

# CONTENTS

<b>How to Use This Book and DVD</b> .....	3	<b>Melodic 2nds</b> .....	26
<b>Sitting at Your Instrument</b> .....	4	<i>Who's on Second?</i>	
Sitting at the Piano		<b>Melodic 3rds</b> .....	27
Sitting at the Electronic Keyboard		<i>Third Dimension</i>	
<b>Hand and Finger Position</b> .....	5	<b>Harmonic 2nds and 3rds</b> .....	28
Fingering		<i>Sweet and Sour</i>	
<b>The Keyboard and Pitch</b> .....	6	<b>Melodic 4ths</b> .....	29
<b>Finger Warm-ups on the Black Keys</b> .....	7	<i>Go Fourth and Make Music!</i>	
<b>The Musical Alphabet and the</b>		<b>Melodic 5ths</b> .....	30
Names of the White Keys .....	8	<i>Fifth Avenue</i>	
<b>Finger Warm-ups on the White Keys</b> .....	9	<b>Harmonic 4ths and 5ths</b> .....	31
<b>Rhythm</b> .....	10	<i>Jingle Bells</i>	
<i>Merrily We Roll Along</i>		<b>Middle C Position</b> .....	32
<i>Go Tell Aunt Rhody</i>		<i>Middle C Rock</i>	
<i>Aura Lee</i>		<b>The Flat Sign</b> .....	34
<b>Time Signatures</b> .....	12	<i>B Flat, B Blue</i>	
<i>Right in Time</i>		<i>Walk in the Park</i>	
<i>Four Beats Left to Go</i>		<i>Rockin' All Night Long</i>	
<i>Time for Both</i>		<b>G Position</b> .....	36
<i>Au Claire de la Lune</i>		<b>Harmonic 3rds, 4ths and 5ths</b> .....	37
<b>The Treble Staff</b> .....	14	<i>G Rock</i>	
<i>Old Woman on the Right</i>		<b>Tied Notes</b> .....	38
<i>Mary Had a Little Lamb</i>		<i>Tie Exercise</i>	
<b>The Bass Staff</b> .....	16	<b>Dotted Half Notes</b> .....	39
<i>Old Woman on the Left</i>		<i>Auld Lang Syne</i>	
<i>Frère Jacques</i>		<b><math>\frac{3}{4}</math> Time Signature</b> .....	40
<b>The Grand Staff</b> .....	18	<i>Anna's Waltz</i>	
<b>The Whole Rest</b> .....	19	<b>The Natural Sign</b> .....	41
<i>Ode to Joy</i>		<i>Tied and True Blues</i>	
<i>Frère Jacques—Right and Left</i>		<b>The C Major Chord</b> .....	42
<i>Ode to Joy (with Two Hands)</i>		<i>Largo (Theme from the</i>	
<i>Merrily We Roll Along</i>		<i>New World Symphony)</i>	
<b>The Half Rest</b> .....	21	<b>The Pickup</b> .....	43
<i>Lightly Row</i>		<i>When the Saints Go Marching In</i>	
<b>The Quarter Rest</b> .....	22	<b>The G<sup>7</sup> Chord</b> .....	44
<i>Quarter March</i>		<i>Mary Ann</i>	
<i>A Restful Day</i>		<b>The F Major Chord</b> .....	46
<i>A Stitch in Time</i>		<i>For He's a Jolly Good Fellow</i>	
<i>Anna's March</i>		<b>Certificate of Promotion</b> .....	48
<b>Dynamic Markings</b> .....	24		
<i>Loud and Soft</i>			
<i>Three Ways to Play</i>			

## About the DVD

The DVD contains valuable demonstrations of all the instructional material in the book. You will get the best results by following along with your book as you watch these video segments. Musical examples that are not performed with video are included as audio tracks on the DVD for listening and playing along.

## SITTING AT YOUR INSTRUMENT

### Sitting at the Piano

- The bench must face the keyboard squarely.
- Sit on the edge of the bench exactly in front of the middle of the keyboard.
- Lean slightly forward.
- Relax and let your arms hang loosely from the shoulders.
- Adjust the distance of the bench from the keyboard so that when your hands are on the keyboard, your arms are parallel to the floor.
- Your knees should be slightly under the keyboard.
- Your feet should be flat on the floor. One foot may be slightly forward.



### Sitting at the Electronic Keyboard

This is exactly the same as sitting at the piano, but be careful with the height of the stand or table on which the keyboard is sitting. Adjust the keyboard stand or the table/chair combination you are using so that your arms are perpendicular to and level with the keyboard.

