



Online Resources Included

VIOLA BOOK 1

ESSENTIAL ELEMENTS®

for Strings



A COMPREHENSIVE STRING METHOD

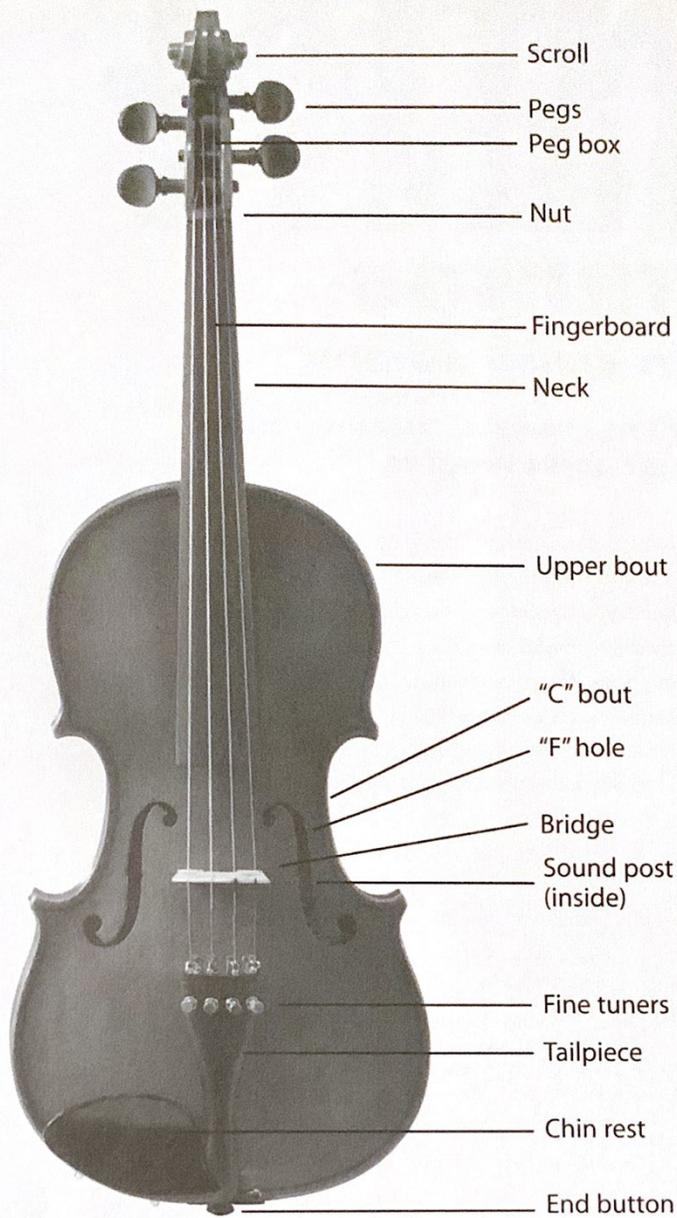
BY
MICHAEL ALLEN
ROBERT GILLESPIE
PAMELA TELLEJOHN HAYES

ARRANGEMENTS BY
JOHN HIGGINS

 **HAL•LEONARD®**
CORPORATION

Fully compatible with
Essential Elements 2000

THE VIOLA



Take Special Care

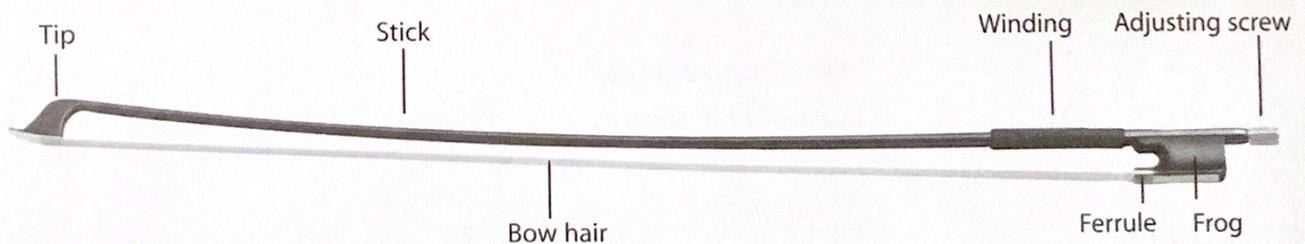
String instruments are delicate. Follow your teacher's guidelines in caring for your instrument, and it will last forever.

- 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.
- Place a cloth over the top of the viola before closing the case.

Accessories

- Rosin
- Shoulder rest
- Soft cloth
- Extra set of strings

THE BOW



- Never touch the bow hair.
- Keep the bow in your case until directed by your teacher.

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.

Many viola players begin by playing their instrument in guitar position. As you learn the basics, your teacher will help you change to shoulder position.

Guitar Position

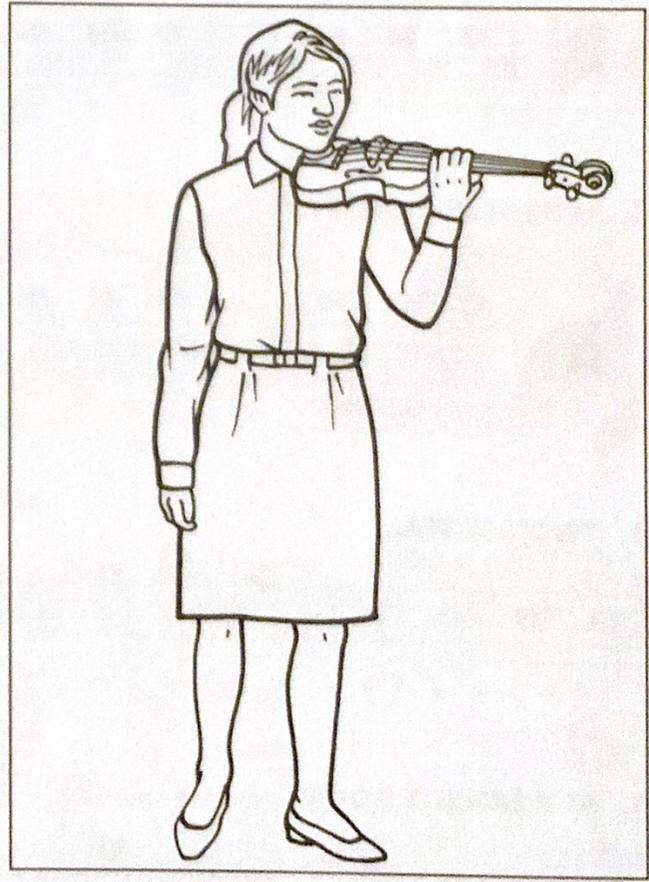
- Step 1** Place the instrument case flat on the floor with the handle facing you. Open the case and lift the instrument up by the neck. Identify all parts of the viola.
- Step 2** Cradle the viola under your right arm. Raise the scroll to shoulder height. Be sure the back of the viola is flat against your stomach.
- Step 3** Identify the letter names of each string: C (lowest pitch), G, D, A.
- Step 4** Raise your right thumb over the strings while continuing to hold the instrument. Pluck the strings as directed by your teacher. Plucking the strings is called *pizzicato*, and is abbreviated *pizz.*

Shoulder Position

- Step 1** (*Standing*) – Stand with feet about a shoulder’s width apart. (*Sitting*) – Sit on the front part of the chair.
- Step 2** Turn your left foot to the 10 o’clock position. Slide your right foot back. Adjust your position to place more weight on your left foot.
- Step 3** Hold your instrument at eye level parallel to the floor. Curve your left hand around the upper bout. Find the end button with your right hand.
- Step 4** Bring the instrument down to your shoulder. The end button should be near the middle of your neck. Turn your head slightly to the left, and place your jaw on the chin rest. Be sure the scroll does not point toward the floor.



Guitar Position



Shoulder Position

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

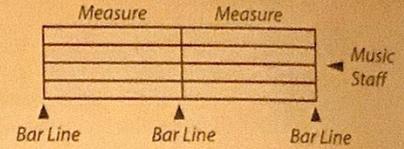
The **music staff** has 5 lines and 4 spaces.

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

D

3. LET'S PLAY "OPEN A"

pizz.
 0

A

Keep a steady beat.

4. TWO'S A TEAM

pizz.

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

pizz.

Alto 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.

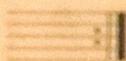
6. JUMPING JACKS Identify the clef and time signature before playing.



7. MIX 'EM UP



Repeat Sign



Go back to the beginning and play the music again.

Counting

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

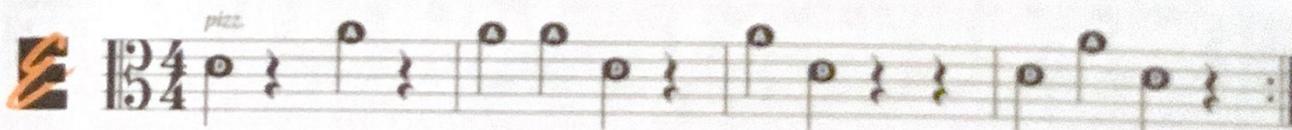
One beat = Tap toe down on the number and up on "&." Always count when playing or resting.

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



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

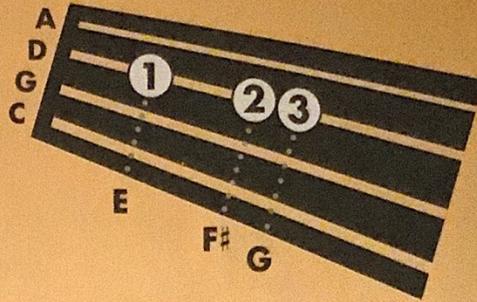
9. ESSENTIAL ELEMENTS QUIZ Write in the counting before you play.



SHAPING THE LEFT HAND

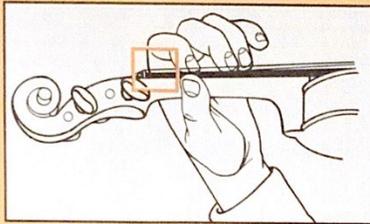
D STRING NOTES

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

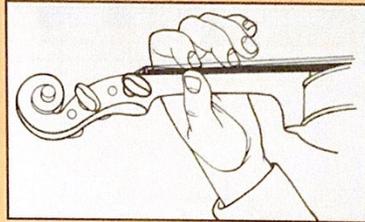


Step 2 Bring your hand to the fingerboard. Place your fingers on the D string, keeping your hand shaped as shown below. Be sure your first finger forms a square with the fingerboard, and your wrist is relaxed and straight.

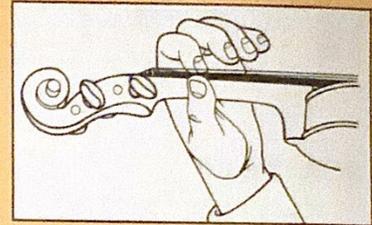
G is played with 3 fingers on the D string.



F# is played with 2 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.



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)



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

12. LIFT OFF



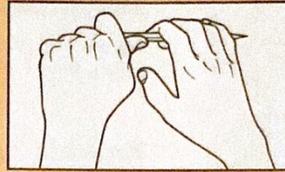
✓ Is your left hand shaped as shown in the diagrams above?

SHAPING THE RIGHT HAND

BOW BUILDER ONE

Pencil Hold

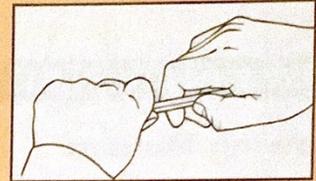
Step 1 Hold a pencil in your left hand at eye level.



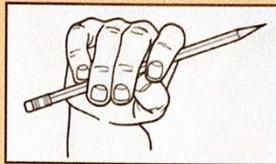
Step 2 Hang your right fingers over the top of the pencil, as shown.



Step 3 Place your right 4th finger on top of the pencil.



Step 4 Touch the tip of your right thumb to the pencil just opposite your 2nd finger. The curve of your thumb will form an oval with the finger.



Step 5 Lean your right hand so the first finger rests on top of the pencil between the 1st and 2nd joints. Keep your fingers relaxed. Remove your left hand from the pencil. 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.*

pizz.

14. LET'S READ "E"

pizz. 1

15. WALKING SONG

pizz. 3 2 1

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

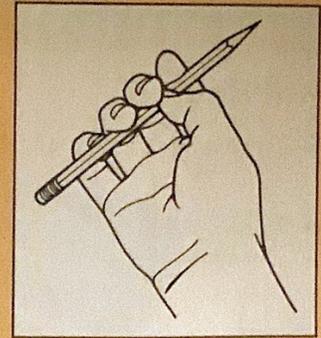
Flex your thumb in and out.

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.



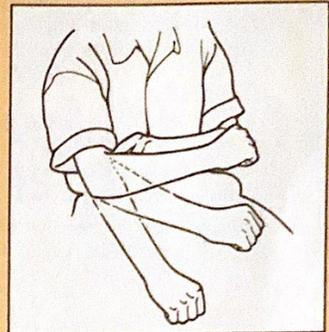
Knuckle Turnovers

BOW BUILDER THREE

Bowing Motions

Swingin' Out

Put one finger inside your right elbow and swing your arm, as shown.



Swingin' Out

17. HOP SCOTCH

pizz.

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

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. 3 2 0 1

Slavic Folk Song

19. ROLLING ALONG

pizz.

Go to next line. ▼

Hold

WORKOUTS

Place your instrument in shoulder position as shown on page 3. Then practice the following exercises with your left hand.

Finger Taps

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

Pull Aways

Pull your left hand away from the side of the neck, while keeping the thumb and fingers on the instrument.

Strummin' Along

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



Strummin' Along

20. GOOD KING WENCESLAS

Welsh Folk Song

pizz. 3 0

▲ Keep fingers down when you see this bracket.

21. SEMINOLE CHANT

pizz.

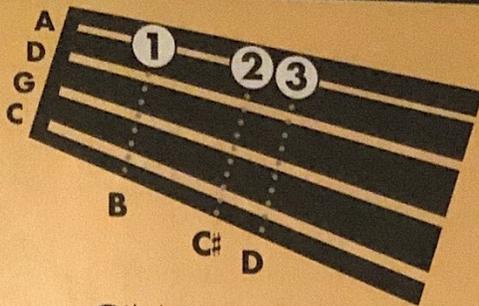
Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

22. ESSENTIAL ELEMENTS QUIZ - LIGHTLY ROW

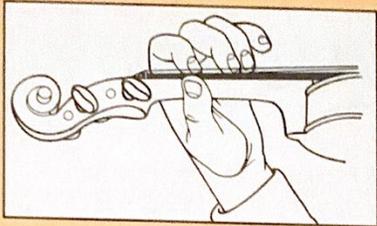
pizz. 0 2 3 1

▲ Prepare F# before playing.

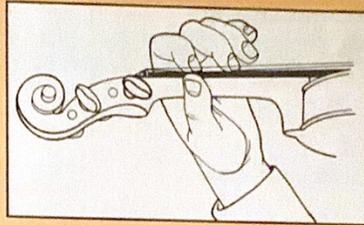
A STRING NOTES



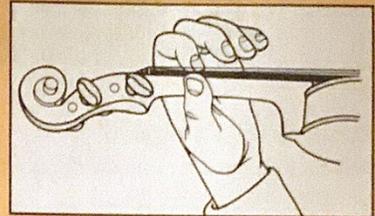
D is played with 3 fingers on the A string.



C# is played with 2 fingers on the A string.



B is played with 1 finger on the A string.

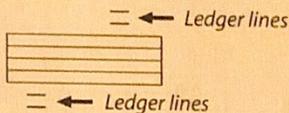


Listening Skills

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.* ³

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

C# *pizz.* ²

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

25. TAKE OFF

pizz. ³

26. CARIBBEAN ISLAND

pizz. ³

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

27. OLYMPIC HIGH JUMP

28. LET'S READ "B"

B

29. HALF WAY DOWN

30. RIGHT BACK UP

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.*

32. ESSENTIAL ELEMENTS QUIZ - UP THE D SCALE

BOW BUILDER FOUR

On The Bow (Early Bow Hold)

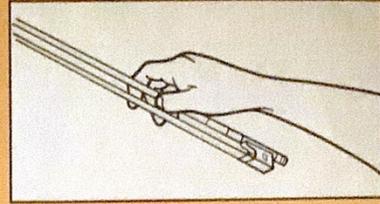
Step 1 Identify all parts of the bow (see page 2). Hold the bow in your left hand near the tip with the frog pointing to the right.

Step 2 Put your right thumb and 2nd finger on the bow stick near the middle of the bow.

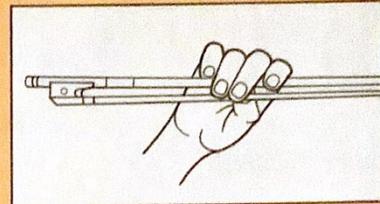
Step 3 Shape your right hand on the bow stick, as shown.

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

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



Balancing The Bow



Early Bow Hold



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

Israeli Folk Song

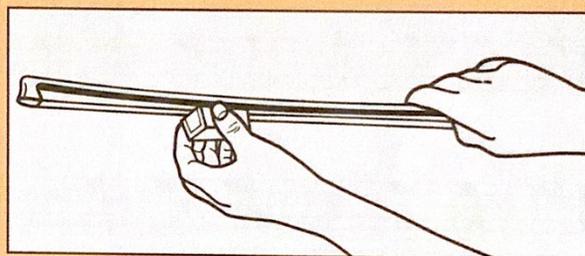
pizz.

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 at the balance point.
- 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.

Down Rest Up Rest Down Rest Up Rest Down Up Down Up Down Rest Up Rest

38. ROSIN RAP #2

Down Up Down Rest Up Down Up Rest Down Up Rest Rest Down Up Rest Rest

39. ROSIN RAP #3

Down Up Rest Rest Down Up Rest Rest Down Rest Up Rest Down Up Down Up

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

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

THEORY

A musical staff in bass clef with a key signature of one sharp (F#). The notes are: G2, A2, B2, C3, D3, E3, F#3, G3. Below the staff are seven dashed lines for writing letter names.

40. CAROLINA BREEZE

Musical staff for 'CAROLINA BREEZE' in 3/4 time, starting with a *pizz.* marking. The notes are: G2, A2, B2, C3, D3, E3, F#3, G3. Fingerings are indicated above the notes: 3, 2, 1, 0, 3, 2, 1, 2, 3. A count is provided below the staff: **Count: 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &**

41. JINGLE BELLS

J. S. Pierpont

Musical staff for 'JINGLE BELLS' in 3/4 time, starting with a *pizz.* marking. The notes are: G2, A2, B2, C3, D3, E3, F#3, G3. Fingerings are indicated above the notes: 2, 0, 0, 1, 3, 2, 1, 0, 3, 2, 1, 0. The staff is divided into four measures.

42. OLD MACDONALD HAD A FARM

American Folk Song

Musical staff for 'OLD MACDONALD HAD A FARM' in 3/4 time, starting with a *pizz.* marking. The notes are: G2, A2, B2, C3, D3, E3, F#3, G3. Fingerings are indicated above the notes: 3, 0, 1, 1, 0, 3, 0. The staff is divided into three measures.

★ 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:

WORKOUTS

String Levels

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

- Raise your arm to play lower-pitched strings.
- Lower your arm to play higher-pitched strings.



Raise arm = lower string
 Lower arm = higher string

49. RAISE AND LOWER

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:

PUTTING IT ALL TOGETHER

Congratulations! You are now ready to practice like an advanced player by combining left and right hand skills while reading music. When learning a new line of music, follow these steps for success:

Step 1 Tap your toe and say or sing the letter names.

Step 2 Play *pizz.* and say or sing the letter names.

Step 3 Shadow bow and say or sing the letter names.

Step 4 Bow and play as written.

54. BOWING "G"



55. BACK AND FORTH



56. DOWN AND UP



57. TRIBAL LAMENT



58. BOWING "D"



59. LITTLE STEPS



60. ELEVATOR DOWN



1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

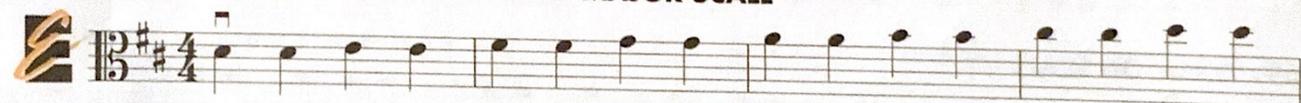
61. ELEVATOR UP



62. DOWN THE D MAJOR SCALE

63. SCALE SIMULATOR *Remember to count.*

64. ESSENTIAL ELEMENTS QUIZ - THE D MAJOR SCALE



Special Viola 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



THEORY

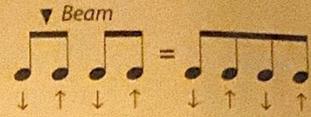
Eighth Notes



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.

73. BUCKEYE SALUTE

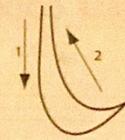
Moderato

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.

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.

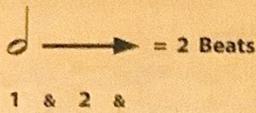
THEORY

76. ESSENTIAL ELEMENTS QUIZ - FOR PETE'S SAKE

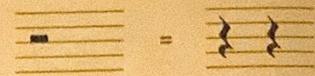
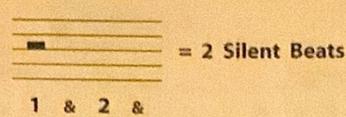
Moderato

THEORY

Half Note



Half Rest



77. RHYTHM RAP

Shadow bow and count before playing.

78. AT PIERROT'S DOOR

Moderato

French Folk Song

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

Holding your viola in shoulder position, pizz. this exercise with your left hand 4th finger. 4+ = 4th finger pizz. (etc.)