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FOUNDATIONS

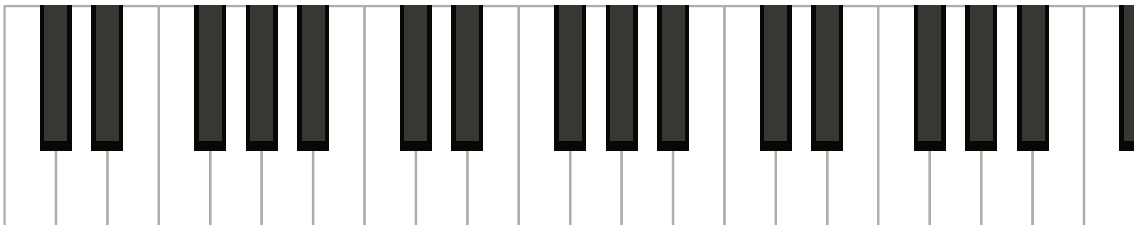
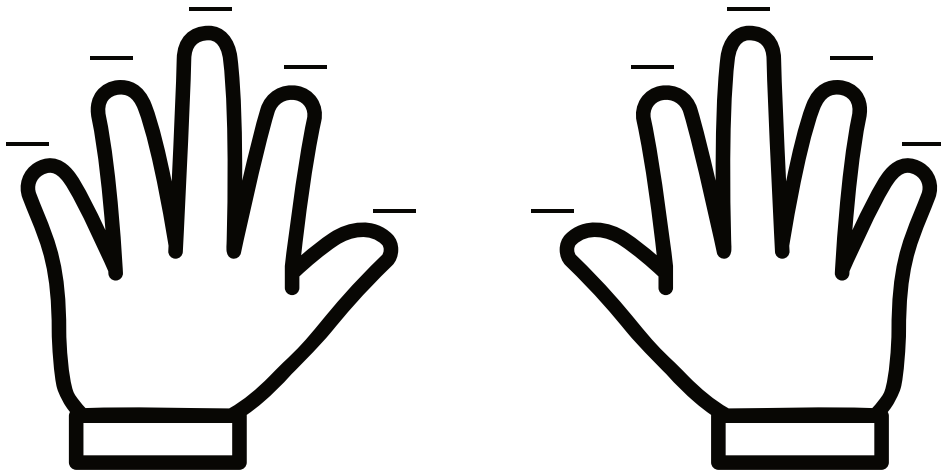
WORKSHEETS

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LEVEL 1

Level 1 - Chapter 1

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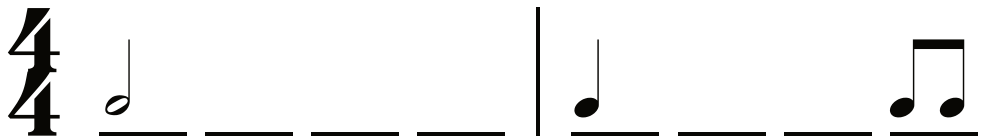
Level 1 - Chapter 3

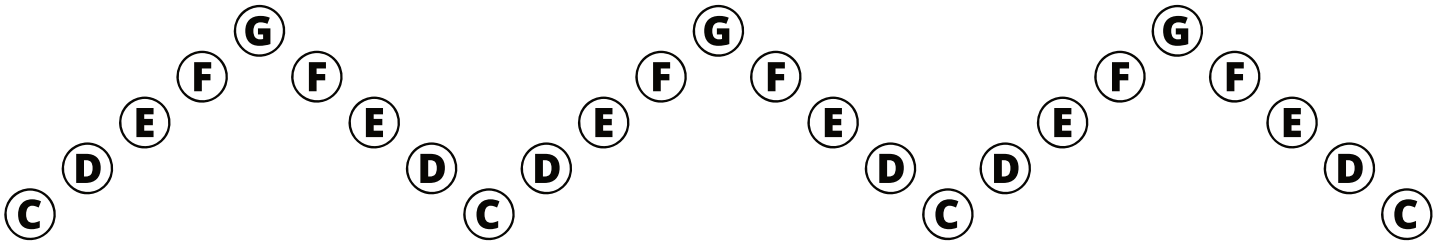
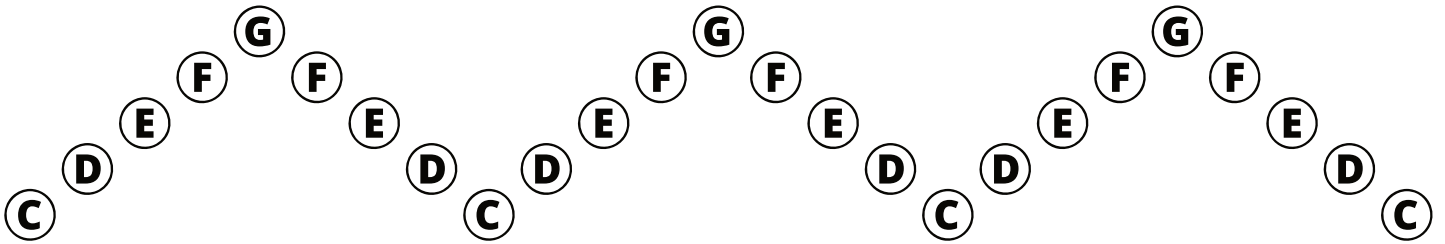
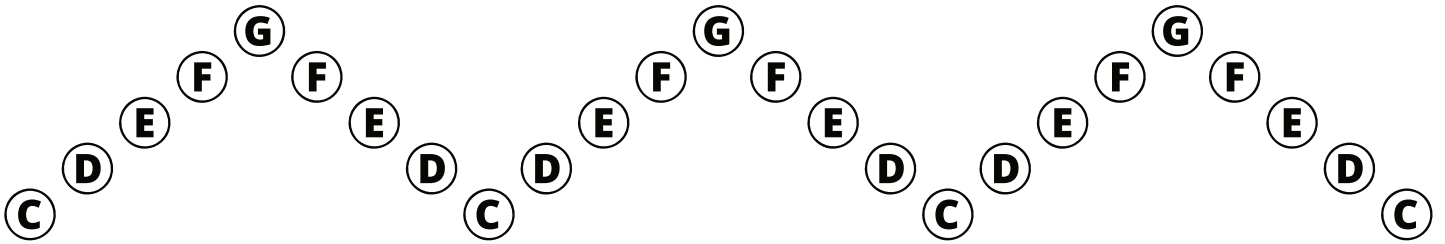
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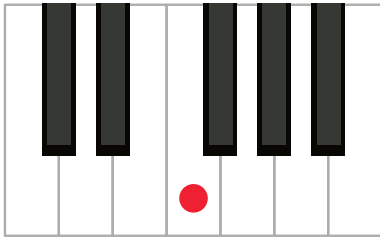
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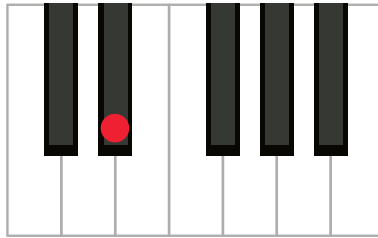


Level 1 - Chapter 4

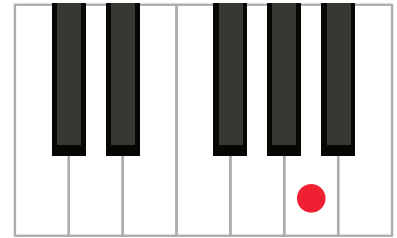
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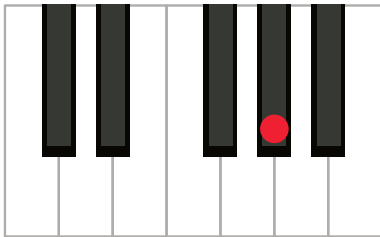
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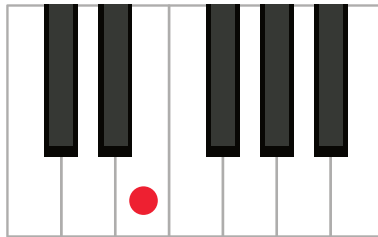
WHOLE STEP **ABOVE**



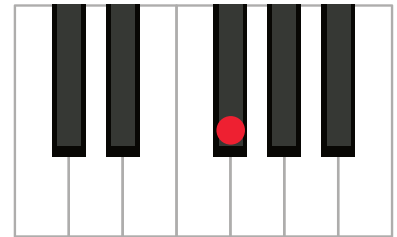
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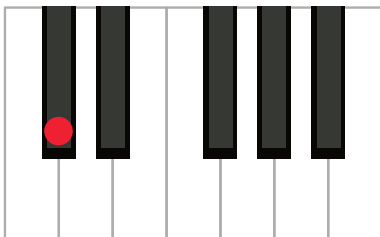
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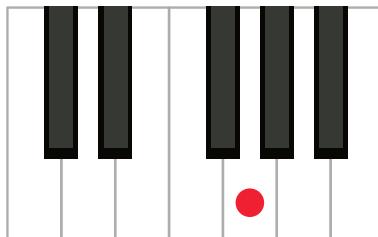
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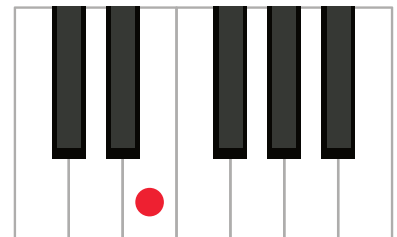
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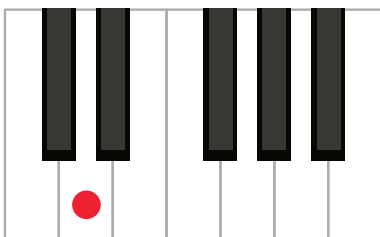
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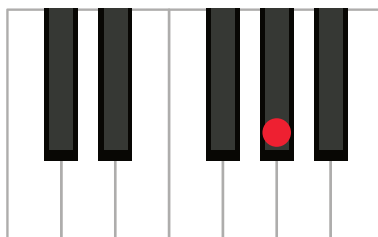
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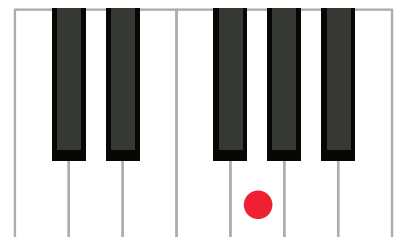
WHOLE STEP **ABOVE**



WHOLE STEP **ABOVE**



HALF STEP **ABOVE**



HALF STEP **BELOW**

LEVEL 2

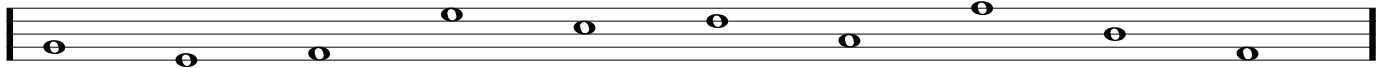
Level 2 - Chapter 1

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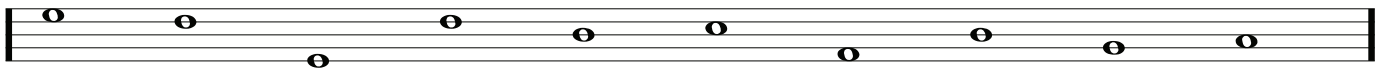


Level 2 - Chapter 2

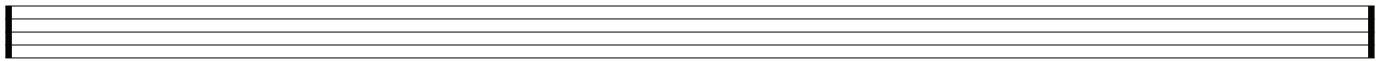
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L2



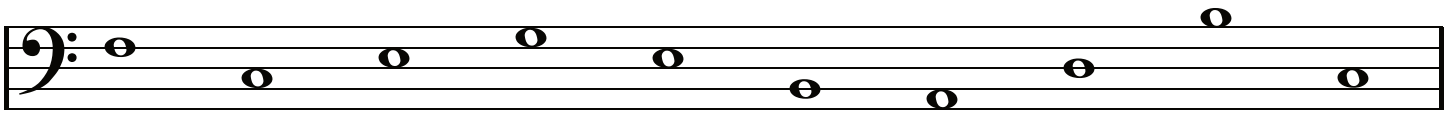
L3 L5 S1 S4 S2 L1 S3 L2 L4 S5



S4 L1 L5 S1 S3 L2 L4 S3 L3 S2

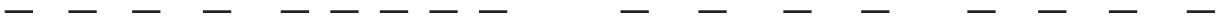
Level 2 - Chapter 3

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Level 2 - Chapter 3

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Level 2 - Chapter 4

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The first exercise consists of two staves. The treble staff contains ten chords: a triad (F4, A4, C5), a dyad (G4, B4), a dyad (A4, C5), a triad (B4, D5, F5), a triad (C5, E5, G5), a dyad (D5, F5), a triad (E5, G5, B5), a triad (F5, A5, C6), a dyad (G5, B5), and a triad (A5, C6, E6). The bass staff contains ten chords: a triad (C3, E3, G3), a dyad (D3, F3), a triad (E3, G3, B3), a triad (F3, A3, C4), a triad (G3, B3, D4), a triad (A3, C4, E4), a triad (B3, D4, F4), a triad (C4, E4, G4), a triad (D4, F4, A4), a triad (E4, G4, B4), and a dyad (F4, A4). Below each staff are ten horizontal lines for fingerings.

The second exercise consists of two staves. The treble staff contains ten single notes: G4, A4, F4, A4, B4, F4, G4, A4, F4, G4. Below these notes are the interval labels: 3rd, 4th, 2nd, 4th, 5th, 2nd, 3rd, 5th, 2nd, 3rd. The bass staff contains ten single notes: C3, E3, D3, F3, G3, D3, E3, F3, D3, E3. Below these notes are the interval labels: 5th, 3rd, 2nd, 4th, 5th, 2nd, 3rd, 5th, 2nd, 3rd.

LEVEL 4

Level 4 - Chapter 1

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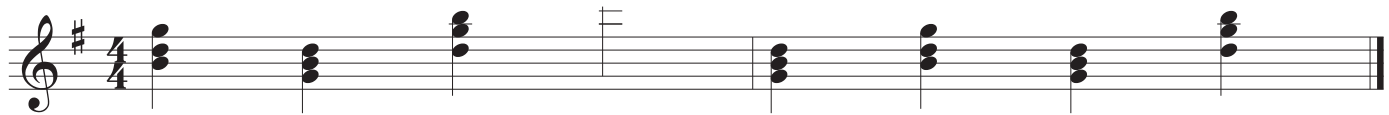


F#

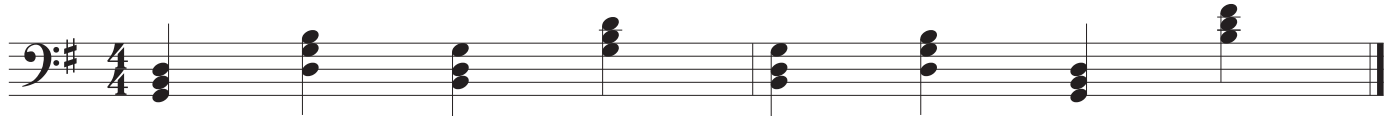


Level 4 - Chapter 4

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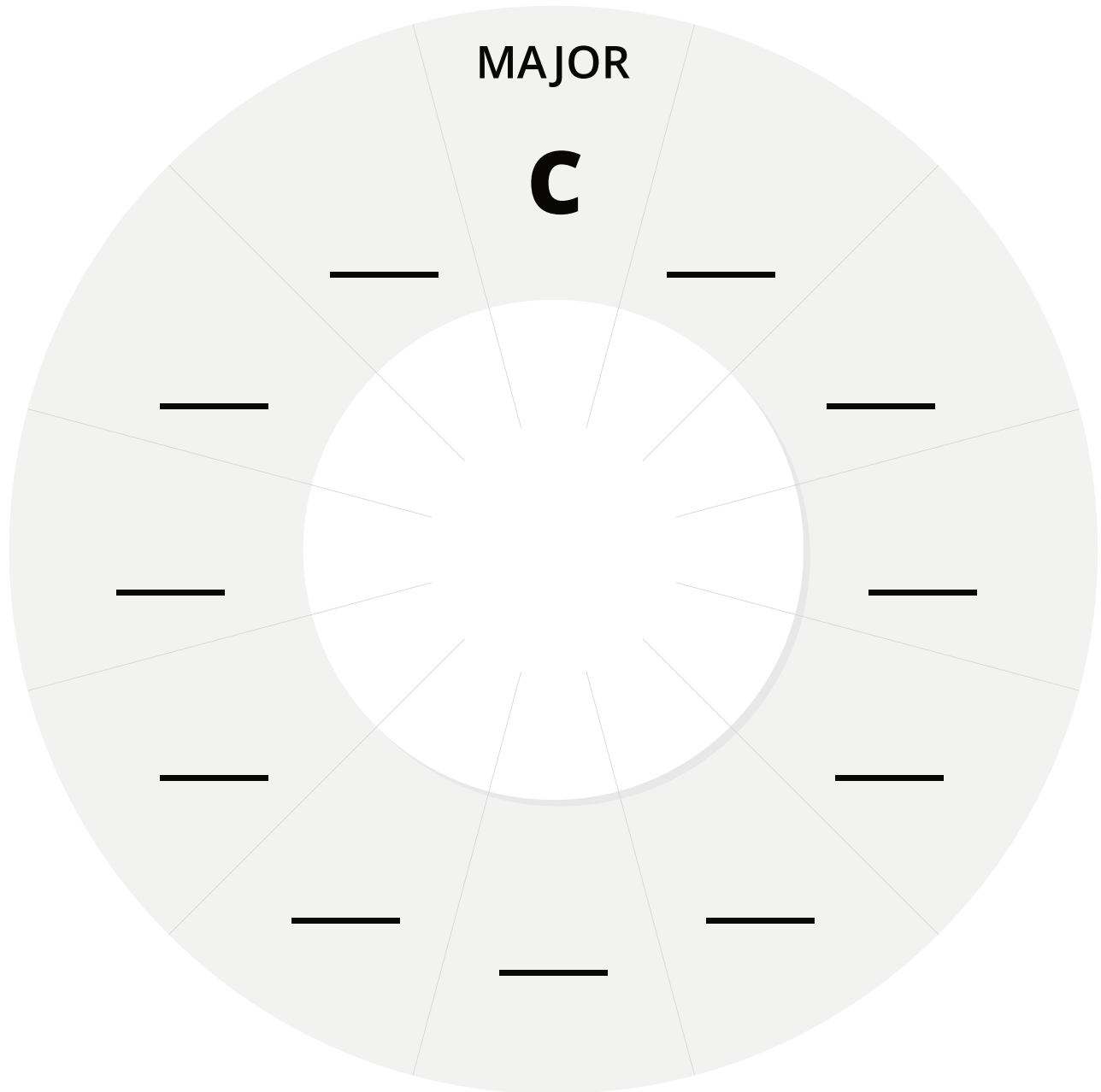


1st



LEVEL 7

Completed Circle Of Fifths



GOAL SETTING

See completed example in Level 1 - Chapter 1 - Page 11

WEEKLY GOALS

MONTHLY GOALS

YEARLY GOALS

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PRACTICE ROUTINE

See completed example in Level 1 - Chapter 1 - Page 12

15-MINUTE PRACTICE ROUTINE

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30-MINUTE PRACTICE ROUTINE

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60-MINUTE PRACTICE ROUTINE

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FOUNDATIONS

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