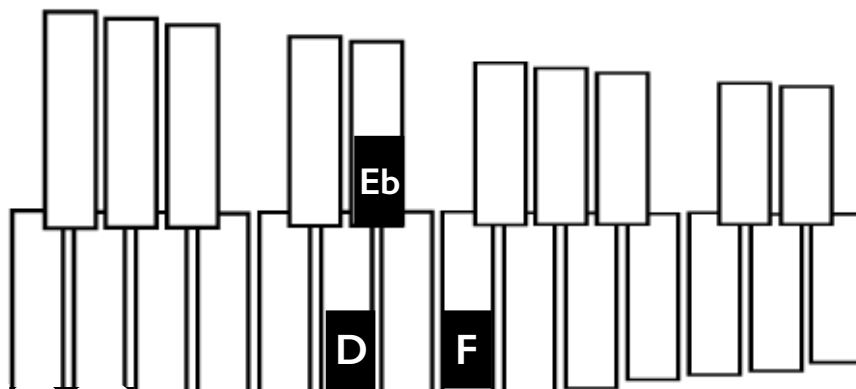




one parts & maintenance

1. Instrument Parts: When you set up the bells, make sure it is high enough to touch your fingers after you bend your elbows.
2. Maintenance: Do not touch the keys or the mallet heads with your hands. The oils will destroy them. Clean by wiping down the keys and resonators once a month.

1. How to Stand: Feet flat on the floor, comfortably apart and far enough away from the bells so your elbows are in front of your body. Elbows away from your body.
2. Stick Placements: One stick should always be higher on the keys than the other to prevent clashing. Sometimes they will switch around. Don't hit where the string/posts go through key (Node).

two posture & holding

1. How to Breathe: Inhale to the gut saying "WHAAA". If you do not breath with the band, then you will always play ahead of them.
2. How to Grip the Mallets: Thumb & Index fingers balance the mallets while the remaining fingers secure the mallet's movements. The Balance (fulcrum) is essential for limiting movement to only the wrists and not allowing the arms or shoulders to move.

three breathing & grip

1. How to Strike: Lift mallets like you are breathing with the band and drop the head on the key. Lift after the strike to draw the sound from the bells. Don't let the mallets dampen the tone.
2. Name Rhythms & their values:

WHOLE NOTE
4 BEATS

HALF NOTE
2 BEATS

QUARTER NOTE
1 BEAT

four striking & rhythms

first 3 notes five

1. First 3 Notes: Concert Pitches F, Eb, D.
2. Fingering Chart: Show how a fingering chart works. Where the notes are on the staff.
3. Exercises: Play as many exercises as possible in the book.