

STEADY PULSE

1. Musical notation for exercise 1, 'STEADY PULSE'. It consists of two staves of music in 4/4 time. The first staff contains measures 1 through 4, and the second staff contains measures 5 through 8. The melody is a steady eighth-note pulse: quarter, eighth, eighth, quarter, quarter, eighth, eighth, quarter.

CLIMBING UP

2. Musical notation for exercise 2, 'CLIMBING UP'. It consists of one staff of music in 4/4 time, containing measures 1 through 8. The melody starts on a middle C and ascends stepwise through the scale: quarter, eighth, eighth, quarter, quarter, eighth, eighth, quarter.

DOWN IN THE JUNGLE

3. Musical notation for exercise 3, 'DOWN IN THE JUNGLE'. It consists of one staff of music in 4/4 time, containing measures 1 through 4. The melody descends stepwise from a middle C: quarter, eighth, eighth, quarter, quarter, eighth, eighth, quarter.

EIGHT EIGHTHS IN A MEASURE

4. Musical notation for exercise 4, 'EIGHT EIGHTHS IN A MEASURE'. It consists of one staff of music in 4/4 time, containing measures 1 through 4. Each measure contains eight eighth notes.

A LITTLE HIGHER

5. Musical notation for exercise 5, 'A LITTLE HIGHER'. It consists of one staff of music in 4/4 time, containing measures 1 through 4. The melody starts on a middle C and ascends stepwise: quarter, eighth, eighth, quarter, quarter, eighth, eighth, quarter.

A LITTLE LOWER

6. Musical notation for exercise 6, 'A LITTLE LOWER'. It consists of one staff of music in 4/4 time, containing measures 1 through 4. The melody starts on a middle C and descends stepwise: quarter, eighth, eighth, quarter, quarter, eighth, eighth, quarter.

FIRST EIGHTH NOTE DUET

7. Musical notation for exercise 7, 'FIRST EIGHTH NOTE DUET'. It consists of two staves, labeled 'part 1' and 'part 2', in 4/4 time, containing measures 1 through 4. Part 1 starts on a middle C and part 2 starts on a G below middle C. Both parts play the same eighth-note pulse: quarter, eighth, eighth, quarter, quarter, eighth, eighth, quarter.