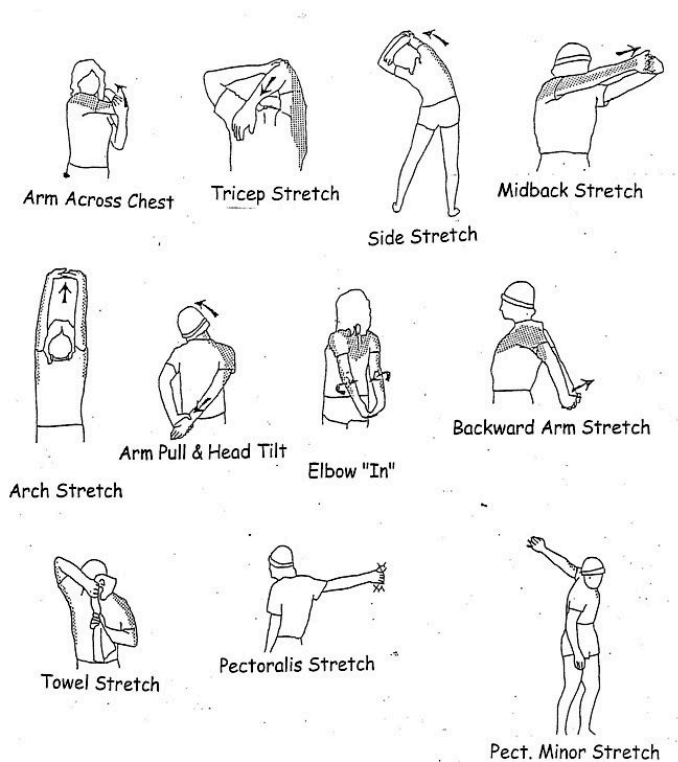
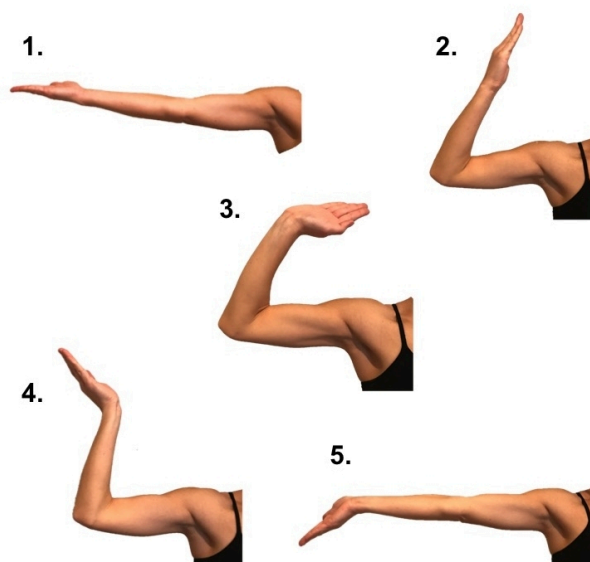


Colleen's Warm Up Packet

Stretches



Nerve glides



Find support center - stand on one leg, brief wall-sit

Long Tones, Intonation, and Improvisation

Long tones by ear: pick a favorite tune from Spotify/Apple Music/Youtube etc. and do your long tones to the song. You can find chord progressions online or attempt by ear! Learning by ear is an excellent skill and will help you with intonation.

- Level 1: Find the chords for the song online (guitarists tend to post these) and play along using the chords as a guide.
- Level 2: Play long tones to the song of your choice, choosing the notes completely by ear.
- Level 3: Play the melody along with the singer/artist by ear
- Level 4: Harmonize with the singer's melody by ear

Example: Lover by Taylor Swift. Chords are provided, experiment with choosing different notes of the chord, or try playing the melody by ear

<p>G D C</p> <p>We could leave the Christmas lights up 'til January</p> <p>G D C</p> <p>This is our place, we make the rules</p> <p> G D C</p> <p>And there's a dazzling haze, a mysterious way about you, dear</p> <p>G D C</p> <p>Have I known you 20 seconds or 20 years?</p> <p> G D C</p> <p>Can I go where you go?</p> <p> G D C</p> <p>Can we always be this close forever and ever?</p> <p> G D C</p> <p>And ah, take me out, and take me home</p> <p> G D/F# Em D C</p> <p>You're my, my, my, my lover</p> <p> G D/F# C </p> <p>G D C</p> <p>We could let our friends crash in the living room</p> <p>G D C</p> <p>This is our place, we make the call</p> <p> G D C</p>	<p>G D/F#</p> <p>Ladies and gentlemen, will you please stand?</p> <p>Em G7/F</p> <p>With every guitar string scar on my hand</p> <p>C Em/B Am D</p> <p>I take this magnetic force of a man to be my ... lover</p> <p>G D/F#</p> <p>My heart's been borrowed and yours has been blue</p> <p>Em G7/F</p> <p>All's well that ends well to end up with you</p> <p>C Em/B Am D</p> <p>Swear to be overdramatic and true to my ... lover</p> <p> G G7/F C</p> <p>And you'll save all your dirtiest jokes for me</p> <p> Am D</p> <p>And at every table, I'll save you a seat, lover</p> <p> G D C</p> <p>Can I go where you go?</p> <p> G D C</p> <p>Can we always be this close forever and ever?</p> <p> G D C</p> <p>And ah, take me out, and take me home (Forever and ever)</p>
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<p>And I'm highly suspicious that everyone who sees you wants you</p> <p>G D C</p> <p>I've loved you three summers now, honey, but I want 'em all</p> <p>G D C</p> <p>Can I go where you go?</p> <p>G D C</p> <p>Can we always be this close forever and ever?</p> <p>G D C</p> <p>And ah, take me out, and take me home (Forever and ever)</p> <p>G D/F# Em D C</p> <p>You're my, my, my, my lover</p>	<p>G D/F# Em D C</p> <p>You're my, my, my, my</p> <p>G D/F# Em D C</p> <p>Oh, you're my, my, my, my</p> <p>G D/F# Em D C B</p> <p>Darling, you're my, my, my, my lover</p>
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Scales, Transposition, and Memorization

Use the following scale pattern for all major and minor scales, in addition to any other scale patterns you enjoy. Only three scales are provided; try to apply the pattern to other scales. This is great transposition practice! Set a goal of playing these scales by memory. You can choose to articulate each note, or to add your own articulation patterns. Some articulation pattern suggestions can be found in Taffanel and Gaubert's Daily Studies.

F Major



G Major



A Major



Articulation

I've included two examples of excellent rap songs for practicing articulation. Rap artists are some of the best articulators out there, so we should learn from them! In the examples below, I found some iconic beat patterns for your articulation pleasure. However, you can increase the difficulty by attempting to articulate along with the rapper's lyrics. Please be cognizant of language in popular music and choose the clean version when playing along.

Ice Ice Baby by Vanilla Ice

Ta Ka Ta Taka Ta Ta Ka



Not Like Us by Kendrick Lamar

Ta Ka Ta Ka Ta Ka Ta Ka

