**Music Karate**

Instructions: Perform and record the music karate songs.

To record, use “[Flipgrid](http://www.flipgrid.com/hesd56band)” on your school laptop.

If you have already been working on your karate belts, you may start where you left off. If you have not started or you do not remember where you left off, you may start on the white belt.

The order for music karate is as follows\*:

1. [White Belt](https://flipgrid.com/862d1518)
2. [Orange Belt](https://flipgrid.com/e9bc11f1)
3. [Yellow Belt](https://flipgrid.com/39959f4c)
4. [Green Belt](https://flipgrid.com/54bcc709)
5. [Purple Belt](https://flipgrid.com/e85f4479)
6. [Blue Belt](https://flipgrid.com/56f36f2e)
7. [Brown Belt](https://flipgrid.com/bb0f084d)
8. [Red Belt](https://flipgrid.com/327e648a)
9. [Silver Belt](https://flipgrid.com/a2da784e)
10. [Black Belt](https://flipgrid.com/47b5f158)

\*You can find the music karate form with specific song numbers (from your sound innovations blue book) on [OneDrive](https://hesd-my.sharepoint.com/%3Af%3A/g/personal/jlocher_hanfordesd_org/Ei-gzPY_jhVAmdg6pdkn9CwBTjjbqVVUKbNMypO1purgzA?e=tGkjvy).

**HESD Band Assessments**

Instructions: Record yourself playing one, or several, of the band assessments. You can find the band assessments on [OneDrive](https://hesd-my.sharepoint.com/%3Af%3A/g/personal/jlocher_hanfordesd_org/Ei-gzPY_jhVAmdg6pdkn9CwBTjjbqVVUKbNMypO1purgzA?e=tGkjvy).

Use [Flipgrid](http://www.flipgrid.com/hesd56band) to record your assessments. When titling your video, use your first name, last name and the level of the assessment. For example, “John Smith Bronze”. You may have to submit multiple videos as it only allows you to record 5 minutes per video.

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| **Note:** You may record any of the band assessments before you do music karate. You do not have to do one before the other. |

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| **Flipgrid instructions**1. Open Google Chrome (do not use Internet Explorer)
2. Go to [www.flipgrid.com/hesd56band](http://www.flipgrid.com/hesd56band)
3. Type in the following password: hesdband1
4. Click on the drop-down menu and choose the belt you would like to work on
5. Scroll down to the bottom of the page and click the big green circle that has a plus sign
6. Record yourself playing the song you are working on (you may point the camera at the floor if you do not want to show your face)
7. Title your video with your school’s name, your first name, your last name and the song number from the book
	1. Example: “Lincoln, John Smith #6”
8. Submit your video
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