the words.

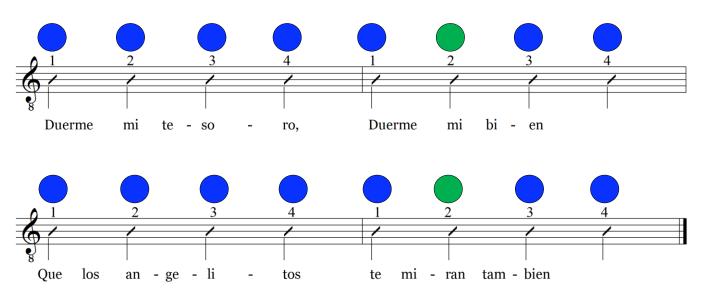
Exercise #3



Scaffolding Steps

For Exercise #4, apply the Scaffolding Steps listed above using quarter notes and adding the green button.

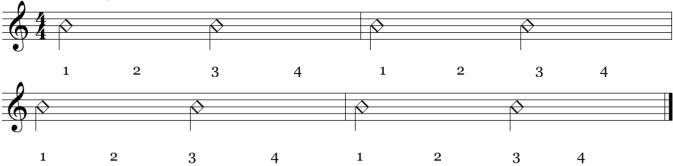
Exercise #4



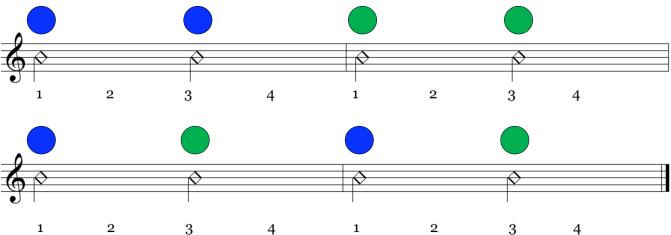
New Rhythm: Half Notes

A half note has an empty, diamond-shaped note head like a whole note and a stem like a quarter note. A half note lasts for two beats. They sound twice as long as a quarter note and half as long as a whole note.

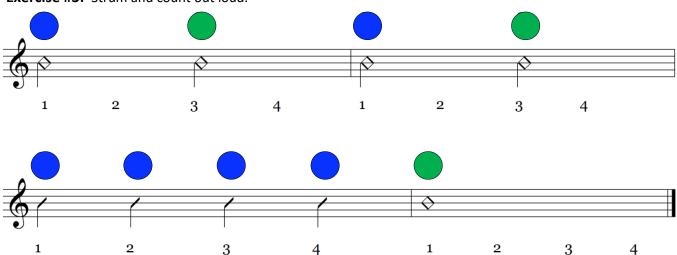
Exercise #1: Clap and count out loud.



Exercise #2: Strum and count out loud.



Exercise #3: Strum and count out loud.



New Sound!

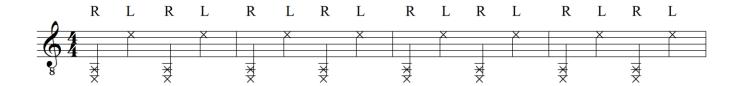
Percussion on the guitar

In addition to strumming, you can make percussion or drum-like sounds on the guitar. For Fire Dance, we will learn three new percussion sounds to make music.

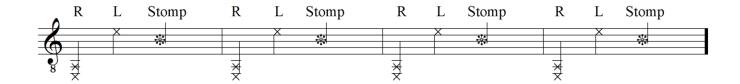
- 1. Right Hand- Open Right Hand striking the strings over the sound hole. In addition to the notation on the staff, this sound is represented by an R.
- 2. Left Hand- Open Left Hand striking the side of the guitar under the neck. This sound is represented by an L.
- 3. Right Foot- Right Foot stomping on the floor. You will see the word 'Stomp' to represent this sound.

Now let's try it on the guitar!

Exercise #1: Practice alternating between the Right and Left Hand percussion using steady quarter notes.

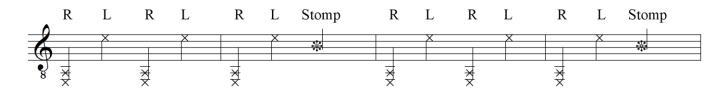


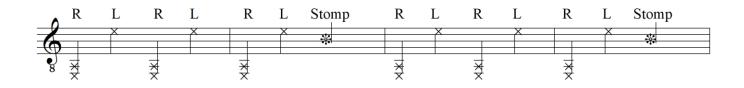
Exercise #2: Practice adding the Stomp with the Right and Left-Hand percussion. The Stomp lasts for two beats.

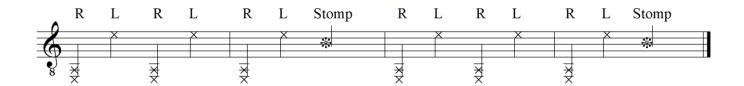


Fire Dance

Brad Richter







Words to Play By:

"Anyone who has never made a mistake has never tried anything new."
- Albert Einstein, Physicist

New Color, New Button!



It's time to try the Yellow Button (E minor chord). We will use the 1st finger (pointer finger) to press the Yellow Button.

Left Hand Push Downs

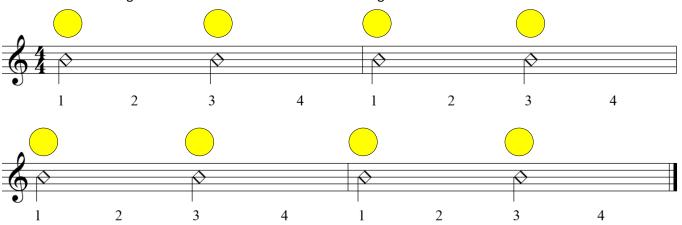
- 1. Practice pushing down the Yellow Button with your 1st finger (pointer finger) for 4 counts.
- 2. Relax your finger and try it again.
- 3. Switch between the Yellow and Blue Buttons, holding each one for four counts.
- 4. Switch between the Yellow and Green Buttons, holding each one for four counts. Keep in mind that both Yellow and Green use the first finger.



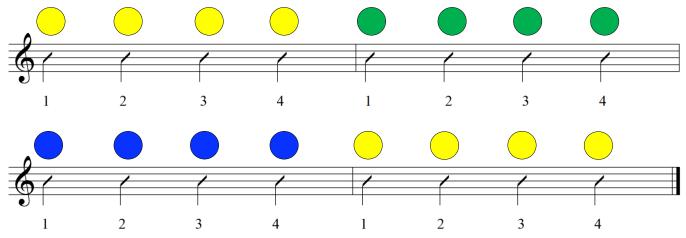
Both Hands Together

Combine hands together to play the following exercises.

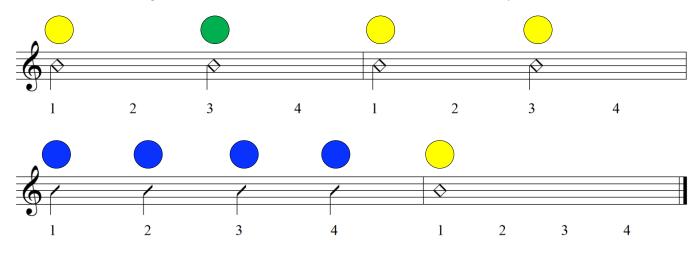
Exercise #1: Pushing down the Yellow Button while strumming whole notes.



Exercise #2: Switching between the Yellow, Blue and Green Buttons while strumming quarter notes.



Exercise #3: Switching between Yellow, Blue and Green Buttons with whole and quarter notes.



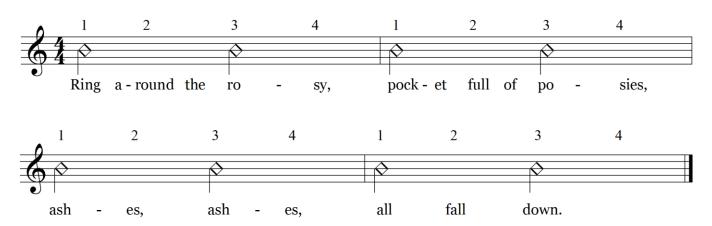
Ring Around the Rosy

Ring Around the Rosy combines quarter notes and half notes.

Scaffolding Steps

- 1. Class and Teacher count out loud while clapping half notes.
- 2. Class claps half notes, Teacher sings the words.
- 3. Class sings the words, Teacher claps half notes.
- 4. Class and Teacher clap half notes while singing the words.

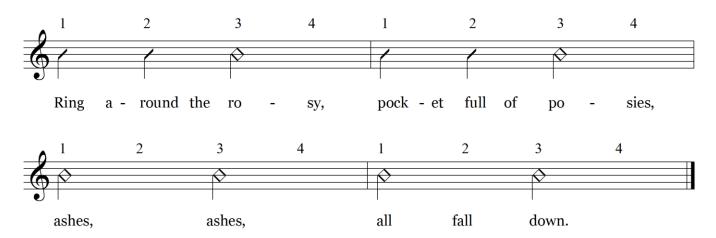
Exercise #1:



Scaffolding Steps

For Exercise #2, apply the Scaffolding Steps listed above

Exercise #2:

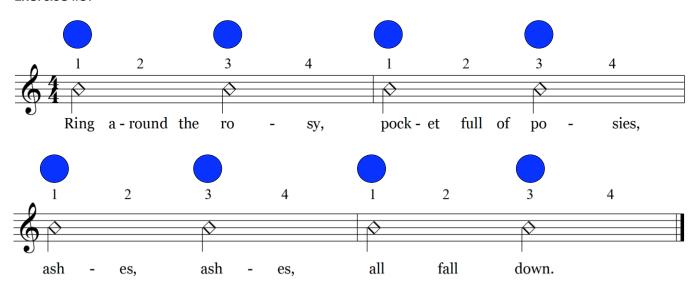


Next, let's play Ring Around the Rosy on the guitar!

Scaffolding Steps

- 1. Class and Teacher strum half notes (Blue) and count out loud.
- 2. Class strums half notes, Teacher sings the words.
- 3. Class sings the words, Teacher strums half notes.
- 4. Class and Teacher strum half notes while singing the words.

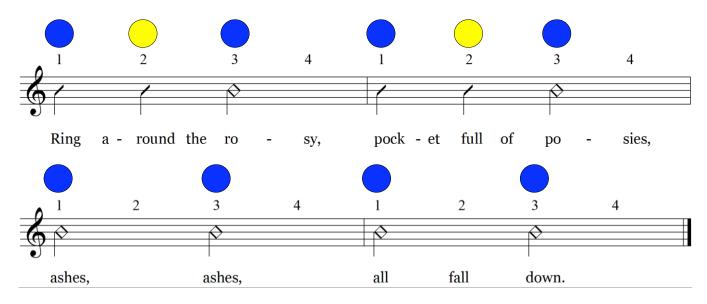
Exercise #3:



Scaffolding Steps

For Exercise #4, apply the Scaffolding Steps listed above

Exercise #4:

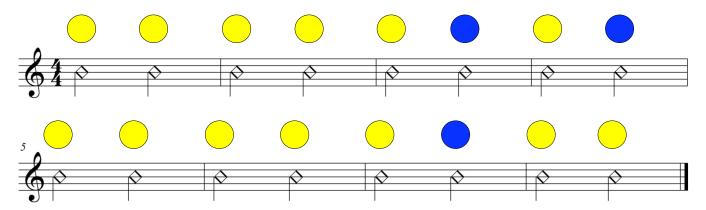


Rube Goldberg Machine

Rube Goldberg Machine is an opportunity for more practice using the Yellow and Blue buttons along with the ensemble from the Standard Method Book (also found on Page 62 in the Music Appendix). If all students in your class are working from the Adaptive Method Book, you may choose to skip this song.

Scaffolding Steps

- 1. Class counts out loud, while Teacher claps half notes
- 2. Teacher counts out loud, while Class claps half notes
- 3. Class and Teacher count out loud while clapping half notes
- 4. Repeat the steps above but replace clapping whole notes with strumming half notes.



Words to Play By:

"Don't let what you cannot do interfere with what you can do."
- John Wooden, Basketball Coach

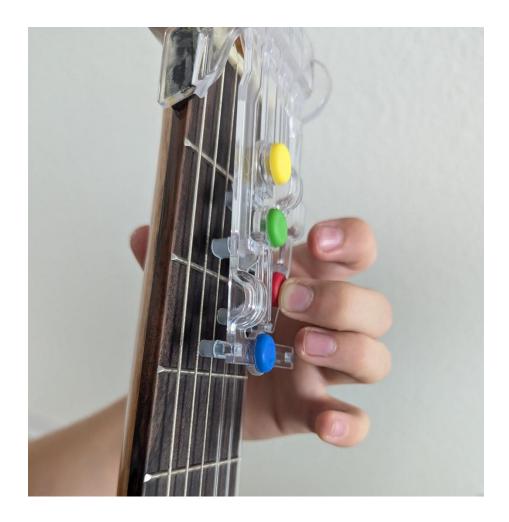
New Color, New Button!



It's time to try the Red Button (D Major chord). We will use the 2nd finger (also called the middle finger) to press the Red Button.

Left Hand Pushdowns

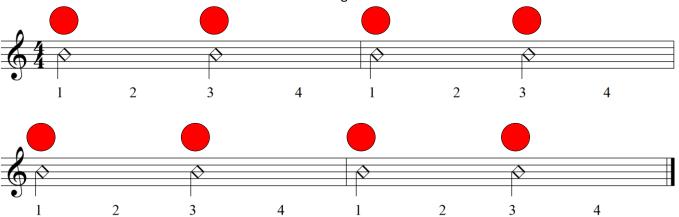
- 1. Practice pushing down the Red Button with your 2nd finger (middle finger) for four counts.
- 2. Relax your finger and try it again.
- 3. Switch between the Red and Blue Buttons, holding each one for four counts.
- 4. Switch between the Red and Green Buttons, holding each one for four counts.
- 5. Switch between the Red and Yellow Buttons, holding each one for four counts.



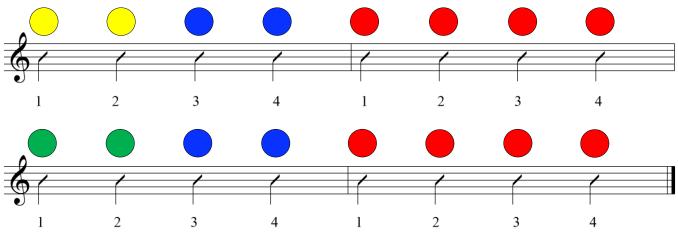
Both Hands Together

Combine hands together to play the following exercises.

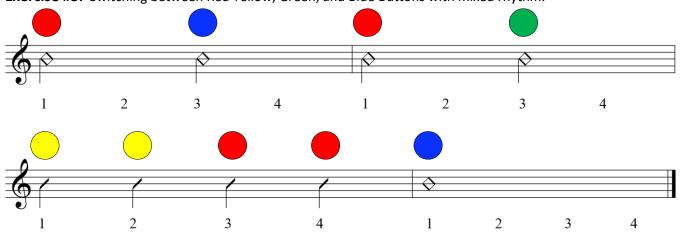
Exercise #1: Push down the Red Button while strumming half notes.



Exercise #2: Switching between the Red, Yellow, Green and Blue Buttons while strumming quarter notes.



Exercise #3: Switching between Red Yellow, Green, and Blue Buttons with mixed rhythm.

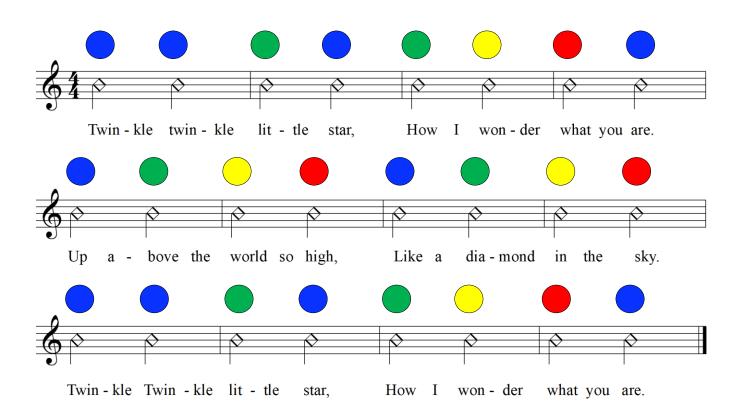


Twinkle, Twinkle Little Star

Twinkle, Twinkle Little Star combines the Red, Yellow, Green, and Blue Buttons.

Scaffolding Steps

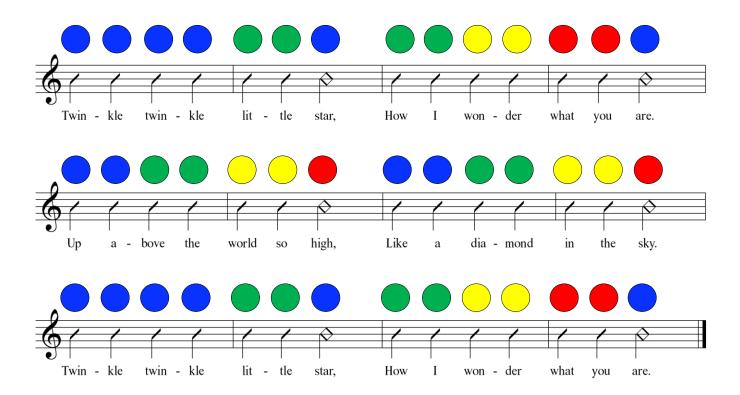
- 1. For the first line, Teacher points to colors, Class says color name out loud.
- 2. Teacher points to colors, Class says color name out loud and practices pressing the correct LH finger (without strumming).
- 3. Teacher sings melody and points to colors, Class strums appropriate colors
- 4. Repeat these Scaffolding Steps to practice the second line.



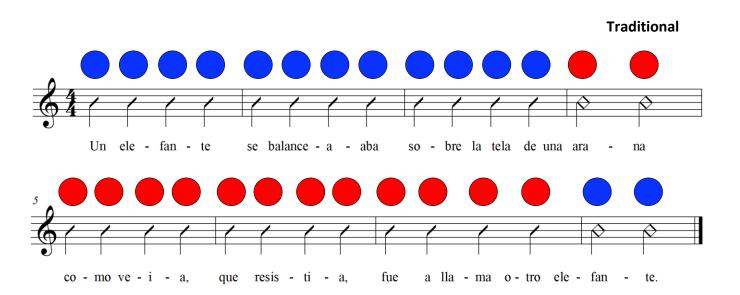
Now let's play Twinkle, Twinkle Little Star on our guitars!

Scaffolding Steps

- 1. For the first line, Teacher points to colors, Class says color name out loud.
- 2. Teacher points to colors, Class says color name out loud and practices pressing the correct Left Hand finger (without strumming).
- 3. Teacher sings melody and points to colors, Class strums appropriate colors
- 4. Repeat these Scaffolding Steps to practice the second line.



Un Elefante se Balanceaba



Words to Play By:

"Don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong." - Ella Fitzgerald

New Sound!

Percussion on the guitar

In Chant we will learn a new percussion sound.

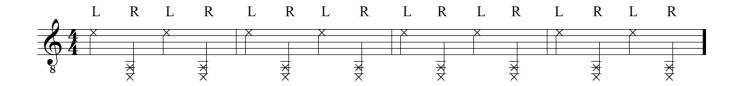
Right Hand Scrape

For this sound, scrape your Right-Hand index finger down through the strings just behind the bridge where the strings are tied. This represents a marching sound, like a group of feet hitting the ground.

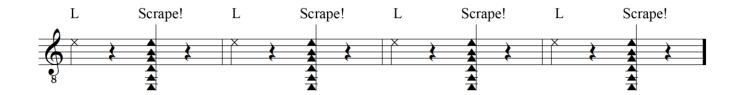


Now let's try it on the guitar!

Exercise #1: Practice alternating between the Left and Right-Hand percussion sounds you learned for Fire Dance on steady quarter notes.

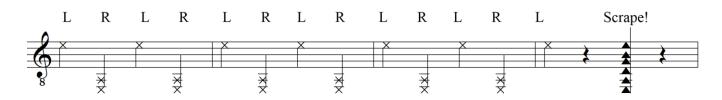


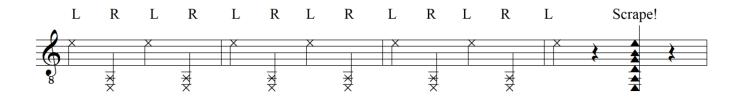
Exercise #2: Practice alternating between the Left-Hand percussion and the Scrape! Don't ignore the quarter note rests.

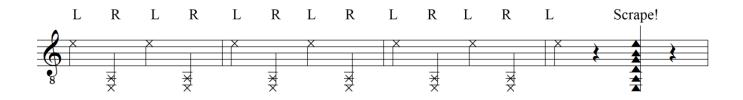


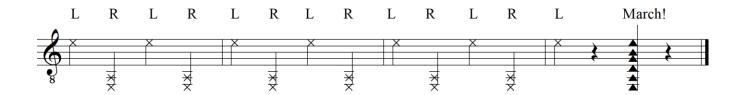
Chant

Brad Richter









Let's Create!

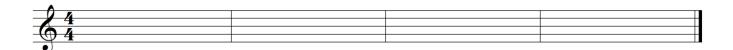
Now that you have learned to play four chords on the guitar, you can compose your own chord progression using those four chords. Before we begin composing, here are some things to remember:

- 1. Neatness counts! When you draw a note head, do your best to draw it very neatly and accurately. Make sure that the note head fits neatly on the third line of the staff, between lines 2 and 4.
- 2. The stem of the note will go on the LEFT side of the note head and it will point DOWN.
- 3. Each measure must contain exactly four beats. Be sure to remember that half notes equal two beats, quarter notes equal one beat, and a whole note equals four beats.

Exercise #1



Exercise #2



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Level Two: Rest Strokes and Increasing Strumming Complexity

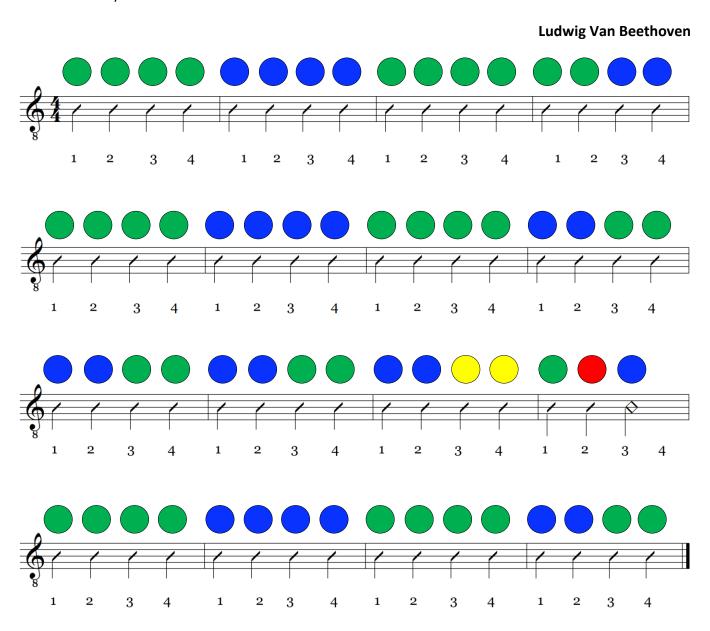
Ode to Joy	39
New Technique: Strumming Upstrokes	40
New Rhythm: Eighth Notes	41
Metallophone	42
12 Bar Blues	44
Differentiated Learning	44
Right Hand Setup	46
Rest Strokes on the 1st String	47
Rest Strokes on the 2nd String	49
Alternating Fingers: Rest Strokes on the 2nd String	51
Left Hand Setup	53
New Note: D	54
Playing D and B	56
One Two Buckle My Shoe	57

Ode to Joy

Scaffolding Steps

Now that you've used Scaffolding Steps for all of the songs in Level 1, we encourage you to use a similar practice in the rest of this book. Look for places to build in the supports that have been most helpful to your students, and then slowly reduce the supports until proficiency is reached.

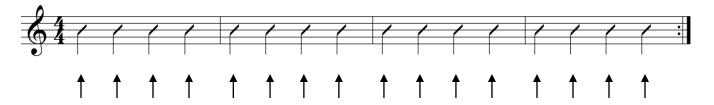
The third line (measures 9-12) of Ode to Joy is the most challenging section of the song. Be sure to take time to utilize the Scaffolding Steps that are most effective with your class as you work through this section. Harmonies in Ode to Joy have been changed from the original to accommodate the chords available with the Chord Buddy.



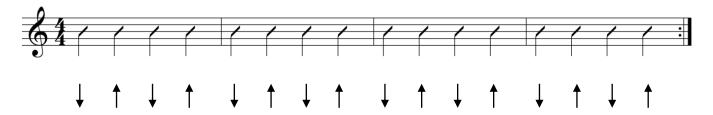
New Technique: Strumming Upstrokes

So far, we've been focused on downstroke strumming as we play chords. A downstroke is when we strum downward through the strings, with our hand moving toward the floor. To play more challenging rhythms, we'll also need to learn to play upstrokes with our hand moving up toward the sky. On this page, we'll build toward combining downstrokes and upstrokes.

Before we try combining downstrokes and upstrokes, let's practice upstrokes by themselves. For upstrokes, strum with your index finger, moving your hand up through the strings toward the sky.



Next, we'll alternate between downstrokes and upstrokes using your thumb for the downstrokes and your index finger for the upstrokes. If you've chosen to use your index finger for downstrokes up until this point, you can use index for both down and upstrokes if you prefer.



Words to Play By:

"I do know one thing about me: I don't measure myself by others' expectations or let others define my worth." - Sonia Sotomayor, Supreme Court Justice

New Rhythm: Eighth Notes

Here, we see eighth notes for the first time. Eighth notes look like quarter notes that are connected by a horizontal line or a "beam" and they sound twice as fast as quarter notes. While quarter notes last for one beat, there are two eighth notes in the space of one beat. You can imagine two eighth notes as a quarter note split in half. Let's practice first clapping the following rhythms that combine quarter notes and eighth notes.

Exercise 1:



Exercise 2:

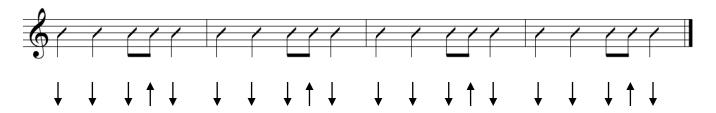


Exercise 3:

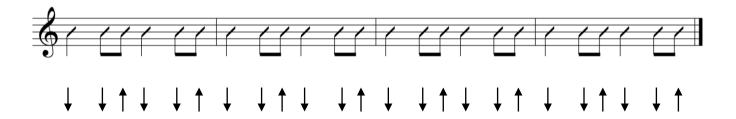


Next, we'll try strumming the rhythm that you just clapped, alternating between downstrokes and upstrokes

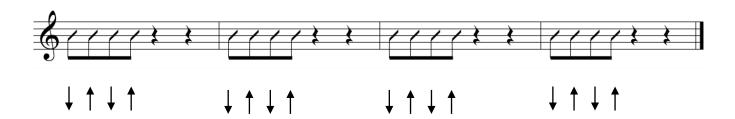
Exercise 1:



Exercise 2:



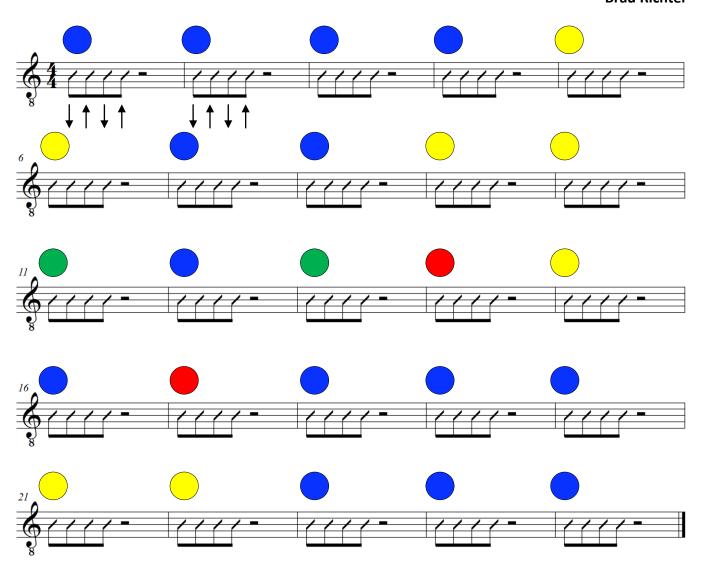
Exercise 3:



Metallophone

Metallophone uses the strumming pattern from Exercise #3 on the previous page. Practice it one more time by itself before combining that rhythm with the chords below.

Brad Richter

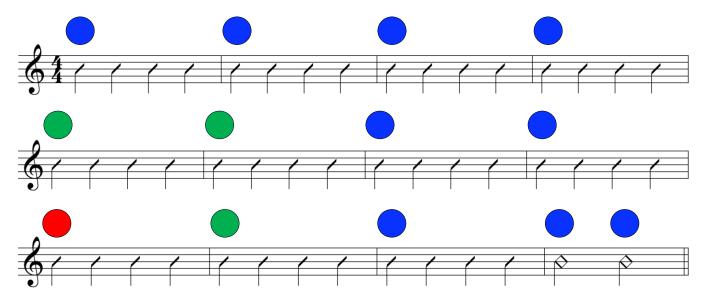


Using this Book with the standard Guitar Ensemble Method Book

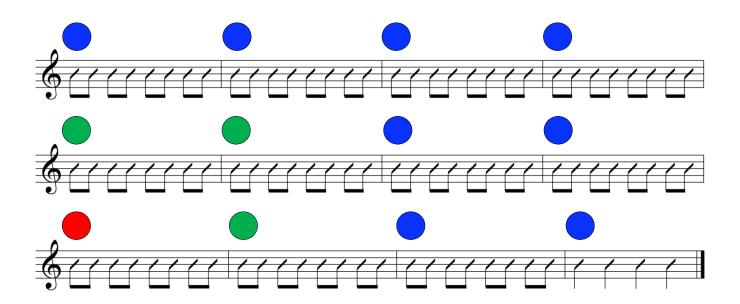
Up to this point, all of the songs in the standard Method Book have appeared in this book as well. This book will now skip over three pieces that appear in the standard Method Book (Freight Train, Eine Kleine Nachtmusik, and Sun Dance Opera). While these songs do work with the Chord Buddy, they do not add new skills or challenges for classes or students using this book and the harmonies are not ideal. You can find versions of Freight Train and Eine Kleine Nachtmusik with Chord Buddy parts in the *Music Appendix* of this book.

12 Bar Blues

The "12-Bar Blues" is a chord and phrase structure used to create countless blues, jazz, rock, pop and hiphop songs over the last 150 years.



In the blues style, eighth notes are often played with a swing feel, rather than with a straight or even feel. When you hear swinging eighth notes, you'll notice that there is more emphasis on the first eighth note than the second in each pair of eighth-notes. Try saying the words "LONG-short, LONG-short, LONG-short, LONG-short" or "DOO-bah, DOO-bah, DOO-bah, DOO-bah" to feel how they swing. The eighth-note arrangement of 12-Bar Blues below should be played with a swing feel using downstrokes on the first eighth note in each pair and upstrokes on the second.



Differentiated Learning

At this point, we have begun to reach the limits of harmonization with the chord buddy. Some pieces from the Standard Method Book will still work with chord buddy harmonizations, which will be of interest to integrated classes using both Standard and Adaptive methods. The following pieces can be found in the Ensemble Appendix:

- Freight Train (pg. 69)
- Eine Kleine Nachtmusik (pg. 70)
- Sun Dance Opera (page 71)
- Minuet in G (pg. 72)
- De Colores (pg. 73)

The next section of the book will begin to introduce *rest strokes* using the index and middle fingers, just like the beginning of the Standard Method Book. Rest stroke is a method of plucking a single string by pulling a finger back through a string and then coming to rest on the next string. Some students who are using the Adaptive Method will benefit from this new challenge while others may be best served with continued work with the Chord Buddy.

Your class likely falls into one of these two scenarios:

- 1. All students in your class are using the Adaptive Method, which may involve:
 - All students starting to work on rest strokes
 - Some students beginning to work on rest strokes while others continue to focus on the Chord Buddy
- 2. Some students are working in the Standard Method while others are working in the Adaptive method, with the following considerations:
 - You may need to set aside focused time, in or out of class, to work with students using the Adaptive Method who are ready to try rest strokes.
 - As students in the Adaptive Method are ready to apply rest strokes to songs in Level 1 you can challenge students using the Standard Method to play ensemble parts in those songs that they didn't try the first time they experienced the song.

The following exercises will include both rest stroke practice and Chord Buddy harmonizations so that you can appropriately differentiate instruction for students in the Adaptive Method while maintaining common focus on exercises that can be performed together by students on both tracks, as well as with students working in the Standard Method. This is accomplished by including three pathways:

- Rest stroke playing using the index and middle fingers of the right hand
- Chord Buddy playing using new strumming patterns
- Integration of the rest stroke exercises and new Chord Buddy strumming patterns with a melody from Level 1 of the Standard Method

After completion of this section, students working in the Adaptive Method who were able to take the rest stroke playing path will be ready to begin work in the Standard Method.

Right Hand Setup

The fingers of the right hand are indicated with the following letters:

p - thumb

i - index finger

m - middle finger

a - ring finger

The letter abbreviations come from the Spanish words for the fingers. The "c" finger (little or pinky finger) is rarely used in fingerstyle guitar.

Setting up your right hand to play

Rest your right forearm (near your elbow) on the edge of the guitar top.

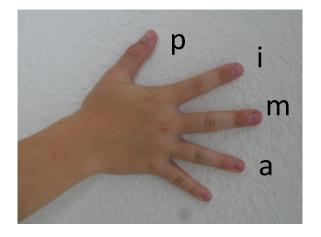
Place your right hand over the strings at the back of the sound hole.

Place the tip of your thumb (p) on the fifth or sixth string.

Keep your wrist comfortably arched underneath without bending it from side to side.

Place the tip of your index (i) finger on the 3^{rd} string, your middle (m) finger on the 2^{nd} string, and your ring (a) finger on the 1st string.

After you are sitting correctly and your elbow, thumb and fingers are in place, you should have a straight line running from your forearm through your wrist to your index finger.







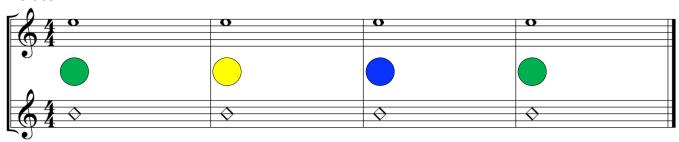
Rest Strokes on the 1st String

E is the 1st string played open.

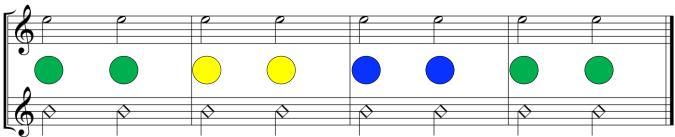


Try playing the following exercises all the way through with either the index (i) or middle (m) finger of the right hand. Then, try them again using the opposite finger. Later, we'll work on alternating fingers within an exercise but for now, focus on using one finger at a time.

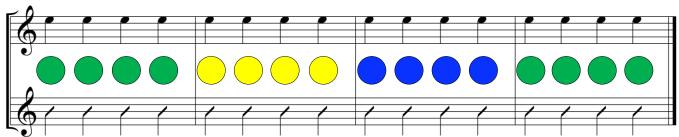
Exercise #1



Exercise #2



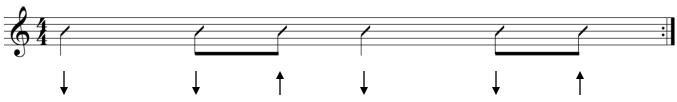
Exercise #3



Remix! Try it with a song you already know.

After learning all three exercises, try any of them with "Chant" from Level 1. Students working on rest strokes will choose Exercise 1, 2, or 3 to play while the teacher or other students play the melody for "Chant".

Students practicing with the Chord Buddy can also play along using this pattern:



Chord Buddy students will not press a chord button but will instead mute all six strings with the left hand by laying their left-hand fingers across all six strings over the neck. This creates a percussive sound rather than an actual chord.

Words to Play By:

"The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace." – Carlos Santana, Musician

Rest Strokes on the 2nd String

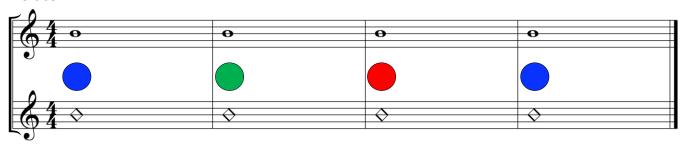
New Note:

B is the 2nd string played open.

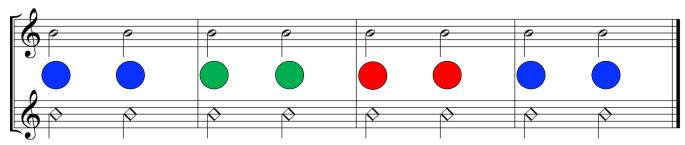


Just as you did for the exercises on the 1st string, play the following exercises all the way through with either the index (i) or middle (m) finger of the right hand. Then, try them again using the opposite finger.

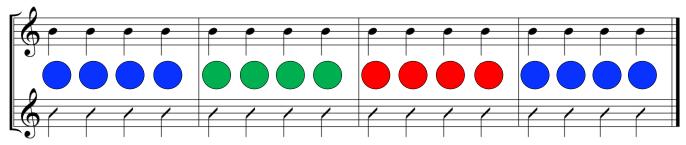
Exercise #1



Exercise #2



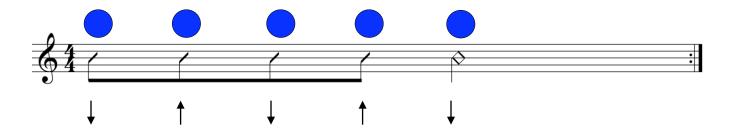
Exercise #3



Remix! Try it with a song you already know.

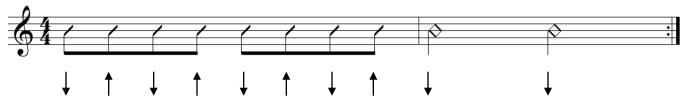
After learning all three exercises, try any of them with "Duerme mi Tesoro" from Level 1. Students working on rest strokes will choose Exercise 1, 2, or 3 to play while the teacher or other students play the melody for "Duerme mi Tesoro".

Students practicing with the Chord Buddy can also play along using this pattern:



Or try any of the rest stroke exercises on the 2nd string with "Fire Dance" from Level 1. Students working on rest strokes will choose Exercise 1, 2, or 3 to play while the teacher or other students play the melody for "Fire Dance".

Students practicing with the Chord Buddy can also play along using this pattern:

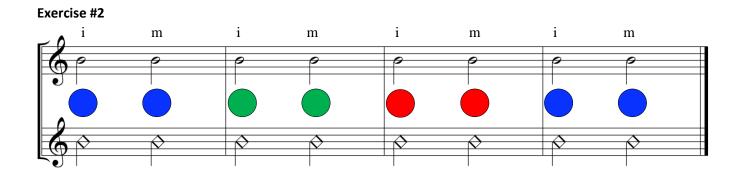


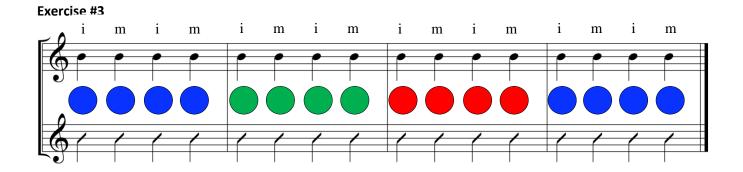
Chord Buddy students will not press a chord button but will instead mute all six strings with the left hand creating a percussive sound rather than a chord accompaniment.

Alternating Fingers: Rest Strokes on the 2nd String

Play the following exercises by alternating between your right-hand index (i) and middle (m) fingers

Exercise #1 i m i m

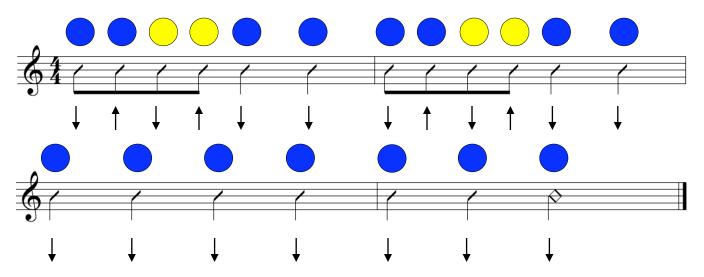




Remix! Try it with a song you already know.

After learning all three exercises, try any of them with "Ring Around the Rosy" from Level 1. Students working on rest strokes will choose Exercise 1, 2, or 3 to play while the teacher or other students play the melody for "Ring Around the Rosy".

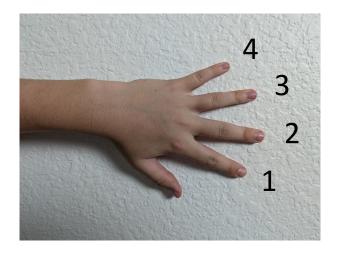
Students practicing with the Chord Buddy can also play along using this pattern:



Words to Play By:

"One important key to success is self-confidence. An important key to self-confidence is preparation."
- Arthur Ashe, Tennis Player

Left Hand Setup



Remember, the fingers of the left hand are indicated with the following numbers:

- 4 little finger
- 3 ring finger
- 2 middle finger
- 1 index finger



Setting up your left hand to play

Place your thumb on the back of the guitar neck pointed upwards.

Keep your wrist straight and behind the neck with your arm and shoulder relaxed.

Line up your left-hand knuckles with the bottom of the neck, leaving a small gap between your hand and the neck.



Keep your fingers curved naturally.

Use the tips of your fingers to press down the strings.

Place your fingers just behind the fret for the best tone.

New Note: D

New Note:

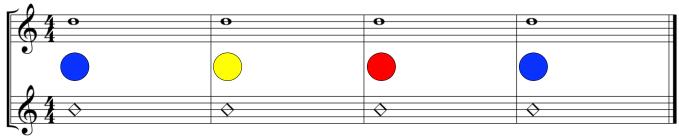
D is played by the 3rd finger of the left hand in the 3rd fret of the 2nd string.



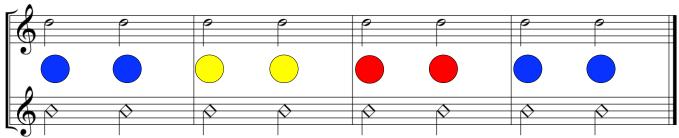
Students working on rest strokes should do two things before trying the exercises below:

- 1. If you haven't already, be sure to remove the Chord Buddy from your guitar
- 2. Practice holding down the D note with your 3rd finger for 4 counts. Relax and try it again.

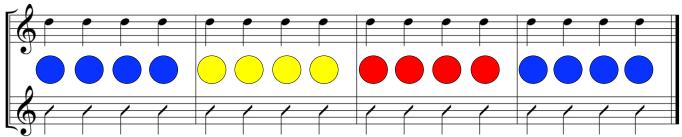
Exercise #1



Exercise #2



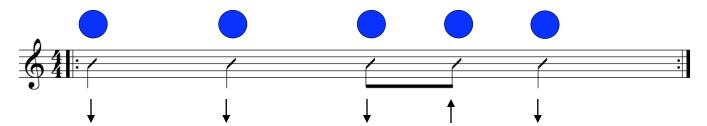
Exercise #3



Remix! Try it with a song you already know.

After learning all three exercises, try any of them with "One Two Buckle My Shoe" from Level 1. Students working on rest strokes will choose Exercise 1, 2, or 3 to play while the teacher or other students play the melody for "One Two Buckle My Shoe".

Students practicing with the Chord Buddy can also play along using this pattern:



Words to Play By:

"Be who you are and say how you feel, because those who mind don't matter, and those who matter don't mind."

- Dr. Seuss

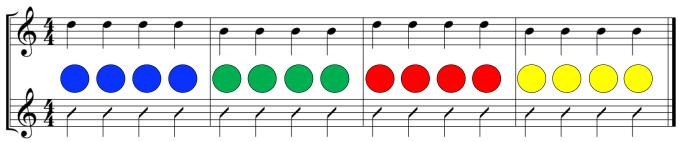
Playing D and B



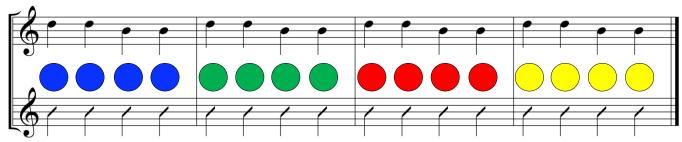
B is the 2nd string played open.

D is played by the 3rd finger of the left hand in the 3rd fret of the 2nd string.

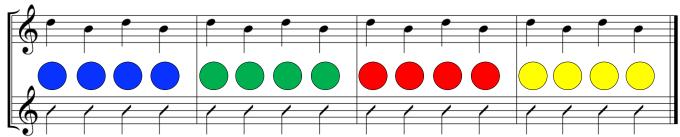
Exercise #1



Exercise #2

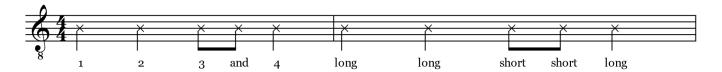


Exercise #3



One Two Buckle My Shoe

Before you play "One Two Buckle My Shoe," clap and count the rhythm...



...and practice alternating right hand fingers while playing the rhythm on the open B string.



Next, practice (with your guitar silent) reading and saying (or singing) note names in rhythm as you press and release the D note with your 3rd finger. Then, put it all together to play "One Two Buckle My Shoe":



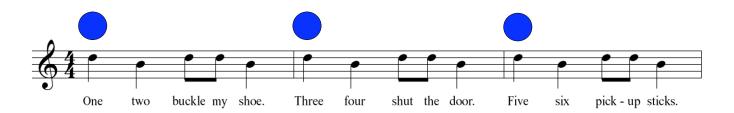


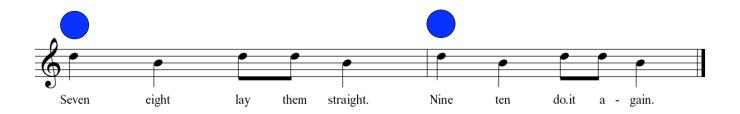
Music Appendix: Song Melodies for Teachers and Supplemental Music

One Two Buckle My Shoe	59
Star Light, Star Bright	59
Duerme mi Tesoro	59
Fire Dance	61
Ring Around the Rosy	62
Rube Goldberg Machine	63
Twinkle, Twinkle Little Star	64
Un Elefante se Balanceaba	64
Chant	65
Ode to Joy	66
Metallophone	67
12 Bar Blues	69
Freight Train	70
Eine Kleine Nachtmusik	71
Sun Dance Opera	72
Minuet in G	73
De Colores	74

One Two Buckle My Shoe

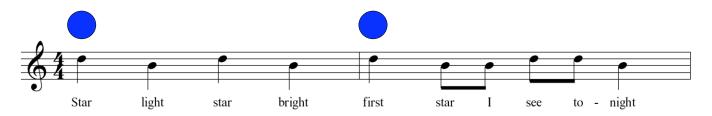
Traditional

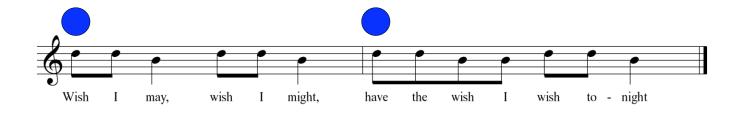




Star Light, Star Bright

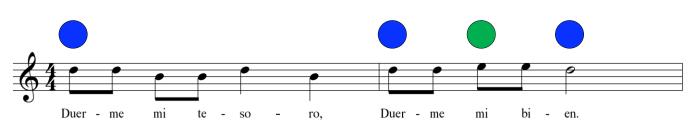
Traditional

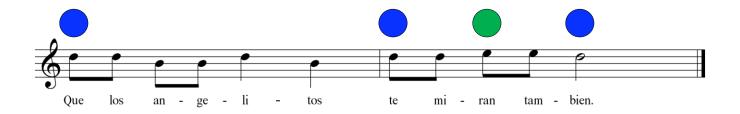




Duerme mi Tesoro

Traditional





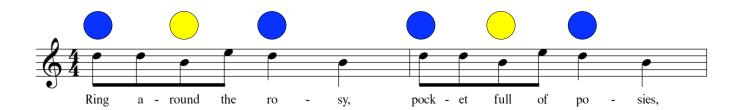
Fire Dance

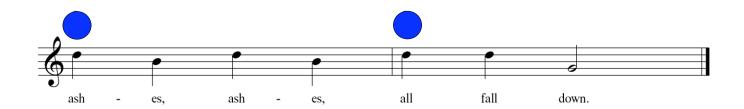
Brad Richter



Ring Around the Rosy

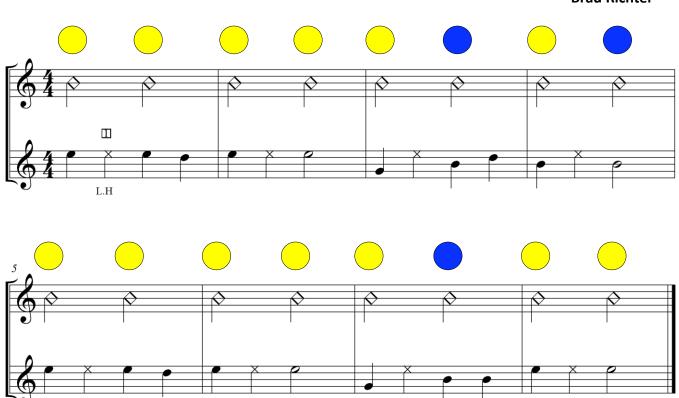
Traditional





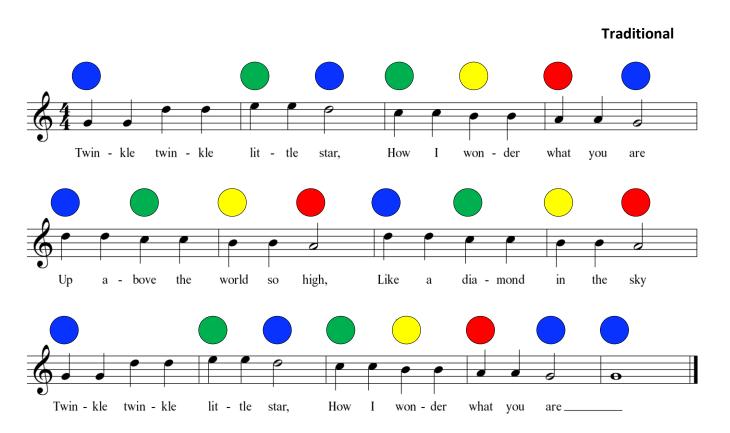
Rube Goldberg Machine

Brad Richter

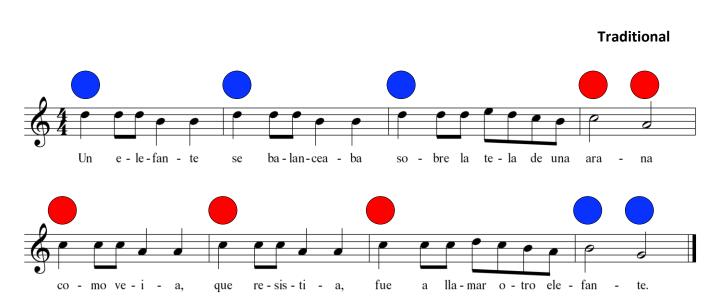


☐ Open Left Hand striking the side of the guitar under the neck

Twinkle, Twinkle Little Star

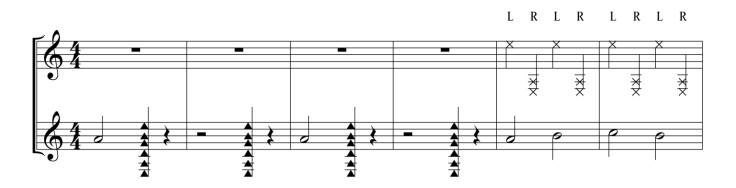


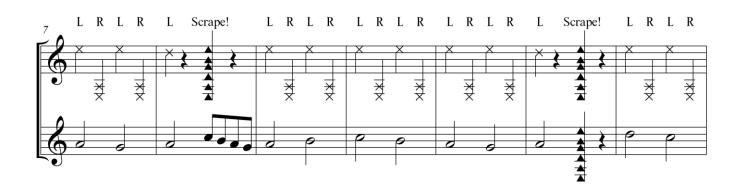
Un Elefante se Balanceaba

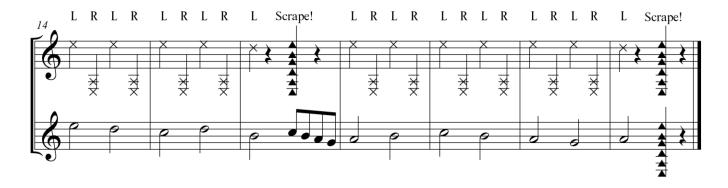


Chant

Brad Richter

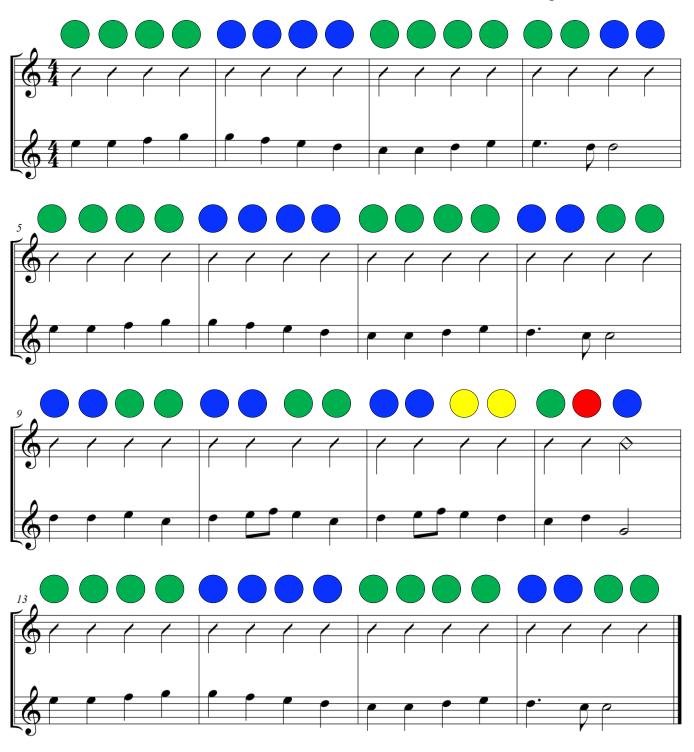






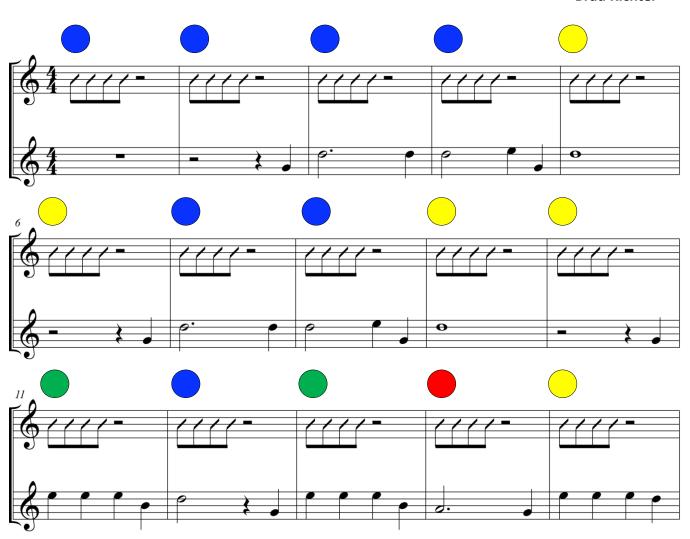
Ode to Joy

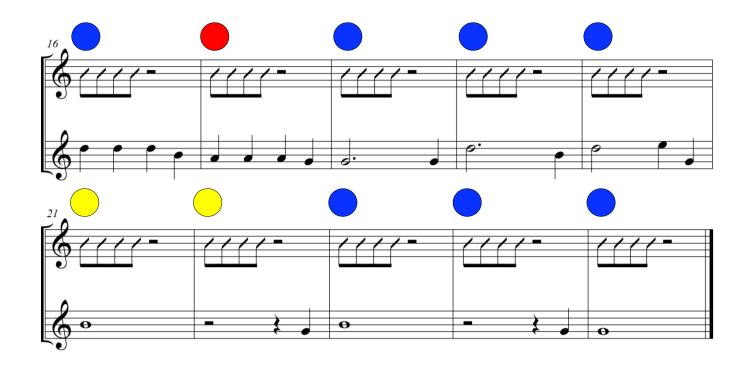
Ludwig van Beethoven



Metallophone

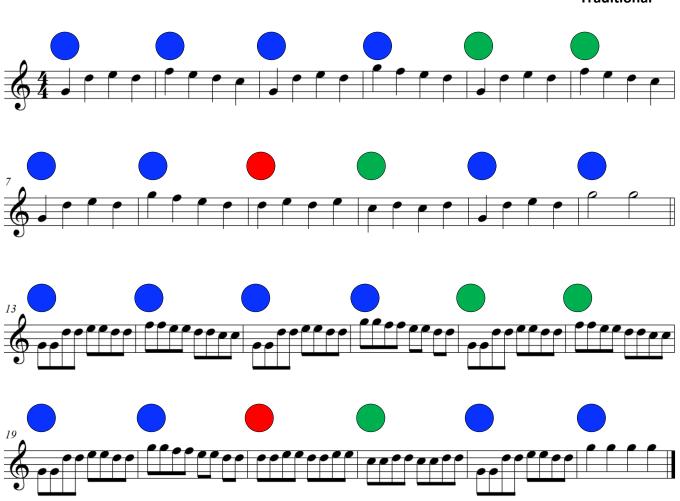
Brad Richter





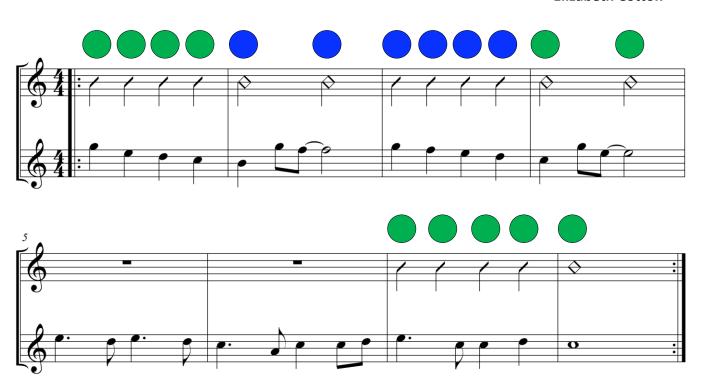
12 Bar Blues

Traditional



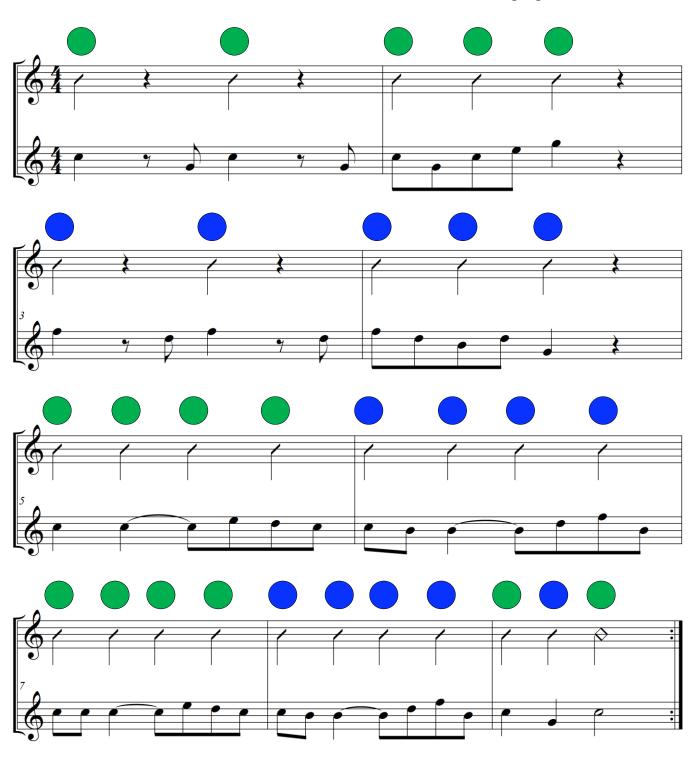
Freight Train

Elizabeth Cotton



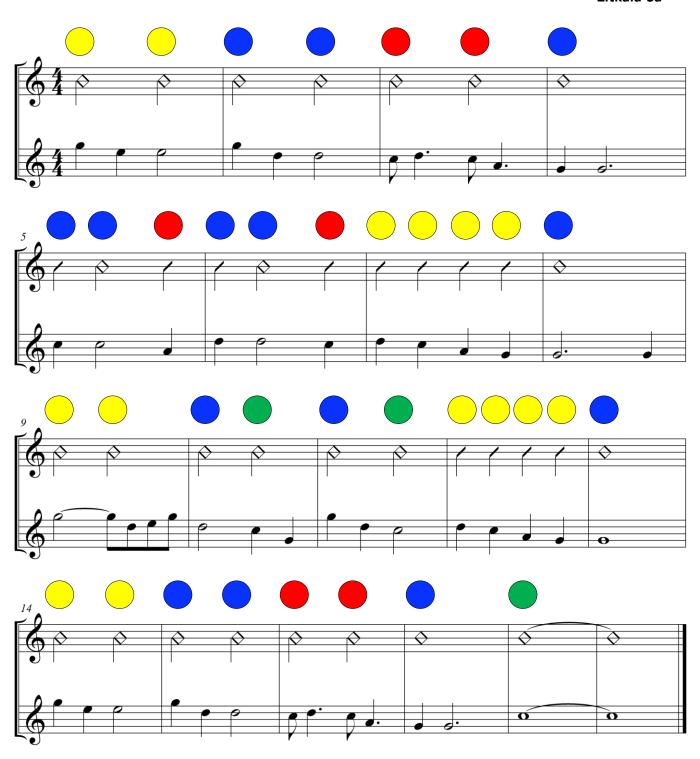
Eine Kleine Nachtmusik

Wolfgang Amadeus Mozart



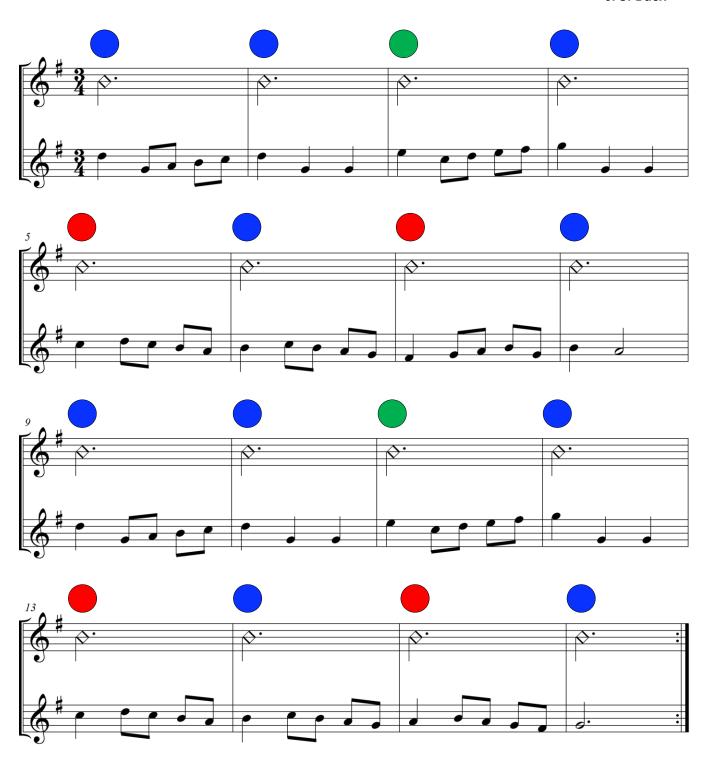
Sun Dance Opera

Zitkala-Sa



Minuet in G

J. S. Bach



De Colores

Mexican Traditional

