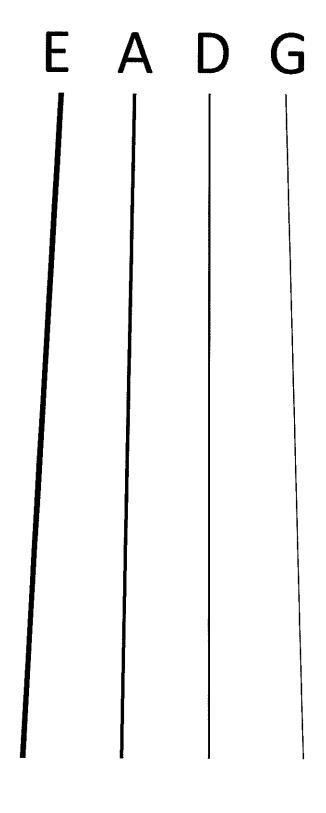
Eden Hall Upper Elementary School



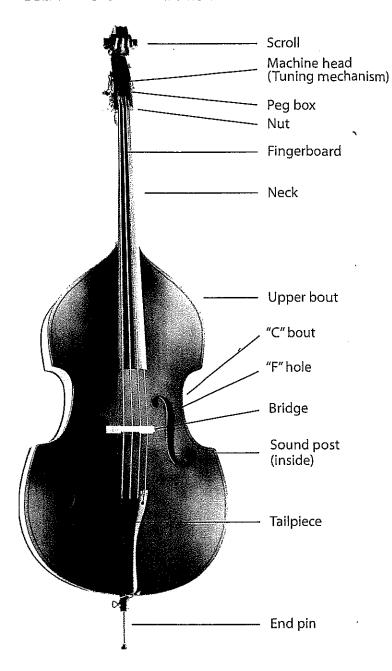
Beginning Bass Packet



Bass Open Strings



THE DOUBLE BASS



Take Special Care

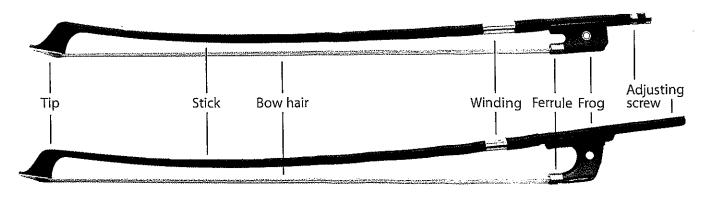
String instruments are delicate. Follow your teacher's guidelines in caring for your instrument, and it will last forever.

- Follow your teacher's instructions when removing the instrument from the case.
- Protect your instrument from heat, cold, and quick changes in temperature.
- Always wipe off the instrument with a soft dry cloth. Be sure to remove all fingerprints and rosin.

Accessories

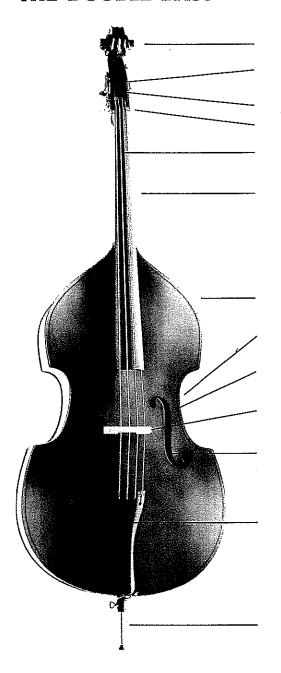
- Rosin
- Soft cloth
- · Stool (optional)

THE BOW



Never touch the bow hair.

THE DOUBLE BASS



Take Special Care

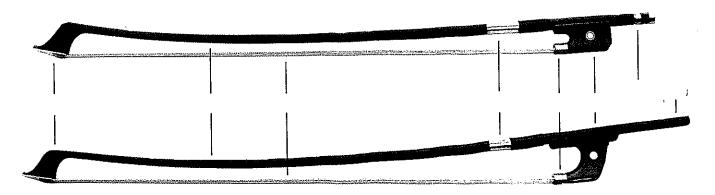
String instruments are delicate. Follow your teacher's guidelines in caring for your instrument, and it will last forever.

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Accessories

- Rosin
- Soft cloth
- · Stool (optional)

THE BOW



Never touch the bow hair.

Next	lesson:	

Eden Hall Orchestra Practice Log

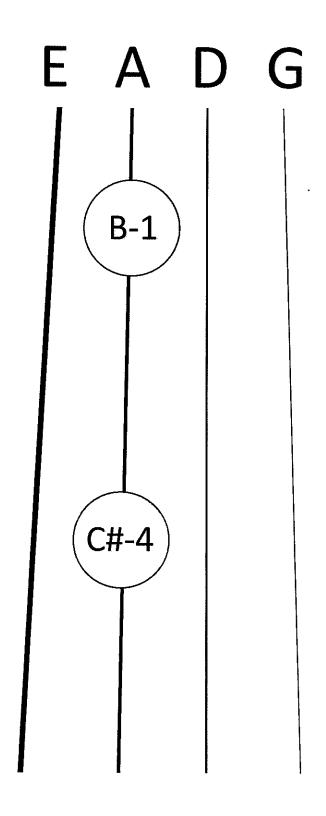
Ma	aterial to Practice:	Skills to focus on:
	1. Holding instrument with no hands	1. Sit up tall.
	2. Open Strings-namingand Playing	2. Feet flat on floor or on stool
A	3. Parts of instrument	3. Thumb under finger board
	4. Open string song	4.

Aim to practice for 4 to 5 days per week for about 10 to 15 minutes each time. Record your practice time below by writing the day of the week and how many minutes you practiced for. Have a parent, family member or friend that heard you practice initial to approve your practicing.

5.

Day of the Week	# of Minutes Practiced	Family Initials

Bass A String Notes





C*B A rest

C*B A rest

aaaa bbbb

C*B A rest

Next	lesson:	

Eden Hall Orchestra Practice Log

Materia	ıl to	Practi	ce:

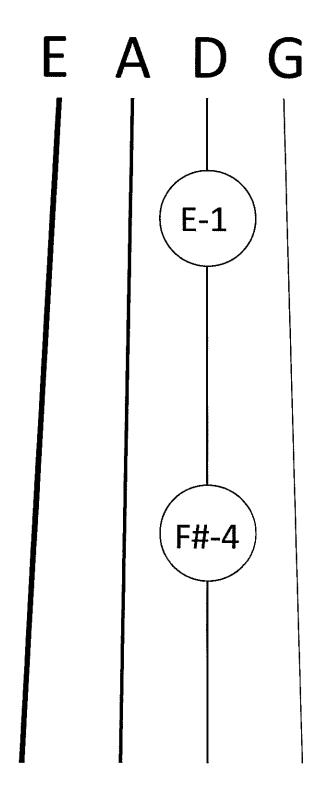
Skills to focus on:

1. Holding instrument with no hands	1. Sit up tall
2. Open Strings	2. Feet flat on floor or on stoo
3. Astring notes	3. Elbow Up
A4. Hot cross buns	4. Fingers curved on tapes
5.	5 Thumb behind 2nd finger

Aim to practice for 4 to 5 days per week for about 10 to 15 minutes each time. Record your practice time below by writing the day of the week and how many minutes you practiced for. Have a parent, family member or friend that heard you practice initial to approve your practicing.

Day of the Week	# of Minutes Practiced	Family Initials
	•	

Bass D String Notes



Mary Had A Little Lamb

On the D String

F*EDE|F*F*rest

E E rest | F*A A rest

F*EDE | F*F*F*F

E E F*E | D rest

Next	lesson:	
		

Eden Hall Orchestra Practice Log

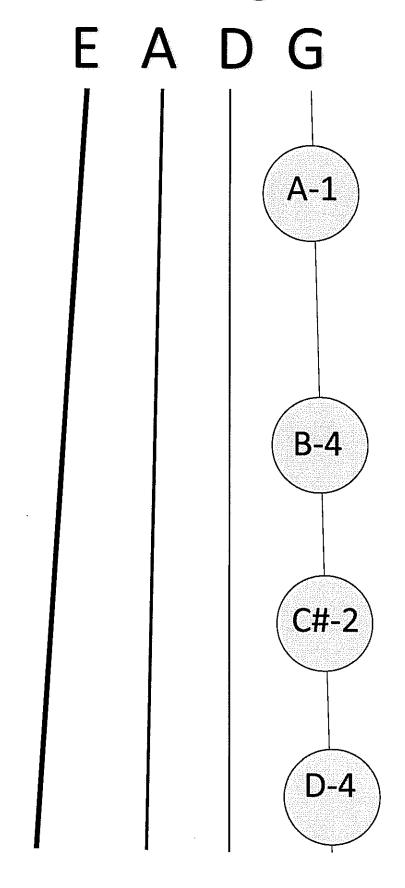
Skills to focus on:

- 1. Holding with no hands
- 1. Sit up tall
- 2. Open strings
- 2. Flat feet on floor or on stool
- 3. A+D string notes
- 3. Elbow Up
- 4. Hot Cross Buns on A+D
- 4. Curved fingers on tapes
- \$5. Mary had a little lamb 5. Thumb hehind 2nd finger

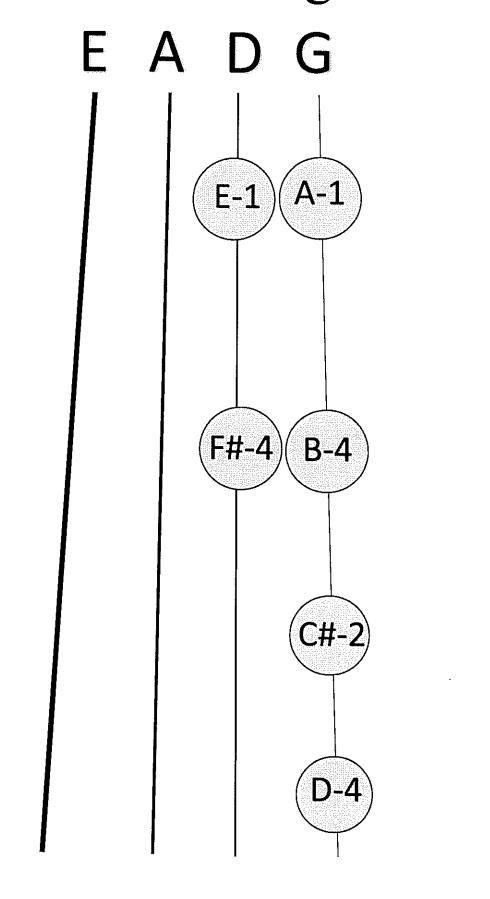
Aim to practice for 4 to 5 days per week for about 10 to 15 minutes each time. Record your practice time below by writing the day of the week and how many minutes you practiced for. Have a parent, family member or friend that heard you practice initial to approve your practicing.

Day of the Week	# of Minutes Practiced	Family Initials
	· · · · · · · · · · · · · · · · · · ·	

Bass G String Notes



Bass D and G String Notes



D Scale

A scale is a musical ladder of notes, starting and ending on the same note. Play each note in order going up the ladder and then back down. A scale is made up of 8 notes.

Next	lesson	•

Lesson 4 Eden Hall Orchestra Practice Log

Material to Practice:	Skills to focus on:
1. A+D string notes	1. Sit up tall
2. G string notes	2. Feet on floor or stool
\$\\delta_3. D scale with shifting	3. Elbow Up
4	4. Thumb behind 2nd finger
5.	5. Smooth shifting

Aim to practice for 4 to 5 days per week for about 10 to 15 minutes each time. Record your practice time below by writing the day of the week and how many minutes you practiced for. Have a parent, family member or friend that heard you practice initial to approve your practicing.

Day of the Week	# of Minutes Practiced	Family Initials

Twinkle, Twinkle Little Star

On the D and A Strings

DDAA|BBArest GGF*F*|EEDrest AAGG|F*F*E rest AAGG|F"F"E rest DDAA|BBArest GGF*F* EED rest

Next	Lesson:	

Lesson 5 Eden Hall Orchestra Practice Log

Material to Practice:	Skills to focus on:
1. A, D, G string notes	1. Sit up tall
2. D scale with Shifting	2. Feet on floor or stoo
A3. Twinkle, Twinkle	3. Elbow Up
4	4. Fingers on tapes
5.	5. Bow arin steps

Aim to practice for 4 to 5 days per week for about 10 to 15 minutes each time. Record your practice time below by writing the day of the week and how many minutes you practiced for. Have a parent, family member or friend that heard you practice initial to approve your practicing.

Day of the Week	# of Minutes Practiced	Family Initials
	1000000	

Bow Information

- ⇒ Keep the bow in your case until your teacher asks you to remove it.
- ⇒ Avoid touching the bow hair.
- ⇒ To tighten your bow, turn the screw CLOCKWISE about 5 times.

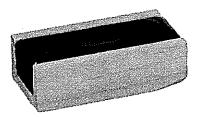


⇒ To loosen your bow, turn the screw COUNTERCLOCKWISE about 5 times.

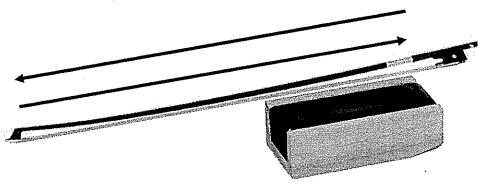
- \Rightarrow Always loosen your bow before putting it back in the case.
- \Rightarrow When you are finished playing, make sure to secure the bow in the case.
- ⇒ Make sure not to loosen your bow TOO much, as it will come apart.

Using Rosin

- ⇒ Tighten the bow hair as instructed by your teacher.
- ⇒ Hold the rosin flat in your left hand with the dark side facing up.

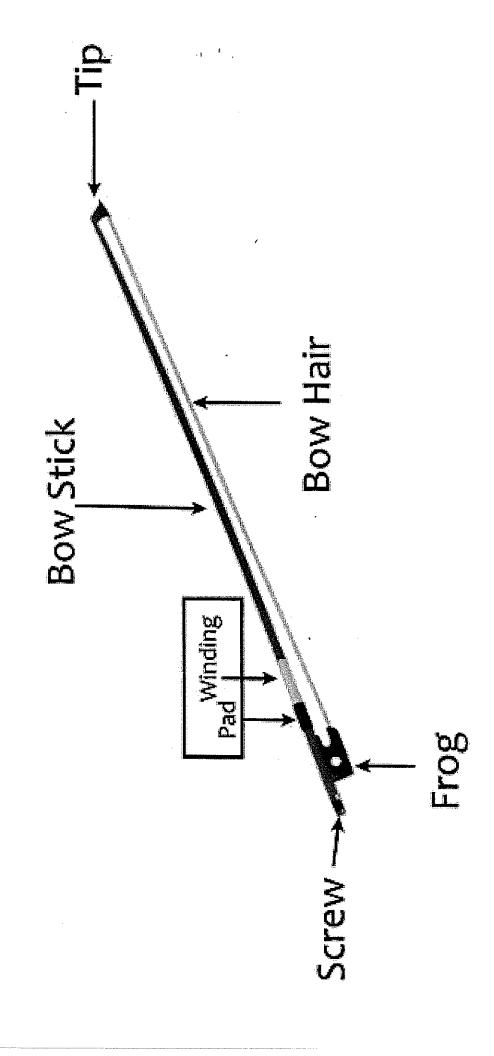


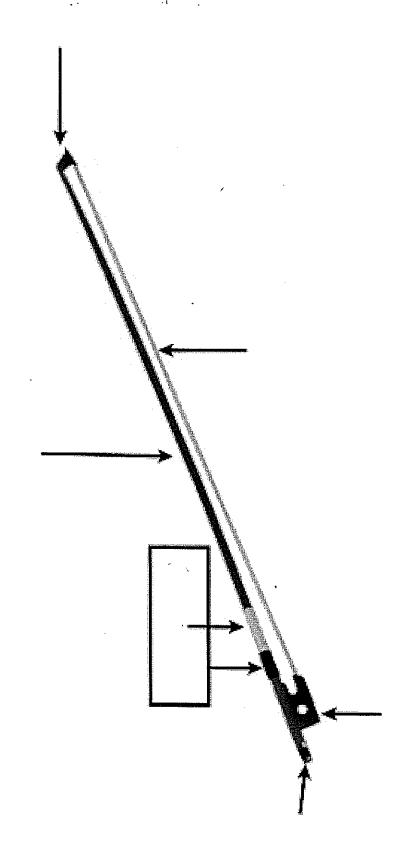
- ⇒ Hold your bow in your right hand as directed by your teacher.
- ⇒ Move your bow slowly up and down across the rosin. Be sure to move the bow and not the rosin.



- ⇒ Move your bow up and down the rosin about 5 times each time before your play your instrument.
- ⇒ Take good care of your rosin. Put it back in your case after each use. It will break if dropped on a hard surface.

Bass French Bow





Pencil Bow Grip Steps - Cello and Bass

- 1. Shake out right hand
- 2. Hold pencil at eraser with left hand
- 3. Place pad of thumb on pencil
 - a. Thumb knuckle should be pointing towards the ground
- 4. Gently rest all four fingers over the top of pencil
 - a. Fingers should be touching pencil in between knuckles
 - b. Middle two fingers rest on pencil at second knuckle
 - c. First finger and pinkie can rest on pencil at the first knuckle
- 5. Spread first finger and pinkie away from middle fingers
- 6. ***Most important: Keep fingers straight up and down. Do not lean on first finger or pinkie
- 7. Next, move arm while holding pencil and constantly check grip
 - a. Move pencil straight up and down
 - b. Move pencil from out in front to touch left shoulder
 - c. Turn hand over and check grip

8. Practice bow grip on a pencil in class, while watching TV, in the car, anywhere you can!

Hand should look just like this, but on a pencil instead of the bow.

Next	lesson:	
14 CX1	1622011.	

LUSON 6 Eden Hall Orchestra Practice Log

Material to Practice:	Skills to focus on:
1. All songs	1. Good posture
*2. Parts of bow	2. Correct bowgrip
*X3. Pencil bow grip	3
4.	4.
5	5

Aim to practice for 4 to 5 days per week for about 10 to 15 minutes each time. Record your practice time below by writing the day of the week and how many minutes you practiced for. Have a parent, family member or friend that heard you practice initial to approve your practicing.

Day of the Week	# of Minutes Practiced	Family Initials

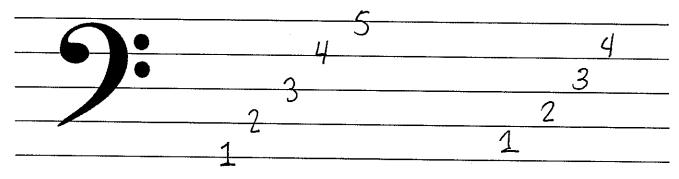
Cello/Bass Bow Grip Steps ON THE BOW

- 1. Place thumb in empty space between frog and grip. Make sure the TIP of your thumb is on the bow, not the PAD of your thumb. Your thumb nail should be pressing onto the side of the stick.
- 2. Rest all four fingers over top of the stick
 - a. Rest index/pointer finger on the grip. It's okay for this finger to touch the bow hair.
 - b. Rest middle finger on the silver part of the frog.
 - c. Rest ring finger in the middle of the frog.
 - d. Rest pinkie on the frog right next to the ring finger.
- 3. All four fingers should be pointing towards the ground. Do not lean hand onto the pinkie. Hand can be leaning slightly onto the index/pointer finger.





The music staff has 5 lines and 4 spaces.





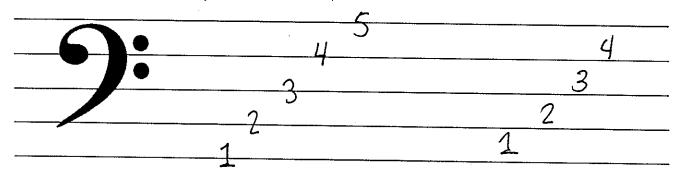
A String Notes A-B-C#-D



Note Reading Fun!

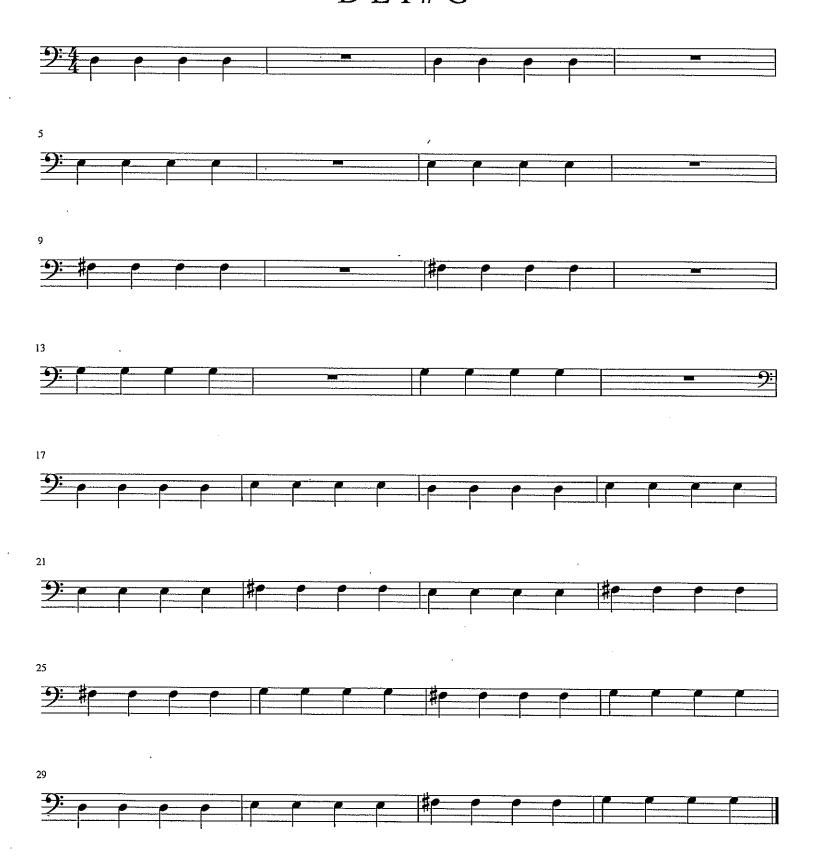


The music staff has 5 lines and 4 spaces.

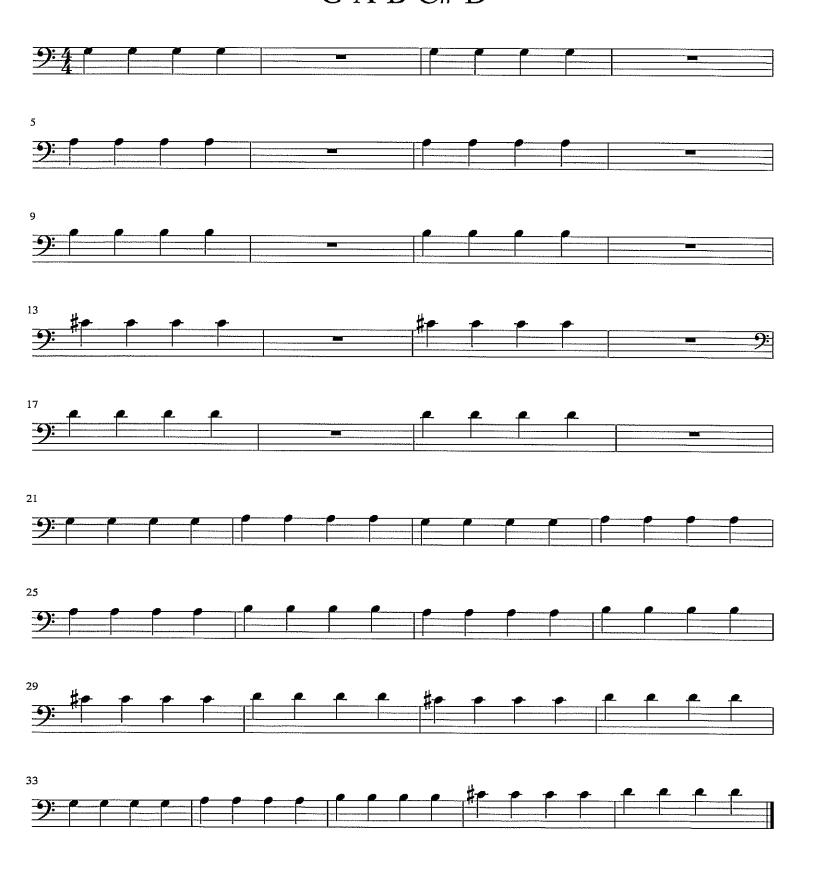


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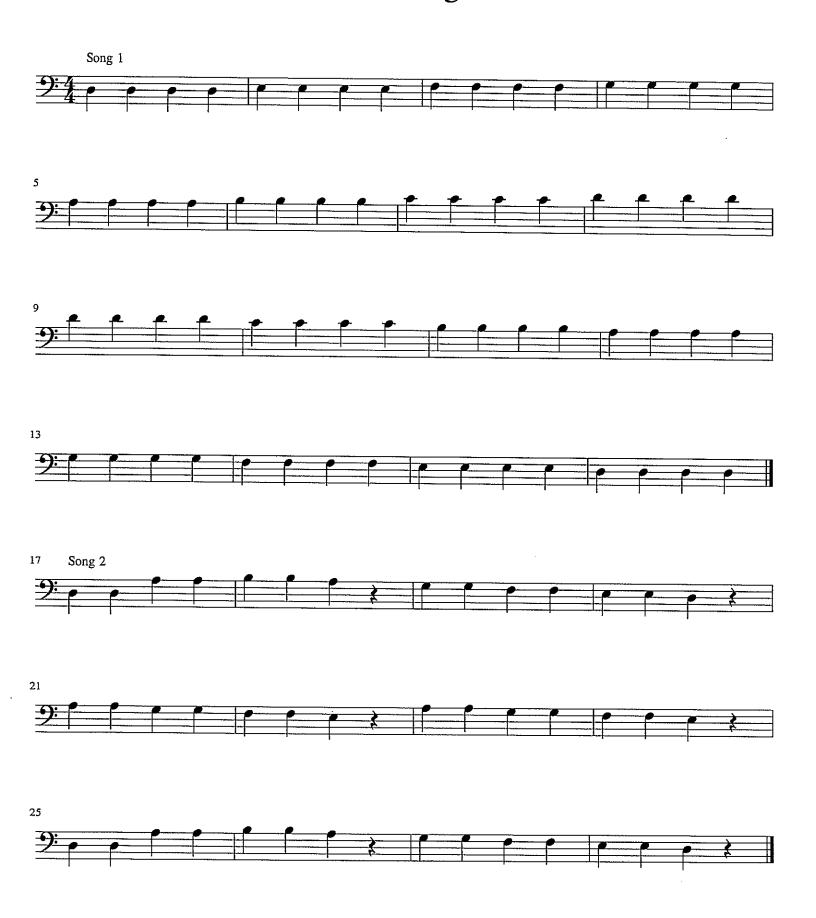
D String Notes D-E-F#-G



G String Notes G-A-B-C#-D



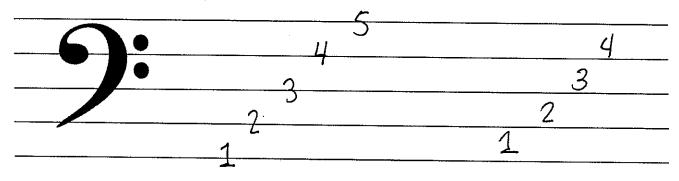
G and D String Notes



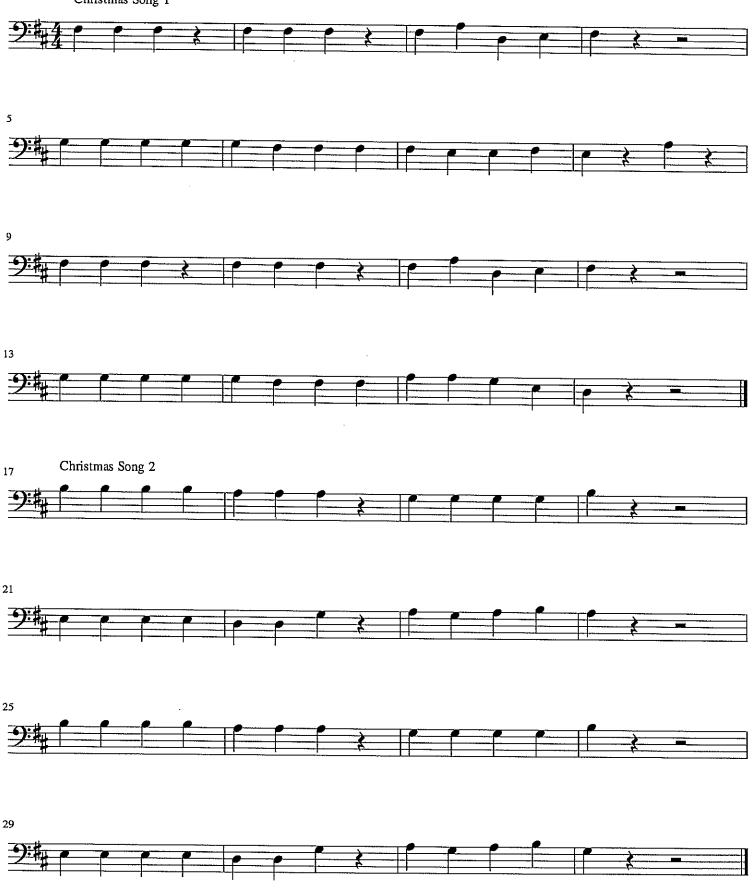
D and G String Songs



The music staff has 5 lines and 4 spaces.



):



Hot Cross Buns (A string)



Mary Had a Little Lamb (D string)





Twinkle Twinkle Little Star





