

Tips On Note Reading

Practicing note reading should be on everyone's list as a musician or student. It is a valuable skill that gives you a foundation for the musical language. Knowing the scales and chord structure of a song will give you a solid support for either improvisation or sight reading.

- **MUSICAL SENTENCES:** Make up a sentence for the lines and spaces of the bass and treble clef, and memorize them !! This helps to minimize confusion between bass and treble clef!
treble clef LINES: Every Good Boy Does Fine **SPACES:** F A C E
bass clef LINES: Great Big Dogs Fight Animals **SPACES:** All Cows Eat Grass
Go past the lines and spaces for your sentence. This will help you integrate the notes above and below the staff!
Could Every Good Boy Do Fine **Always** (LINES)
Do Fat Alley Cats Eat **Green Beans** (SPACES)
 - **PRACTICE!!**.....If you run out of notes to practice, turn the paper UPSIDE DOWN, and start again. The more you do it, the quicker it will come.
 - **USE BRAIN GYM:** It has been found that very simple specific body movements can improve the quality of "whole brain" learning. Practice the movements before you play.....and you will notice a difference!! BRAIN GYM movements stimulate certain parts of the brain for: left to right eye movements - hand-eye coordination - improved muscle-eye coordination - long and short term memory - symbol recognition and discrimination - reading comprehension - relaxed vision - correction of number/letter reversals.
<https://www.youtube.com/watch?v=VL4an7UC3wA>
<https://www.youtube.com/watch?v=afMOUmOynRI>
1. **Ear Massage:** Specifically for playing a musical instrument: Start at the top of your ears; massage and "unroll" both ears. Do this all the way down the ear to the lobe for one minute. You are stimulating over 200 acupuncture and acupressure points that help you play an instrument! How easy is that?!
 2. **Think of an X.** Close your eyes + in the middle of your forehead...think of an X. This aligns right/left centers of the brain
 3. **Cross-crawl:** Stand, right hand taps the left knee, as the knee gently raises. The head turns to the left as you tap on the knee. Then the left hand (head turns to the right too) and taps the right knee as it gently raises. This makes an X also. Do this 15 times.
 4. **Lazy 8:** With your eyes focused on your right hand forefinger, in the air outline the figure of the number 8 on its side. Then switch hands. This also makes an X.

Freedom is not worth having if it does not include the freedom to make mistakes - Gandhi

- **FLASH CARDS:** This will help you to connect with the image of notes!
- **NO LETTERS UNDER THE NOTES!!** This is a no-no! Do not write the name of the note above or below the note! You end up reading the letter and not the note! It takes twice as long to learn to read notes that way because you are not connecting to the placement of the note!
- **NEIGHBOR NOTES AND EVERY OTHER NOTES:** Use this method as a stepping stone to the next note. This method has been revolutionary for many students in overcoming their fears of not knowing every note. This allows you to learn the notes "in relation to the notes." Used in conjunction with the musical sentence, these 3 methods will teach you the notes - 100%!! See the examples next page.
- **READ ONLY SONGS YOU DON'T KNOW** when you are just learning to read notes! Then you are forced to read rather than figure notes (or sometimes guess at) out tonally.

The best way to predict the future is to create it! - Anonymous