

MUSICIANSHIP LEVEL 1

10 WEEK GAME PLAN

WEEK 1	
Notes	<p>Week 1 includes some preliminary material (both reading and watching videos) and some Aural/Oral lessons.</p> <p>A good general framework for music learning - and learning and teaching, in general - is Whole-Part-Whole. See more info on Whole-Part-Whole here: http://theimprovingmusician.com/music-learning-theory/</p> <p>We begin by learning about the first "Whole", which is Tonality and Meter at large. Then we will go into "Parts", which are patterns, and then eventually return the parts back into the (second) "Whole."</p>
Tonal	<p>PRELIMINARY MATERIAL</p> <p>Watch "What is a Tonality?" https://youtu.be/JD2FVQ2zkks Read pp. 1- 9 of "How To Learn The Language of Music."</p> <p>MAJOR TONALITY</p> <p>Watch/Do Lesson 1 https://youtu.be/x9UPjH_GMEI ◦ Listen to patterns, sing first pitch.</p> <p>Watch/Do Lesson 2 https://youtu.be/Zv5PPWVZuzY ◦ Listen to patterns, sing resting tone.</p> <p>Watch/Do Lesson 3 https://youtu.be/h5Gob5_EHqw ◦ Listen to patterns, echo whole pattern.</p>
Rhythm	<p>Watch/Do Lesson 1: Introduction to Rhythm Concepts https://youtu.be/2esWfxVYoam</p>

WEEK 2

Notes

Tonally, Week 2 is very similar to Week 1, except this time, we are in Minor Tonality. The reason we are not using syllables yet is that the SOUND itself is fundamental. Then, very shortly, we will give it an aural label.

Rhythmically, we are still in Aural/Oral. That is to say, we are not using syllables. We are in Duple meter.

Please note that I often use the terms "Big Beats" and "Macrobeats" interchangeably. They mean the same thing.

ML1CD:

I have created a CD that has the lessons separated from the patterns, which you may find useful (especially down the road). So, if you choose to use only the YouTube videos, you'll have to skip the lesson portion when you practice the patterns in isolation.

Here is the link to the CD:

<https://theimprovingmusician.bandcamp.com/.../musicianship-le...>

Tonal

READ

Read pp. 18-21 of "How To Learn The Language of Music."

REVIEW

Lessons 1-3

Do the exercises only (Tracks 2, 4, 6) on the [Musicianship Level 1 CD \(ML1CD\)](#)

MINOR TONALITY

Watch/Do Lesson 4 <https://youtu.be/l9kEapbHksU>

- Listen to patterns, sing **first pitch**.

Watch/Do Lesson 5 <https://youtu.be/VjPULiDZ8C0>

- Listen to patterns, sing **resting tone**.

Watch/Do Lesson 6 <https://youtu.be/z2ULVdFc2Gk>

- Listen to patterns, echo **whole pattern**.

Rhythm

DUPLE METER

Watch/Do Lesson 2: Introduction to Duple Meter

<https://youtu.be/hfkhxOzja88>

WEEK 3

Notes	<p>Spend some reviewing the patterns in Major and Minor. Sing 1st pitch, Resting Tone, and then echo the familiar patterns in the familiar order.</p> <p>With Tonal Lesson 7, we are into "Naming" (aka Verbal Association). This week, you will learn what I/V chord patterns are, and will echo patterns. (Next week will be more challenging because we will be moving beyond pure imitation.)</p> <p>Rhythm:</p> <p>Relatively simple. Like last week, we are introducing ourselves to meter. This time, it's Triple meter.</p> <p>Try not to get bogged down in your old understanding of meter being equivalent to a time signature. In MLT, we teach towards audiation first. Our brain needs to make the distinction between groupings of 2 and 3. Time signatures come later.</p>
Tonal	<p>REVIEW Lessons 1-6 Do the exercises only (Tracks 2, 4, 6, 8, 10, 12) on the <i>MLTCD</i></p> <p>READ Read pp. 22-23 of "How To Learn The Language of Music."</p> <p>MAJOR TONALITY Watch "Learning The Tonalities" https://youtu.be/Zot0zGOu1ss ○ Follow procedures on Major Tonality Etune https://youtu.be/alllmdxmFKI Watch/Do Lesson 7 https://youtu.be/PiE5eT1qIO8 ○ Label resting tone. Label I/V patterns. ○ Listen to patterns, echo whole pattern with solfege.</p>
Rhythm	<p>REVIEW Lessons 1 and 2</p> <p>TRIPLE METER Watch/Do Lesson 3: Introduction to Triple Meter https://youtu.be/Fmx_vjPeKUc</p>

WEEK 4

Notes	<p>We are starting to get into the nitty gritty. Once we add verbal association, there are some COGNITIVE tasks at hand. That is to say, there is certain vocabulary you have to simply memorize. (Like, for instance, what are the syllables in a Tonic/1-Chord in Major Tonality? What is the resting tone in Minor?) But thankfully, it's not that much, really.</p> <p>Tonally, we are now beyond merely echoing. You need to identify the root of a chord after listening to the syllables. Repetition is key here. As well as a good audiation breath. Remember: it's in the breath that audiation happens.</p> <p>And I really think you'll like the video series on Singing Bass Lines. Rhythm:</p> <p>We are done with Aural/Oral and are into labeling now (Verbal Association). The video on beat function will explain the Big Picture.</p>
Tonal	<p>REVIEW Lesson 7 Do the exercises only (Track 14) Major Tonality Etune</p> <p>READ Read pp. 24 of "How To Learn The Language of Music."</p> <p>MAJOR TONALITY Watch/Do Lesson 8 https://youtu.be/fzb_dJq2RNk ○ Listen to patterns, identify chord root. Watch/Do Intro Lesson on Singing Bass Lines: https://youtu.be/QrWklb59g24</p>
Rhythm	<p>REVIEW ML1CD Tracks 29, 31</p> <p>DUPLE METER Watch/Do Lesson 4: Duple Meter, Macro/Micro https://youtu.be/DMB5kOcuy88 ○ Listen to patterns, echo whole pattern with solfege. Watch lesson on Beat Function Solfege system: https://youtu.be/3RYOte_xRKg</p>

WEEK 5

Notes	<p>Tonally, we are starting the Verbal Association cycle all over, but this time in Minor Tonality. This week, we will just echo the pattern. Next week we will identify the chord root.</p> <p>Be sure to review Major Tonality as the syllabus suggests. The more comparisons and similarities you can make between tonalities, the better. Repetition will afford you the opportunity to cogitate the differences, therefore bringing precision to your audiation.</p> <p>Doing the Bass line and Etune videos will give you a chance to put the tonality in context.</p> <p>Rhythmically, we are in Verbal Association in Triple meter.</p> <p>Just like above, be sure to review Duple meter so you have something to compare to. Comparison yields precision.</p>
Tonal	<p>REVIEW Lesson 7 & 8 Do the exercises only (Tracks 14 & 16) on <i>ML1CD</i>. Review Major Tonality Etune</p> <p>READ Read pp. 25-27 of "How To Learn The Language of Music."</p> <p>MINOR TONALITY Watch/Do Lesson 9 https://youtu.be/KXwtF9qrW0I ○ Label resting tone. Label i/V patterns. ○ Listen to patterns, echo whole pattern with solfege. Watch/Do "Joshua" Bass Line Lesson: https://youtu.be/4CZhpIhlsXY Watch/Do Minor Tonality Etune https://youtu.be/ZzKG27JSp9E</p>
Rhythm	<p>REVIEW <i>ML1CD</i> Tracks 29, 31</p> <p>TRIPLE METER Watch/Do Lesson 5: Triple Meter, Macro/Micro https://youtu.be/6t6DlqNNn5c ○ Listen to patterns, echo whole pattern with solfege.</p>

WEEK 6

Notes	<p>Tonal: This takes a bit more practice, since you are not just echoing. You are actually required to remember which syllables are "i chords" and which syllables are "V chords." It comes with practice.</p> <p>Rhythm: This will give you the opportunity to use the syllables in a pseudo-real life situation. The question becomes, have you practiced echoing enough to be able to "dial in" a pattern at random?</p> <p>Connecting it to language: it's like learning a bunch of new words, and then trying to use them in a sentence. If you can't, you know you need more practice pronouncing the word, or hearing it in context.</p>
Tonal	<p>REVIEW Lessons 7, 8 & 9 Do the exercises only (Tracks 14, 16, 18) on <i>ML1CD</i>. Review Minor Tonality Etune</p> <p>MINOR TONALITY Watch/Do Lesson 10 https://youtu.be/Etmk3yzDGZc ◦ Listen to patterns, identify chord root. Watch/Do "Wade In The Water" Bass Line Lesson: https://youtu.be/QLssUfrjJuc</p>
Rhythm	<p>REVIEW Duple and Triple solfege system. <i>ML1CD</i> Tracks 29, 3 1</p> <p>IMPROVISATION - DUPLER/TRIPLE Watch/Do Lesson 6: Improvisation https://youtu.be/STRhnmaAJ0o</p>

WEEK 7

Notes	<p>Tonal: We are on to melody now! As you work on these melodic patterns, can you hear some implied I and V chords? Can you imagine what chord would be used to harmonize each note of the melodic pattern?</p> <p>Rhythm: Now, we are finally beyond macrobeats and microbeats, and on to the next layer: Divisions!</p> <p>The one mistake I see in my students is the mispronunciation (over, I should say, OVER pronunciation) of the syllable TA. It really is more of a "tuh" sound. Or even a "Shwaa" sound.</p> <p>I also might suggest going back to the lesson 6 video, and add Divisions as a different pattern you can chant.</p>
Tonal	<p>REVIEW Lessons 7, 8, 9 & 10 Do the exercises only (Tracks 14, 16, 18, 20) on <i>ML1CD</i>.</p> <p>READ Read pp. 28-29 of "How To Learn The Language of Music."</p> <p>MAJOR TONALITY Watch/Do Lesson 11 https://youtu.be/cQwB7-KcDTI<ul style="list-style-type: none">○ Listen to melodic patterns, echo whole pattern.○ Memorize patternsWatch/Do "Down By The Station" Bass Line Lesson: https://youtu.be/aLq5NXej89w Watch the Assessment video: https://youtu.be/g3_RZkuBiFk<ul style="list-style-type: none">○ Practice the Harmonic assessment portions in Major/Minor. Take note of where you need more practice.</p>
Rhythm	<p>REVIEW Lesson 6 on Improvisation. <i>ML1CD</i> Track 46.</p> <p>DUPLE Watch/Do Lesson 7: Divisions in Duple Meter https://youtu.be/rmL_BsZqBto<ul style="list-style-type: none">○ Listen to patterns, echo whole pattern on a neutral syllable and with solfege.</p>

WEEK 8

Notes	<p>Tonal: Melodic patterns in minor tonality! Like I said last week, can you hear the implied i/V chords in your mind as you are singing or listening to the melodic patterns?</p> <p>In addition, you should be working on the Harmonic portion of the assessment. This assessment video will give you a good idea of what you have mastered, and what you need to go back and review.</p> <p>For my students, the Major I/V syllables come easier than the minor.</p>
Tonal	<p>REVIEW Lessons 7, 8, 9 & 10 Do the exercises only (Tracks 14, 16, 18, 20) on <i>ML1CD</i>.</p> <p>MINOR TONALITY Watch/Do Lesson 12 https://youtu.be/Jtqeql8hovg</p> <ul style="list-style-type: none">○ Listen to melodic patterns, echo whole pattern.○ Memorize patterns <p>Re-watch the Assessment video: https://youtu.be/g3_RZkuBiFk</p> <ul style="list-style-type: none">○ Take note of where you need more practice. Practice.
Rhythm	<p>REVIEW Lesson 6 on Improvisation. <i>ML1CD</i> Track 46. Lesson 7. Do the exercises only (Tracks 37 & 39) on <i>ML1CD</i>.</p> <p>TRIPLE Watch/Do Lesson 8: Divisions in Triple Meter https://youtu.be/rmL_BsZqBto</p> <ul style="list-style-type: none">○ Listen to patterns, echo whole pattern on a neutral syllable and with solfege.

WEEK 9

Notes	<p>I can't stress how important it will be to go back and review everything!</p> <p>These last two weeks are all about seeing what it is you know, and then reviewing.</p> <p>Improvisation is a peek inside your audiation. Almost anyone can echo back, but it really takes audiation to sing back something DIFFERENT.</p> <p>Have fun with it! I ask myself a I chord pattern question (Do Mi So?), and then answer with a V chord (So Re Fa). Then switch it up.</p> <p>I have had complaints from my students that the Assessment video moves too fast. My response is always, "Well, it may indeed be brisk, but it is challenging you to be READY with an answer."</p> <p>And there's no shame in doing the Assessment many times.</p>
Tonal	<p>REVIEW Lessons 7, 8, 9 & 10, 11 as necessary Do the exercises only (Tracks 14, 16, 18, 20, 22, 23) on <i>ML1CD</i>.</p> <p>MINOR TONALITY Watch/Do Lesson 12 https://youtu.be/Jtqeql8hovg ○ Listen to melodic patterns, echo whole pattern. ○</p> <p>IMPROVISE Watch/Do "Harmonic Loop" videos ■ Major I/V https://youtu.be/txK-p4ldyNo ○ Sing bass lines. Improvise rhythm patterns as you follow the chords. ■ Minor i/V https://youtu.be/RFOXmHPcZt4 ○ Sing bass lines. Improvise rhythm patterns as you follow the chords. Re-watch the Assessment video: https://youtu.be/g3_RZkuBiFk ○ Take note of where you need more practice. Practice.</p>
Rhythm	<p>REVIEW Lesson 6 on Improvisation. <i>ML1CD</i> Track 46. ○ Do this lesson again. Add division patterns. Lesson 7 & 8. Do the exercises only (Tracks 37, 39, 40, 42) on <i>ML1CD</i>.</p> <p>ASSESSMENT Watch/Do Assessment video (Rhythm Portion) https://youtu.be/g3_RZkuBiFk?t=6m17s ○ Take note of where you need more practice. Practice.</p>

WEEK 10

Notes	<p>The acquisition of skills in audiation is a never-ending pursuit!</p> <p>Once the foundations of melody, rhythm, and harmony are in place, it opens the door to much more complex musical thought.</p> <p>I would recommend continuing to revisit these materials, and to continue to assess yourselves using the resources I have provided. Solfege is a good investment in time for you and your students.</p>
Tonal	<p>REVIEW Lessons 7, 8, 9 & 10, 11, 12 as necessary Do the exercises only (Tracks 14, 16, 18, 20, 22, 23, 25, 26) on <i>ML1CD</i>.</p> <p>READ Read pp. 31-32 of "How To Learn The Language of Music."</p> <p>IMPROVISE Watch/Do "Harmonic Loop" videos</p> <ul style="list-style-type: none">■ Major I/V https://youtu.be/txK-p4ldyNo<ul style="list-style-type: none">○ Improvise I/V patterns as you follow the chords.■ Minor i/V https://youtu.be/RFOXmHPcZt4<ul style="list-style-type: none">○ Improvise i/V patterns as you follow the chords.○ <p>ASSESSMENT Watch/Do Assessment video: https://youtu.be/g3_RZkuBiFk<ul style="list-style-type: none">○ Take note of where you need more practice. Practice.</p>
Rhythm	<p>REVIEW Lesson 6 on Improvisation. <i>ML1CD</i> Track 46.<ul style="list-style-type: none">○ Do this lesson again. Add division patterns.Lesson 7 & 8. Do the exercises only (Tracks 37, 39, 40, 42) on <i>ML1CD</i>.</p> <p>ASSESSMENT Watch/Do Assessment video (Rhythm Portion) https://youtu.be/g3_RZkuBiFk<ul style="list-style-type: none">○ Take note of where you need more practice. Practice.</p>