

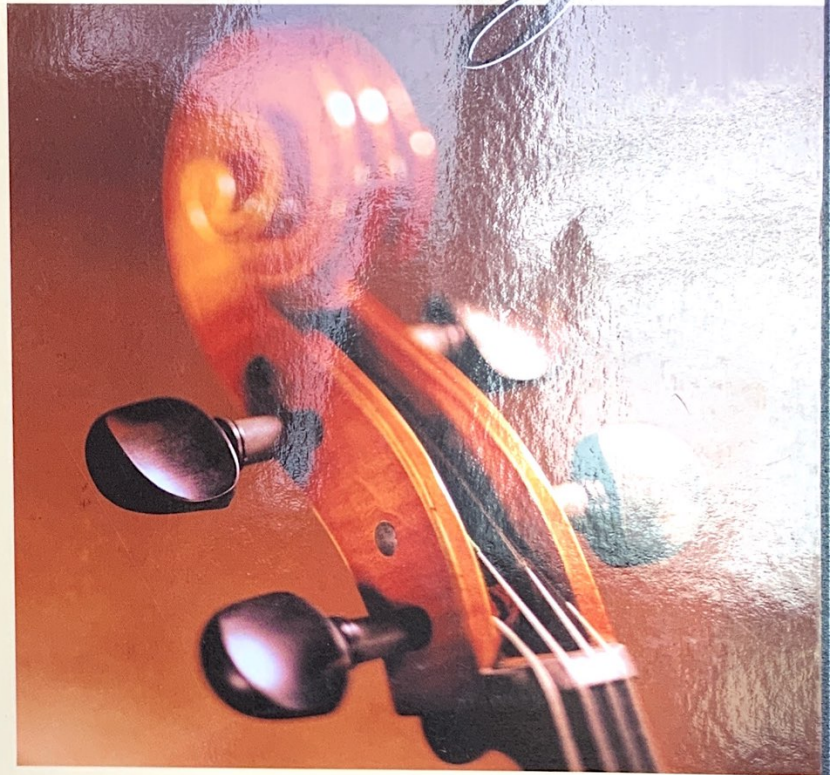


Online Resources Included

CELLO BOOK 1

ESSENTIAL ELEMENTS®

for Strings



A COMPREHENSIVE STRING METHOD

BY
MICHAEL ALLEN
ROBERT GILLESPIE
PAMELA TELLEJOHN HAYES

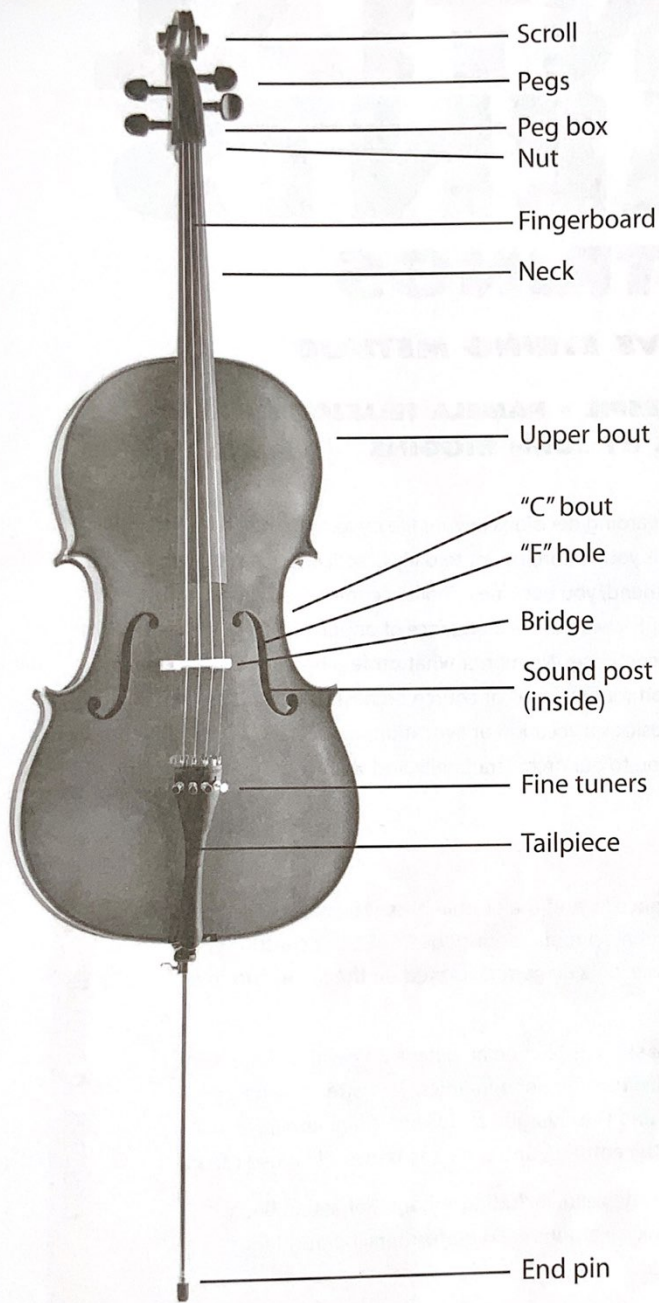
ARRANGEMENTS BY
JOHN HIGGINS

A handwritten signature in purple ink, which appears to read 'McLoy'.

 **HAL • LEONARD®**

Fully compatible with
Essential Elements 2000

THE CELLO



Take Special Care

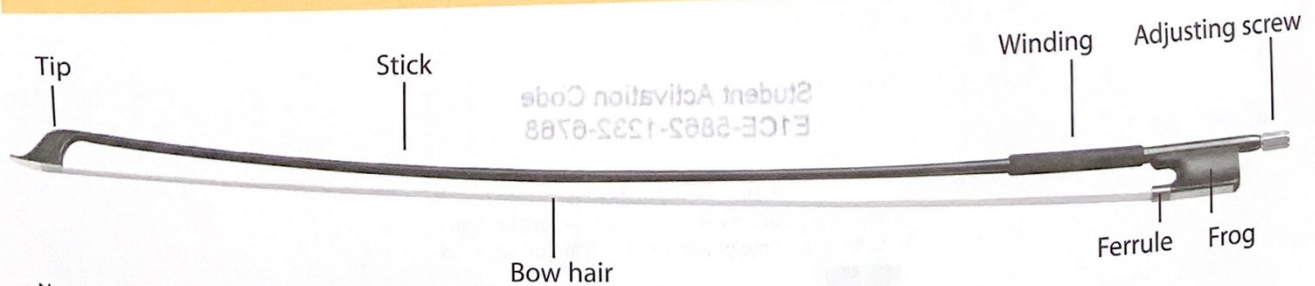
String instruments are delicate. Follow your teacher's guidelines in caring for your instrument, and it will last forever.

- 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
- Rock stop

THE BOW

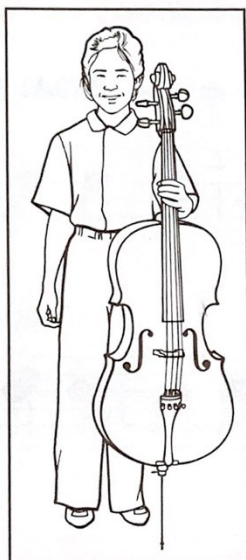


- Never touch the bow hair.

HOLDING YOUR INSTRUMENT

The best way to learn to play your instrument is to practice one skill at a time. Repeat each step until you are comfortable demonstrating it for your teacher and classmates.

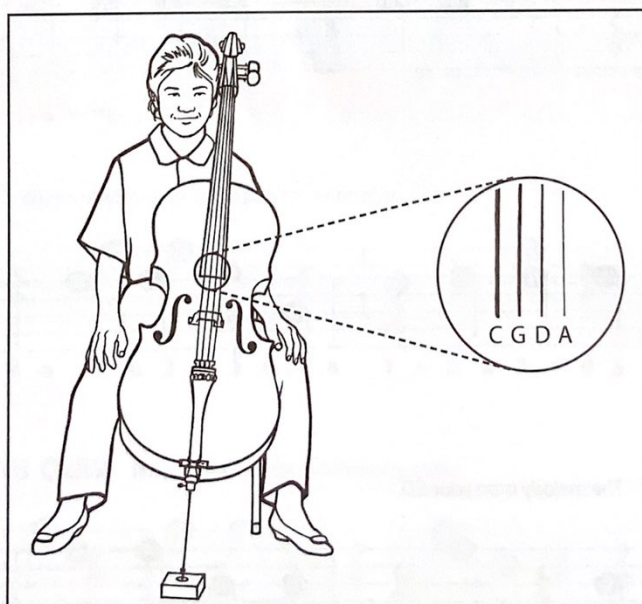
- Step 1** Remove the bow from the case and put it in a safe place. Open the case and remove the cello. Identify all parts of the cello.
- Step 2** Adjust the length of the end pin so that the scroll of the cello is near your nose when standing.
- Step 3** Sit on the front half of your chair with your feet positioned underneath your knees. Place the end pin directly in front of you one arm's length away.
- Step 4** Lean the cello slightly to the left and allow the instrument to rest against your chest. The 'C' peg should be near your head behind your left ear, and both knees should touch the cello just below the 'C' bout. It may be necessary to readjust the length or position of the end pin. Identify the letter names of each string: C (lowest pitch), G, D, A. Raise your right index finger over the strings and pluck them as directed by your teacher. Plucking the strings is called *pizzicato*, and is abbreviated *pizz.*



Step 2



Step 3



Step 4

Beat = The Pulse of Music

The **beat** in music should be very steady, just like your pulse.

Quarter Note ♩ = 1 Beat of Sound

Notes tell us how high or low to play, and how long to play.

Quarter Rest ♩ = 1 Beat of Silence

Rests tell us to count silent beats.

Music Staff

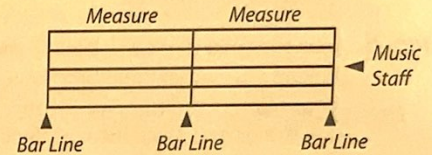
The **music staff** has 5 lines and 4 spaces.

Bar Lines

Bar lines divide the music staff into **measures**.

Measures

The **measures** on this page have four beats each.

**1. TUNING TRACK** Wait quietly for your teacher to tune your instrument.**2. LET'S PLAY "OPEN D"**

Pizzicato (pizz.) ♪ Pluck the strings
0 ♪ Open string

**3. LET'S PLAY "OPEN A"**

pizz.
0



Keep a steady beat.

4. TWO'S A TEAM

pizz.

**5. AT PIERROT'S DOOR** The melody is on your CD.

pizz.



Bass Clef



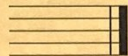
Clefs indicate a set of note names.

Time Signature (Meter)

$\frac{4}{4}$ 4 beats per measure
 $\frac{4}{4}$ ♩ or ♪ gets one beat

The **time signature** tells us how many beats are in each measure and what kind of note gets one beat.

Double Bar



A **double bar** indicates the end of a piece of music.

THEORY

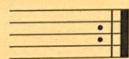
6. JUMPING JACKS Identify the clef and time signature before playing.



7. MIX 'EM UP



Repeat Sign



Go back to the beginning and play the music again.

Counting

Count	1	&	2	&	3	&	4	&
Tap	↓	↑	↓	↑	↓	↑	↓	↑

One beat = Tap toe down on the number and up on "&." Always count when playing or resting.

THEORY

8. COUNT CAREFULLY Keep a steady beat when playing or resting.



9. ESSENTIAL ELEMENTS QUIZ Write in the counting before you play.

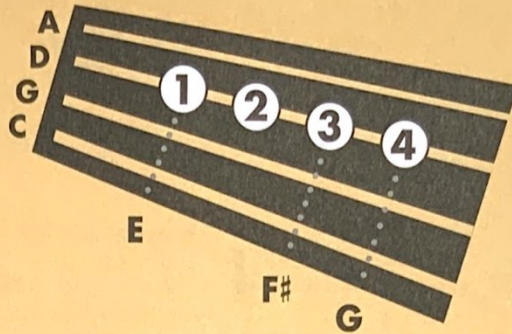
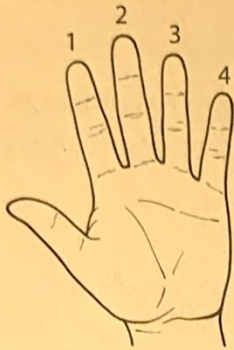


SHAPING THE LEFT HAND

D STRING NOTES

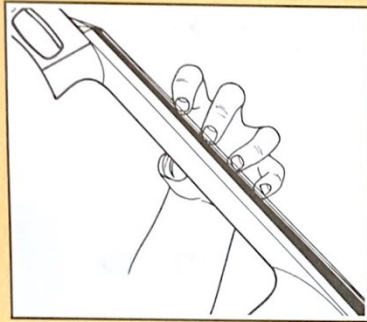
Step 1 Shape your left hand as shown.
Be certain your palm faces you.

- 0 = Open string
- 1 = 1st finger
- 2 = 2nd finger
- 3 = 3rd finger
- 4 = 4th finger

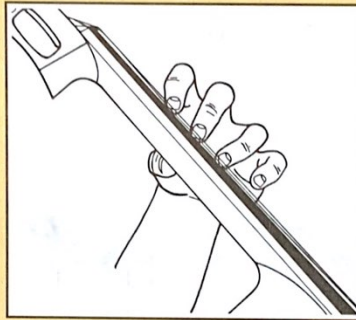


Step 2 Bring your hand to the fingerboard. Place your fingers on the D string, keeping your hand shaped as shown below.
Be sure your thumb is behind the second finger and slightly bent.

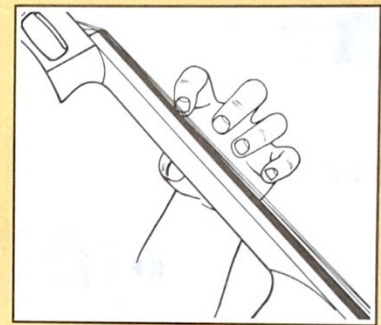
G is played with 4 fingers on the D string.



F# is played with 3 fingers on the D string.



E is played with 1 finger on the D string.



Listening Skills

Play what your teacher plays. Listen carefully.

10. LET'S READ "G" Start memorizing the note names.

G *pizz.* 4

THEORY

Sharp

A **sharp** raises the sound of notes and remains in effect for the entire measure. Notes without sharps are called **natural** notes.

11. LET'S READ "F#" (F-sharp)

F# *pizz.* 3

▲ Play all F#'s. Sharps apply to the entire measure.

12. LIFT OFF

pizz. 4

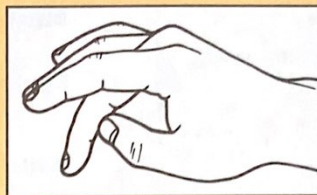
✓ Is your left hand shaped as shown in the diagrams above?

SHAPING THE RIGHT HAND

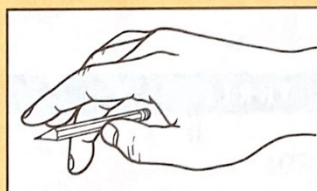
BOW BUILDER ONE

Pencil Hold

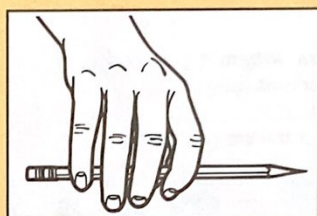
Step 1 Hold a pencil in your left hand about waist level.



Step 2 Place the tip of your right thumb between the first and second joints of your second finger.



Step 3 Place the pencil between your thumb and second finger, while keeping your thumb gently curved.



Step 4 The pencil should touch your first three fingers between the first and second joints, and touch the fourth finger at the first joint, as shown.

Step 5 Remove your left hand from the pencil. Keep your fingers relaxed. Practice shaping your hand on the pencil until it feels natural to you.

★ Practice BOW BUILDER ONE daily.

13. ON THE TRAIL *Say or sing the note names before you play.*



14. LET'S READ "E"



15. WALKING SONG

pizz. 4 3 1 3 1 3 4

Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

16. ESSENTIAL ELEMENTS QUIZ *Draw the missing symbols where they belong before you play:*

pizz.

BOW BUILDER TWO

Pencil Hold Exercises

I'm Outta Here

Wave good-bye while keeping your wrist relaxed.

Thumb Flexers

Flex your thumb in and out.

Finger Taps

Tap your first finger. Then tap your fourth finger.

Knuckle Turnovers

Turn your hand over and be sure your thumb knuckle is bent, as shown.



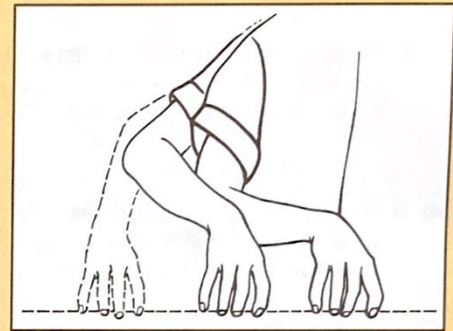
Knuckle Turnovers

BOW BUILDER THREE

Bowing Motions

Elbow Energy

- Swing your right elbow away from your body.
- Open your right forearm, as shown.
- Close your right forearm.
- Swing your elbow back toward your body.



Elbow Energy

17. HOP SCOTCH

pizz.

Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

Detailed description: The musical notation is in bass clef, 4/4 time, and G major. It consists of four measures. The notes are: G4 (quarter), F#4 (quarter), E4 (quarter), F#4 (quarter), G4 (quarter), F#4 (quarter), E4 (quarter), F4 (quarter), G4 (quarter), F#4 (quarter), E4 (quarter), F4 (quarter). Each measure ends with a double bar line and a repeat sign. The first measure has a 'pizz.' marking above it.

HISTORY

Folk songs have been an important part of cultures for centuries and have been passed on from generation to generation. Folk song melodies help define the sound of a culture or region. This folk song comes from the Slavic region of eastern Europe.

18. MORNING DANCE

pizz. 4 3 0 1

Slavic Folk Song

Detailed description: The musical notation is in bass clef, 4/4 time, and G major. It consists of four measures. The notes are: G4 (quarter), F#4 (quarter), D4 (quarter), G4 (quarter), G4 (quarter), F#4 (quarter), D4 (quarter), G4 (quarter), E4 (quarter), F#4 (quarter), G4 (quarter), F#4 (quarter), G4 (quarter), F#4 (quarter), G4 (quarter). The first measure has a 'pizz.' marking above it. Above the notes are the numbers 4, 3, 0, and 1. The piece ends with a double bar line and a repeat sign.

19. ROLLING ALONG

pizz.

Go to next line. ▼

Detailed description: The musical notation is in bass clef, 4/4 time, and G major. It consists of two lines of four measures each. The notes are: F#4 (quarter), E4 (quarter), D4 (quarter), E4 (quarter), F#4 (quarter), E4 (quarter), D4 (quarter), E4 (quarter), F#4 (quarter), E4 (quarter), D4 (quarter), E4 (quarter), F#4 (quarter), E4 (quarter), D4 (quarter), E4 (quarter). The first measure of the first line has a 'pizz.' marking above it. The piece ends with a double bar line and a repeat sign.

Practice the following exercises with your left hand.

Finger Taps

Tap fingertips on any string. Practice in different combinations of fingers.

Strummin' Along

Strum the strings with your 4th finger while swinging your elbow, as shown.



Strummin' Along

20. GOOD KING WENCESLAS

Welsh Folk Song

pizz. 4 0

▲ Keep fingers down when you see this bracket.

21. SEMINOLE CHANT

pizz.

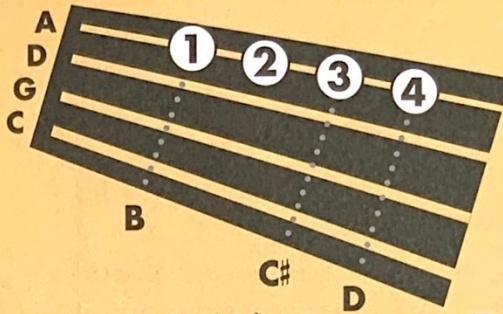
Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

22. ESSENTIAL ELEMENTS QUIZ - LIGHTLY ROW

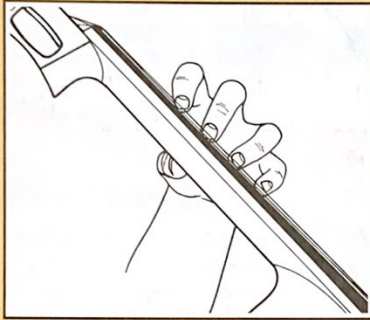
pizz. 0 3 4 1

▲ Prepare F# before playing.

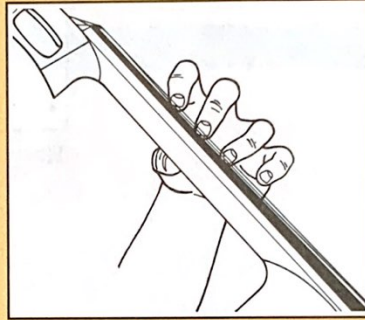
A STRING NOTES



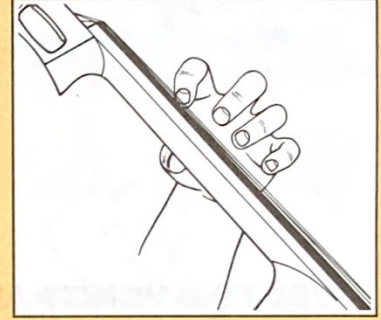
D is played with 4 fingers on the A string.



C# is played with 3 fingers on the A string.



B is played with 1 finger on the A string.

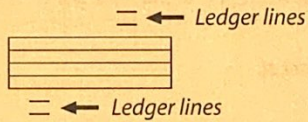


Listening Skills

Play what your teacher plays. Listen carefully.

THEORY

Ledger Lines



Ledger lines extend the music staff higher or lower.

23. LET'S READ "D"

D *pizz.* 4

24. LET'S READ "C#" (C-sharp)

C# *pizz.* 3

▲ Play all C#'s. Sharps apply to the entire measure.

25. TAKE OFF

pizz. 4 3

26. CARIBBEAN ISLAND

pizz. 4 3 0 4 3

★ Practice BOW BUILDERS ONE, TWO, and THREE daily.

27. OLYMPIC HIGH JUMP

pizz.

28. LET'S READ "B"

B pizz.

29. HALF WAY DOWN

pizz.

30. RIGHT BACK UP

pizz.

Scale

A **scale** is a sequence of notes in ascending or descending order. Like a musical "ladder," each note is the next consecutive step of the scale. This is your D Scale. The first and last notes are both D.

THEORY

31. DOWN THE D SCALE *Remember to memorize the note names.*

pizz.

32. ESSENTIAL ELEMENTS QUIZ - UP THE D SCALE

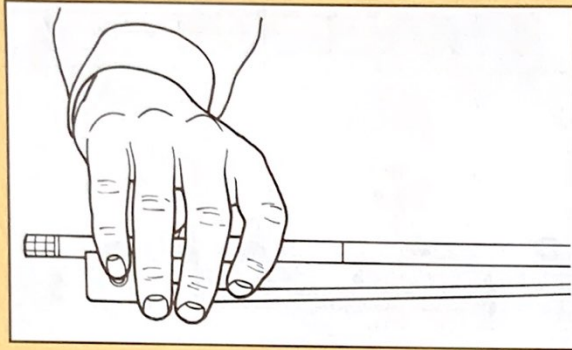
pizz.

BOW BUILDER FOUR

On The Bow

Step 1 Identify all parts of the bow (see page 2). Hold the bow in your left hand near the tip with the frog pointing to the right.

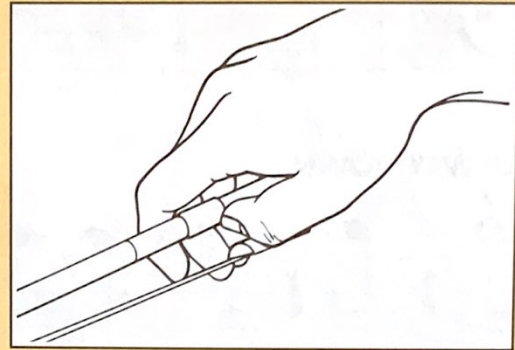
Step 2 Place the bow between your right thumb and second finger. The tip of your thumb will contact the stick next to the frog, and your second finger will extend to the ferrule.



Step 3 Shape the remaining fingers on the bow stick, as shown.

Step 4 Turn your right hand over, and be sure your thumb is curved.

Step 5 Hold the bow and repeat the exercises on page 8.



Alert Do not place your bow on the instrument until instructed to do so by your teacher.

33. SONG FOR CHRISTINE

pizz.

34. NATALIE'S ROSE *Remember to count.*

pizz.

35. ESSENTIAL CREATIVITY *How many words can you create by drawing notes on the staff below?*

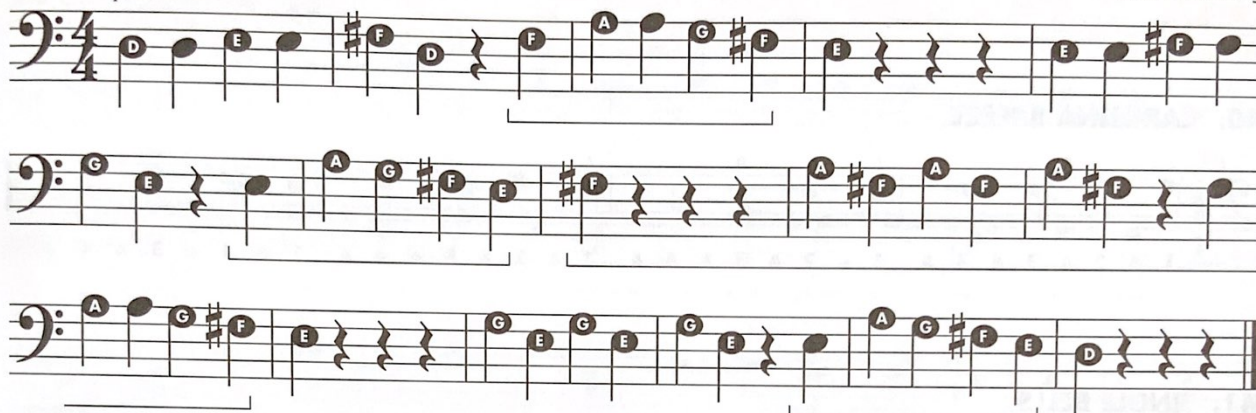
Example E G G

Folk songs often tell stories. This **Israeli folk song** describes a game played with a dreidel, a small table-top spinning toy that has been enjoyed by families for centuries. The game is especially popular in December around the time of Hanukkah.

36. DREIDEL

pizz.

Israeli Folk Song



BOW BUILDER FIVE

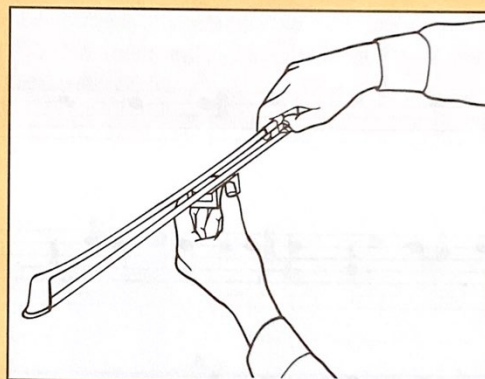
Shadow Bowing

Shadow Bowing is bowing without the instrument.

Step 1 Tighten the bow hair as instructed by your teacher.

Step 2 Place the rosin in your left hand. Hold the bow in your right hand.

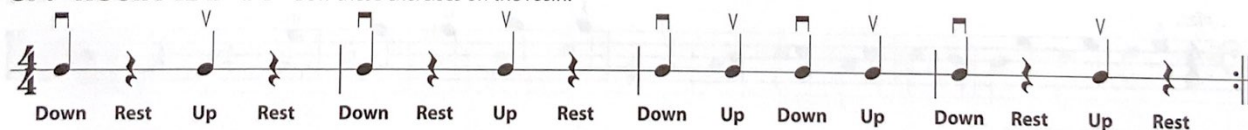
Step 3 Shadow bow by slowly moving the bow back and forth on the rosin. Be sure to move the bow, not the rosin.



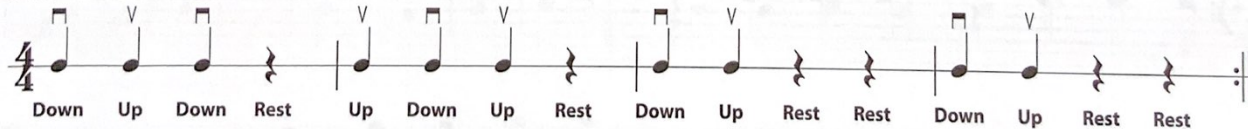
Down Bow ▢ Move the bow away from your body (to the right).

Up Bow ▽ Move the bow toward your body (to the left).

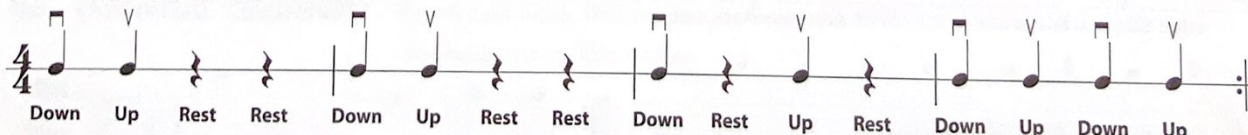
37. ROSIN RAP #1 *Bow these exercises on the rosin.*



38. ROSIN RAP #2



39. ROSIN RAP #3



✓ Is your bow hand shaped as shown in the diagram above?

Review these notes. Write the letter names in the spaces below.

THEORY

40. CAROLINA BREEZE

41. JINGLE BELLS

J. S. Pierpont

42. OLD MACDONALD HAD A FARM

American Folk Song

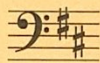
★ Practice BOW BUILDER FIVE daily.

Austrian composer **Wolfgang Amadeus Mozart** (1756–1791) was a child prodigy who first performed in concert at age 6. He lived during the time of the American Revolution (1775–1783). Mozart’s music is melodic and imaginative. He wrote hundreds of compositions, including a piano piece based on this familiar song.

43. A MOZART MELODY

Adapted by W. A. Mozart

Key Signature
D MAJOR



A **key signature** tells us what notes to play with sharps and flats throughout the entire piece. Play all F’s as F# (F-sharp) and all C’s as C# (C-sharp) when you see this key signature, which is called “D Major.”

44. MATTHEW’S MARCH

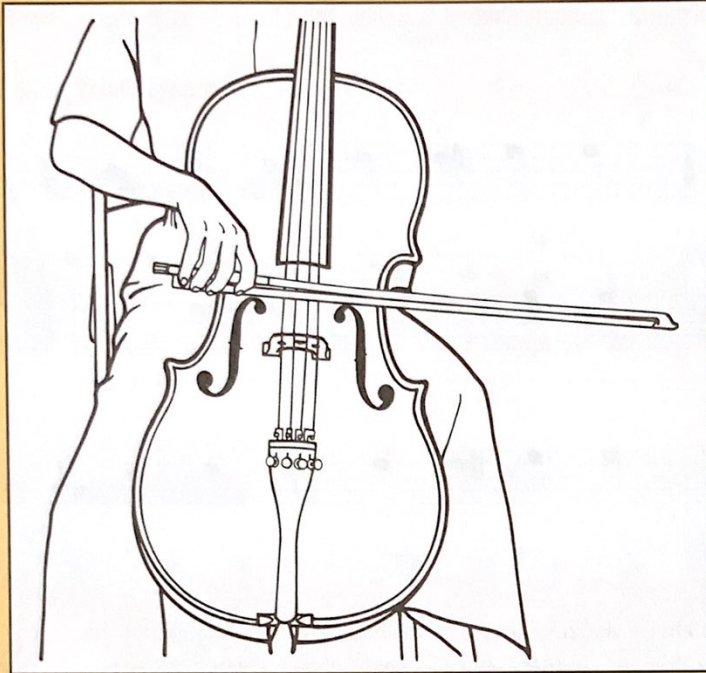
▲ Play F#’s and C#’s when you see this key signature.

45. CHRISTOPHER’S TUNE

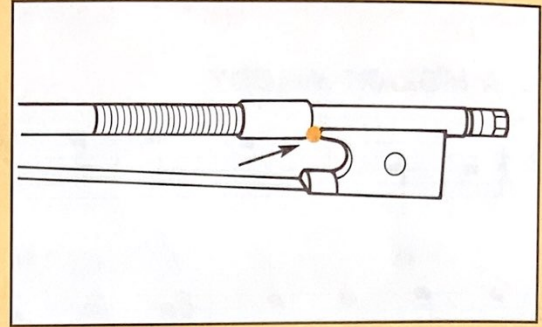
46. ESSENTIAL CREATIVITY Play the notes below. Then compose your own music for the last two measures using the notes you have learned with this rhythm:

BOW BUILDER SIX

Let's Bow!



Bow Hold



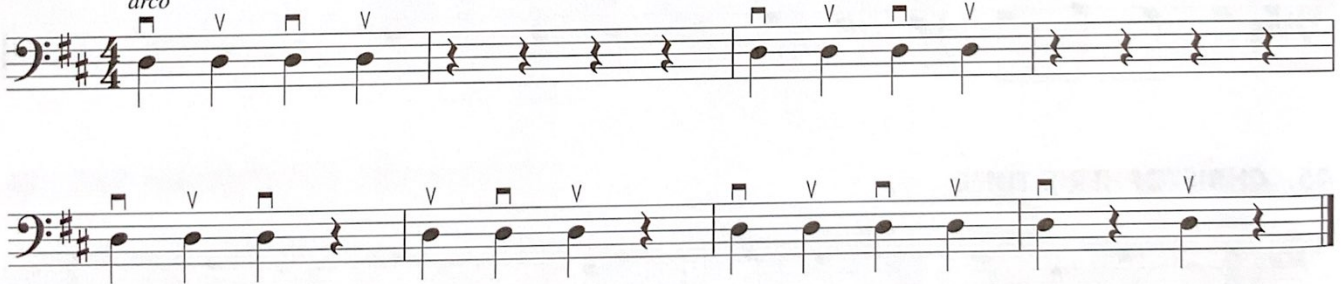
Thumb Placement

Listening Skills

Play what your teacher plays. Listen carefully. Your tone should be smooth and even.

47. BOW ON THE D STRING

▼ Play with the bow on the string.
arco



48. BOW ON THE A STRING

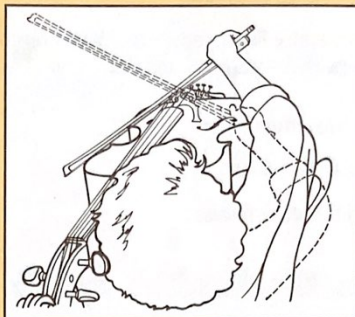


WORKOUTS

String Levels

Your arm moves when bowing on different strings. Memorize these guidelines:

- Move your arm **forward** and **up** to play **higher**-pitched strings.
- Move your arm **back** and **down** to play **lower**-pitched strings.



Raise arm = higher string
Lower arm = lower string

49. RAISE AND LOWER

Lower your arm. Raise your arm.

50. TEETER TOTTER

51. MIRROR IMAGE

Bow Lift ☞ Lift the bow and return to its starting point.

52. A STRAND OF D 'N' A

53. ESSENTIAL ELEMENTS QUIZ - OLYMPIC CHALLENGE

BOW BUILDER SEVEN

Combining Both Hands

Using notes from the D major scale, echo what your teacher plays.

Example A:

Example B:

61. ELEVATOR UP

62. DOWN THE D MAJOR SCALE

63. SCALE SIMULATOR Remember to count.

64. ESSENTIAL ELEMENTS QUIZ - THE D MAJOR SCALE

Special Cello Exercise

While the basses learn a new note, draw the bar lines in the music below. Then write in the counting.

65. LET'S READ "C#" - Review

Eighth Notes

THEORY



Each Eighth Note = 1/2 Beat
2 Eighth Notes = 1 Beat



Two or more Eighth Notes have a *beam* across the stems.



Tap your toe down on the number and up on the "&".

66. RHYTHM RAP

Shadow bow and count before playing.

67. PEPPERONI PIZZA

68. RHYTHM RAP

Shadow bow and count before playing.

69. D MAJOR SCALE UP

Tempo Markings

Tempo is the speed of music. Tempo markings are usually written above the staff, in Italian.
Allegro – Fast tempo **Moderato** – Medium tempo **Andante** – Slower, walking tempo

70. HOT CROSS BUNS

Moderato

71. AU CLAIRE DE LA LUNE

Andante

French Folk Song

72. RHYTHM RAP

Shadow bow and count before playing.

Count: 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 &

73. BUCKEYE SALUTE

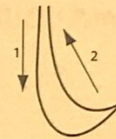
Moderato

2/4 Time Signature

= 2 beats per measure
 = Quarter note gets one beat

Conducting

Practice conducting this two-beat pattern.



THEORY

74. RHYTHM RAP

Shadow bow and count before playing.

Count: 1 & 2 & | 1 & 2 & | 1 & 2 & | 1 & 2 & | 1 & 2 & | 1 & 2 & | 1 & 2 & | 1 & 2 &

75. TWO BY TWO

1st & 2nd Endings



Play the 1st ending the 1st time through. Then, repeat the same section of music, skip the 1st ending, and play the 2nd ending.

THEORY

76. ESSENTIAL ELEMENTS QUIZ - FOR PETE'S SAKE

Moderato

----- ▲ 1st time
 ----- ▲ 2nd time

THEORY

Half Note

= 2 Beats
1 & 2 &

Half Rest

= 2 Silent Beats
1 & 2 &

77. RHYTHM RAP

Shadow bow and count before playing.

Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

78. AT PIERROT'S DOOR

Moderato

French Folk Song

Slow Bow Slow Bow Slow Bow

79. THE HALF COUNTS

80. GRANDPARENT'S DAY

Andante

American Folk Song

THEORY

Repeat Signs

Repeat the section of music enclosed by the **repeat signs**.
(If 1st and 2nd endings are used, they are played as usual—
but go back only to the first repeat sign, not to the beginning.)

81. MICHAEL ROW THE BOAT ASHORE

Moderato

American Folk Song

82. TEXAS TWO-STRING

Pizz. this exercise with your left hand 4th finger.
4+ = 4th finger pizz.