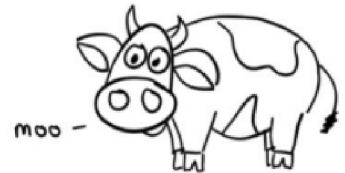


Core

Book 1 : Foundation

The Dao of Jazz

A Flow-state Modular Music Learning Method
by Edward Cubitt



Core

Book 1 - Foundation

Preface

“Trying to understand is like straining through muddy water.
Have the patience to wait! Be still and allow the mud to settle.”

- Lao Tzu

With great thanks to Mark, Jeremy, and Jason. Thank you for helping me understand.

Breathe In, long and slow.
The cool air on your nostrils.
Slowly, through the nose.

Breathe out, through the mouth.
Release Tension. Don't Worry.
Music is Easy.

Are you ready?

Then let us begin.

Table of Contents

Game I	C is to the LEFT	Finding C Page I
Game II	The WORD game	Writing Music Page II
Game III	The RHYTHM game	Feeling Rhythms Page 2I
Game IV	The MEOW- COASTER	Vocal Control Page 3I
	<u>Make Notes</u>	 Page 40

C is to the **LEFT**

Game 1

Rap - Call and Response

Piano + Whiteboard+Pens + Beatboxer*

*YouTube is good too

Finding the notes is easy.

A piano has a repeating pattern.

Can you see it?



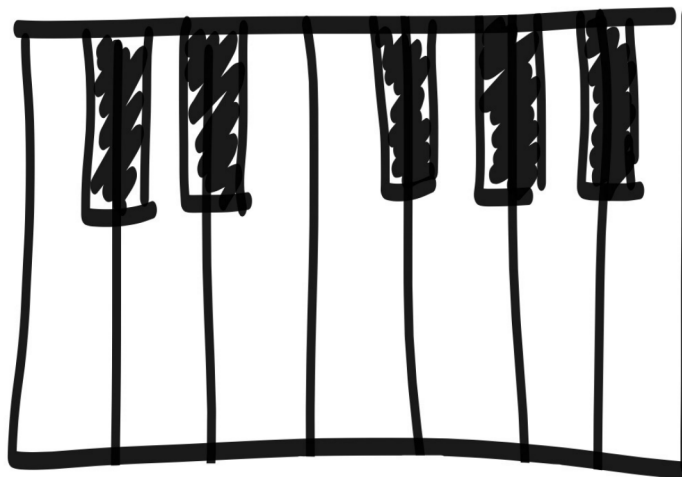
There are 2 black keys separated by a white key, then a gap, then 3 black keys each separated by a white key.

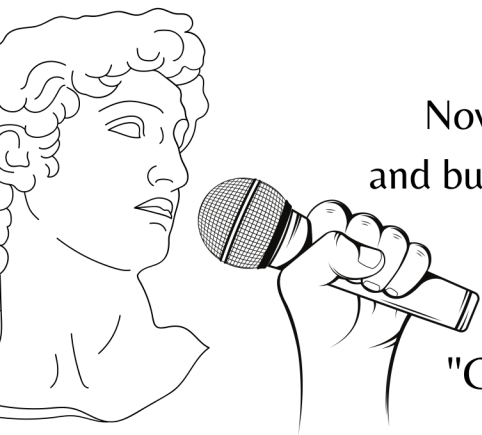
This gives us 7 unique white keys.



Draw this pattern on your whiteboard.

Here's mine.





CALL

Now find a beatboxer (or a beat on YouTube)
and build some neural pathways with this funky rap.

"C is to the Left"

"C is to the Left"

"C is to the Left"

"...of the two black keys."



"C is to the Left"

"C is to the Left"

"C is to the Left"

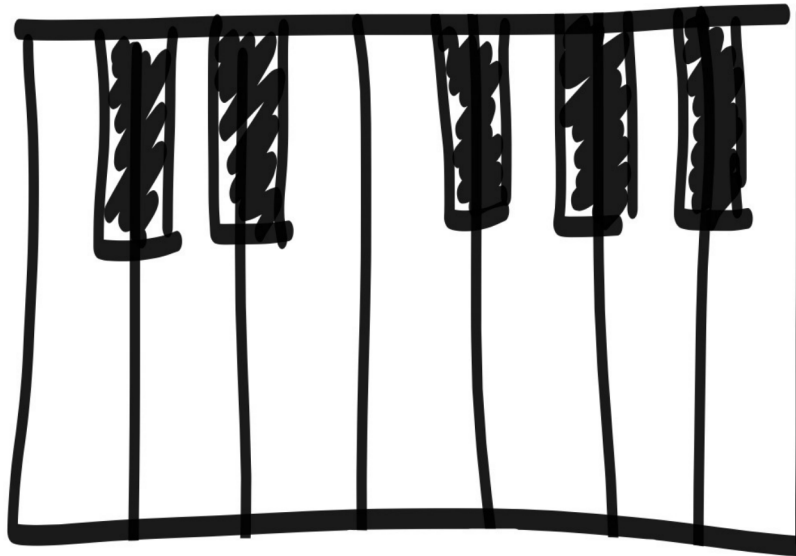
"...of the two black keys."

RESPONSE


We assign white keys letters of the alphabet.

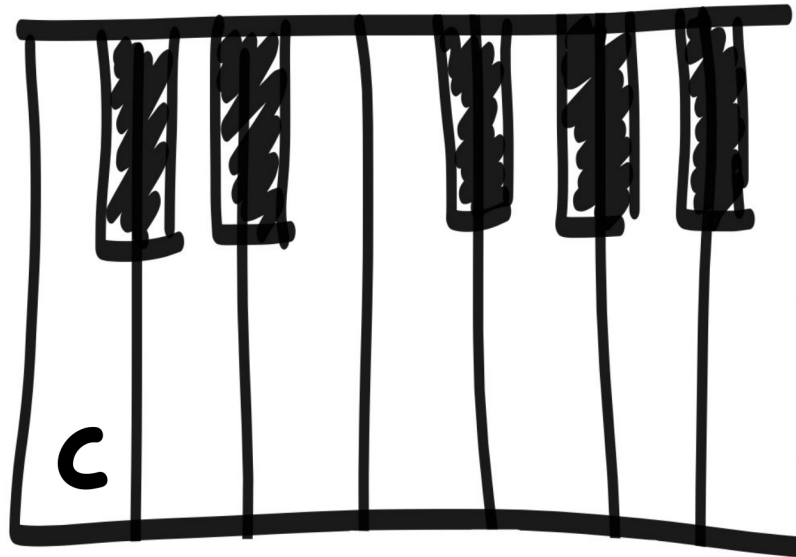


Find and draw in C.



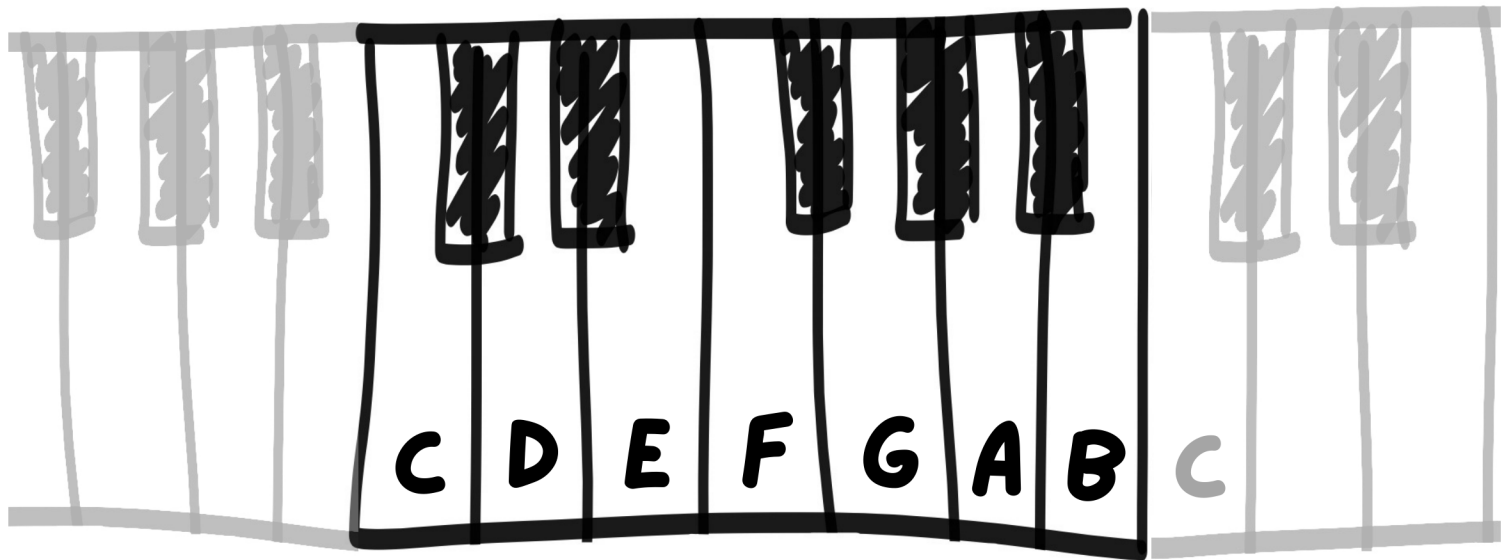
Keys to the right follow the alphabet. After G, we go back to A.

 Find and draw in the rest of the letters.



The pattern keeps going both ways, starting again on the 8th key.

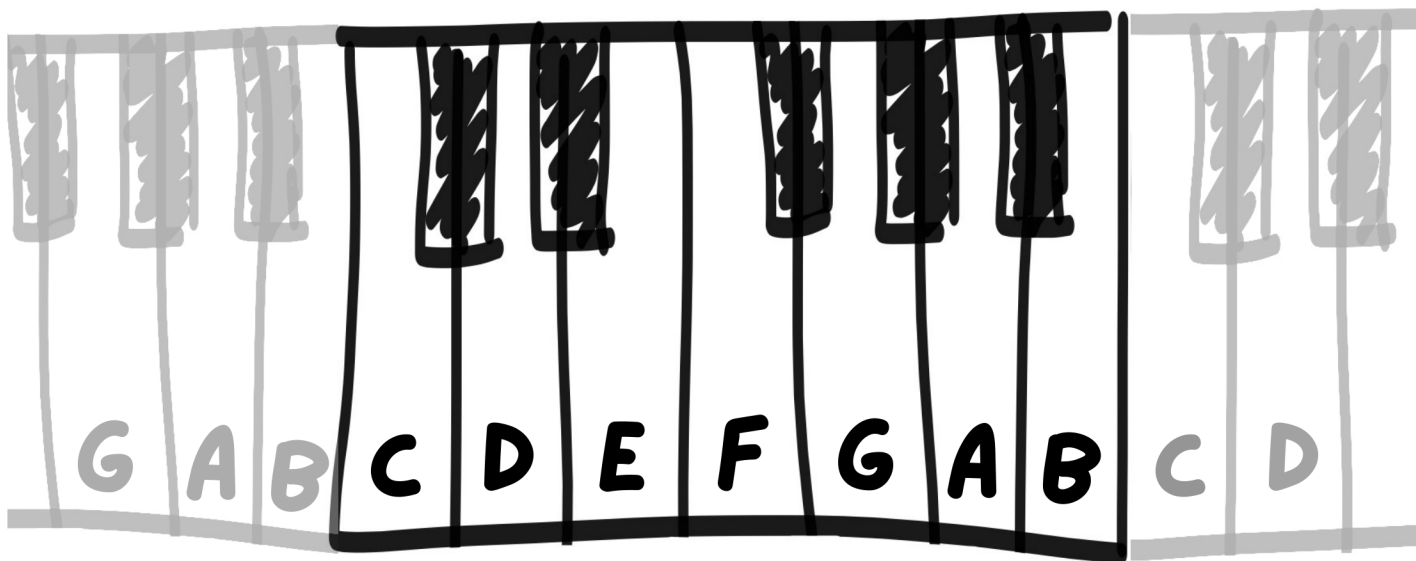
We call this distance an **OCTAVE**



For now, there is only one more thing to remember.



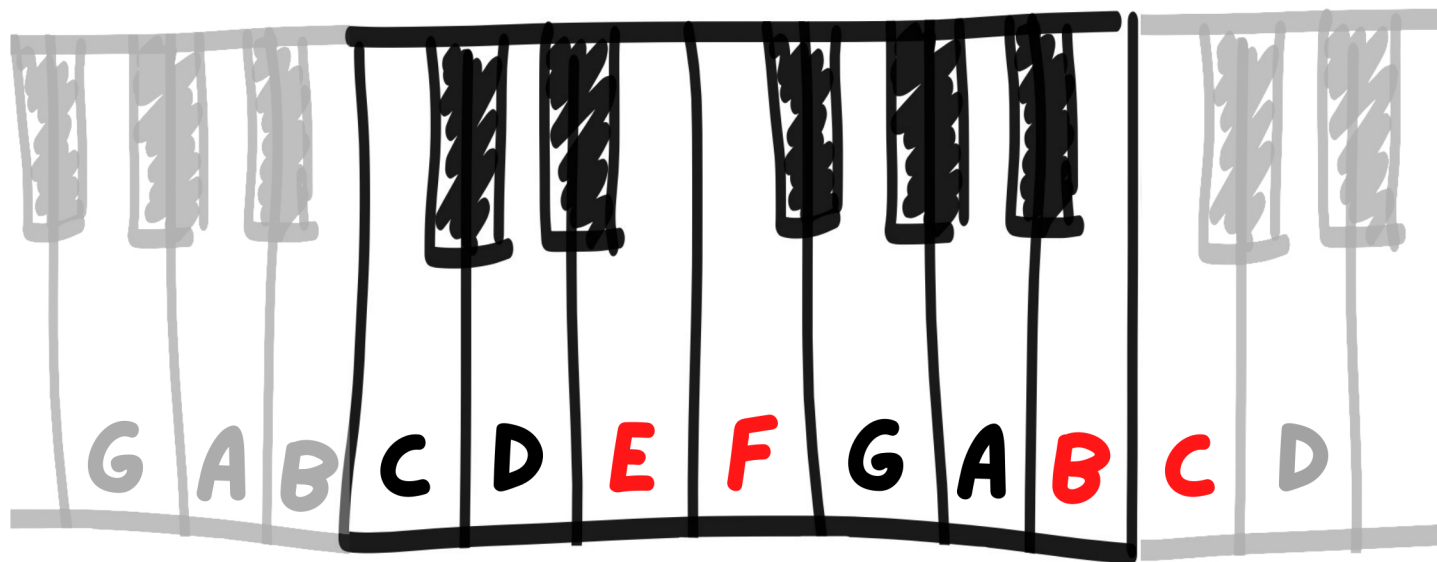
Which keys/letters DO NOT have a black key between them?





E and **F**
B and **C**

do NOT have a black key in between them.



This is the smallest distance between notes or **INTERVAL** available

9 on a Piano keyboard. We call it a **SEMI-TONE** or **HALF-STEP**

Knowing this pattern is important for all instruments.

For example, unlike the Piano, the Guitar does not have a clear pattern of white and black keys.

It is useful to have a Piano in your head, and the easiest way to get one is by drawing it.

The **WORD** **game**

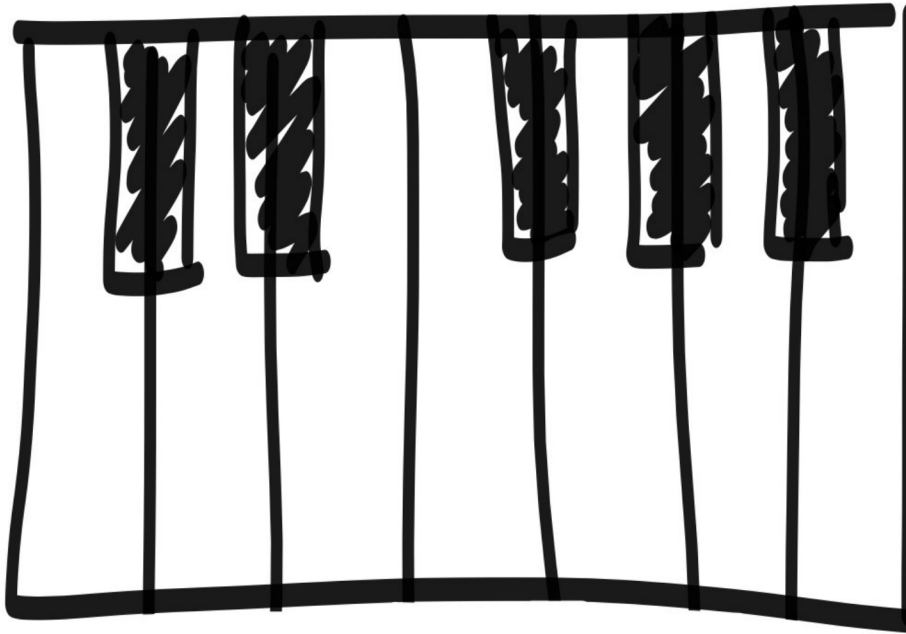
Game II

Piano - Note Identification - Composition

Piano + Whiteboard+Pens

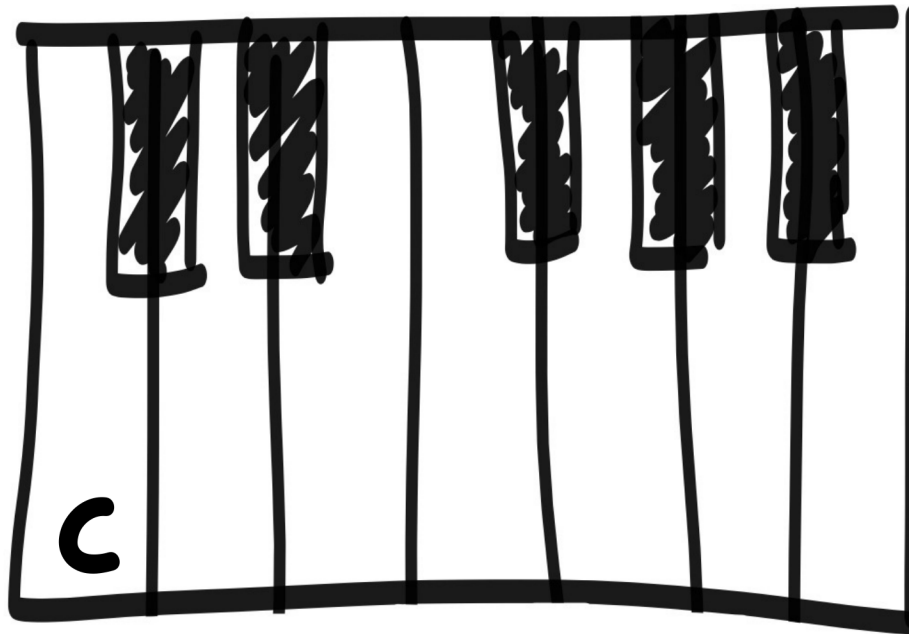
Writing music is easy.

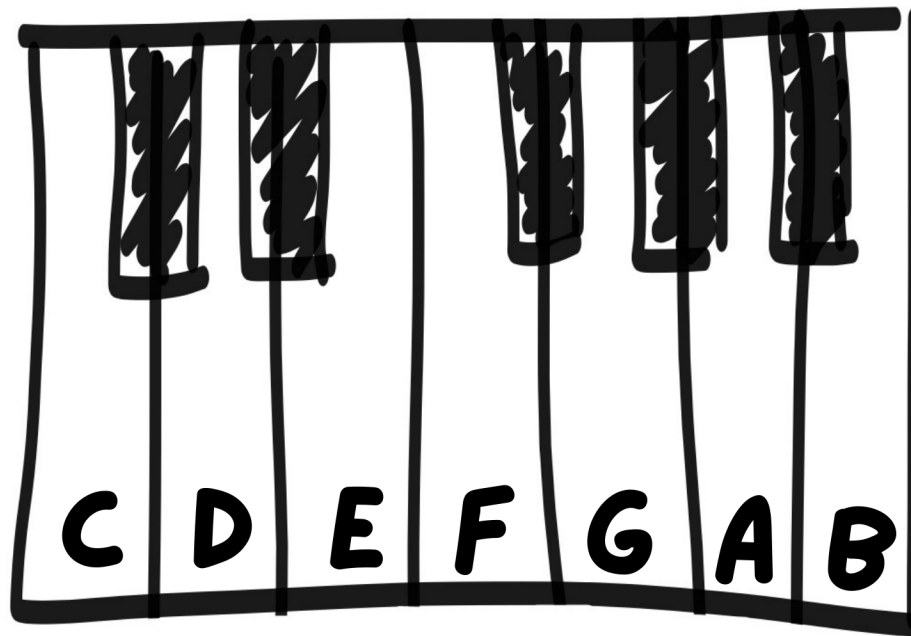
First, draw your keyboard.



Find C

Then fill in the other letters.





A B C D E F G

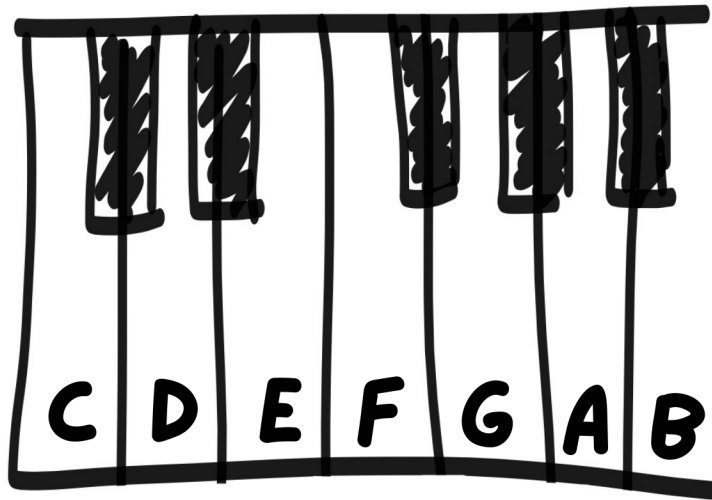
What words* can you make with these letters?

Writing music is easy.

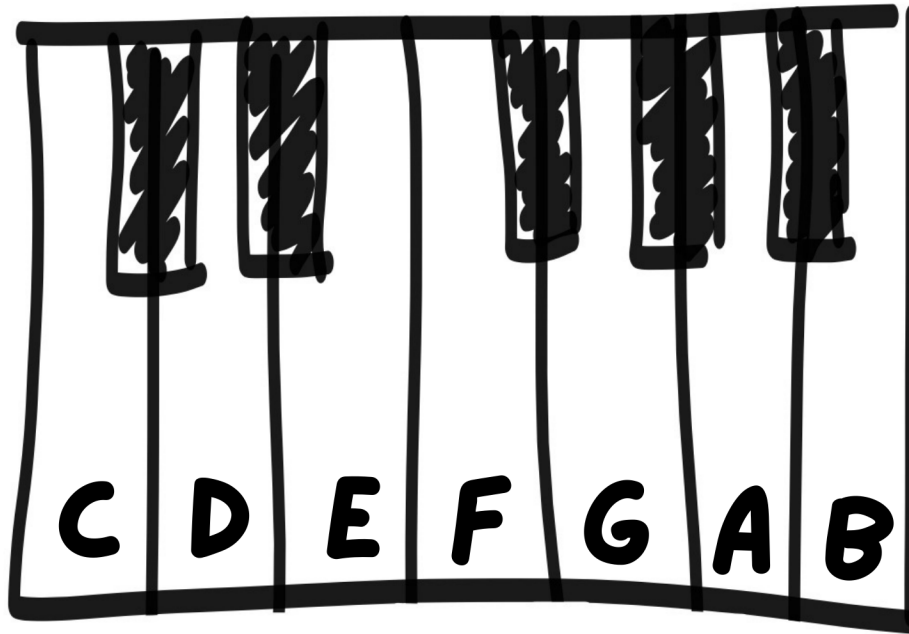
A B C D E F G

What words* can you make with these letters?

Try playing your words on the piano.



Try playing your words on the piano.



Did you like any more than the others?

Make a note of your favourites.

You just wrote music!

Here are some of my favourites.

CABBAGE FACE

BAD DAD DAB

FAB FAB FAB ED

A BEEF G

If you like Zelda and had a N64, you may recognise one of them.

Here are those melodies written down.



CABBAGE FACE



BAD DAD DAB



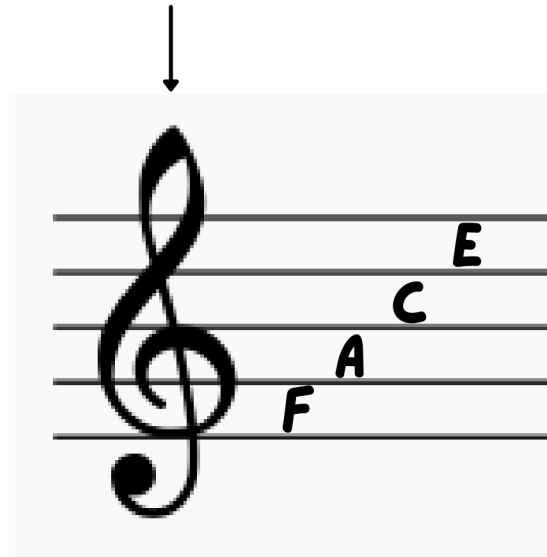
FAB FAB FAB ED



A BEEF G

When you see the

TREBLE CLEF



is in the spaces.

The **RHYTHM** **game**

Game III

Drawing - Clapping - Rhythms
Whiteboard+Pens + Beatboxer*

*YouTube is good too

Feeling Rhythms is easy*.

Turn the page and count out loud as you draw on your whiteboard.

COUNT OUT LOUD AS YOU DRAW... *Numbers*

1

2

3

4

COUNT OUT LOUD AS YOU DRAW... *Vertical Lines*

1



2



3



4



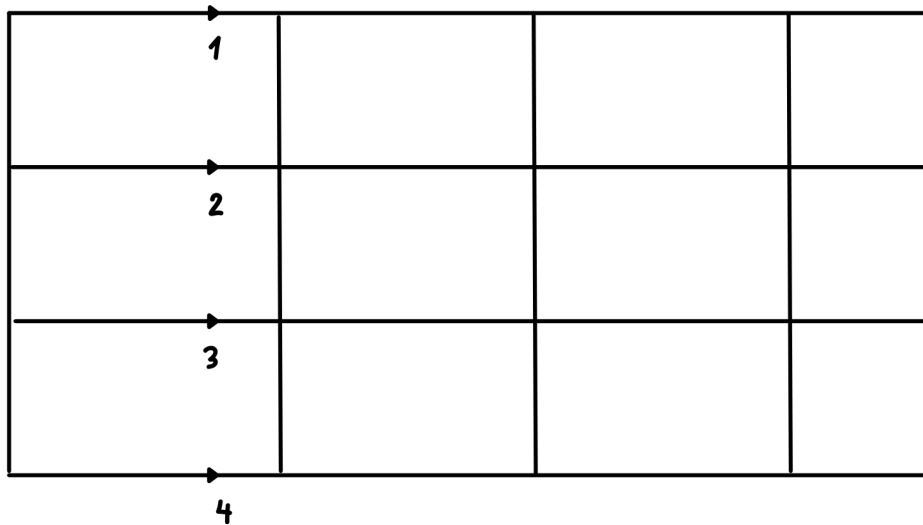
COUNT OUT LOUD AS YOU DRAW... *Horizontal Lines*

1

2

3

4



1	2	3	4

On the top horizontal line, choose two numbers,
then draw **X** marks where it intersects with the number lines.

1	2	3	4
X	X		

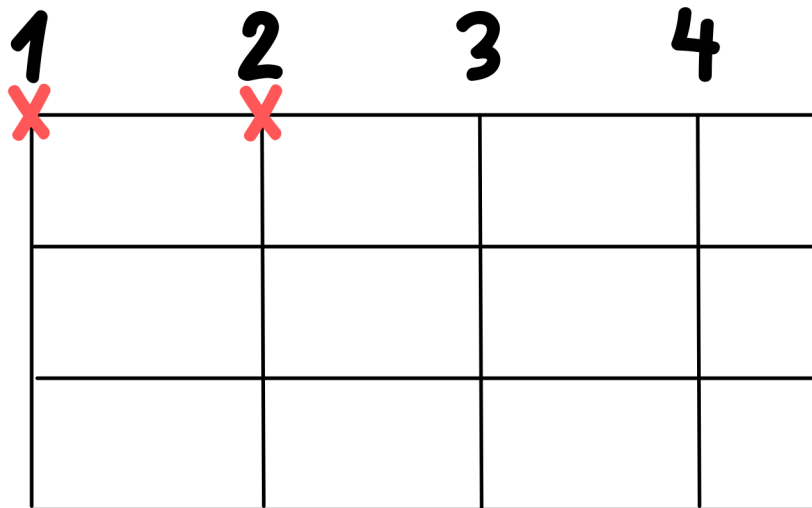
For my top line, I chose 1 and 2.

Let's play.

Count the numbers, clap the crosses.

Go as slow as you need to.

Level 1



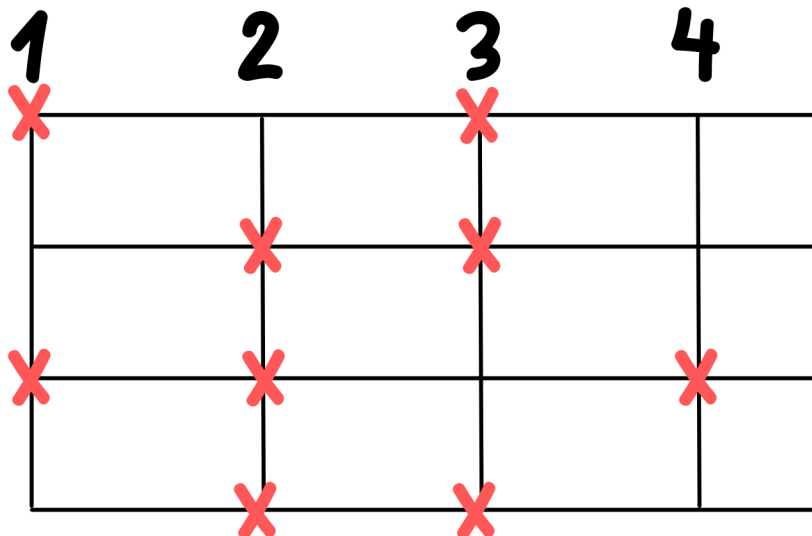
Easy, right? Now add two **X**s to each of the other horizontal lines.

The **RHYTHM**
game

Count the numbers, clap the crosses.

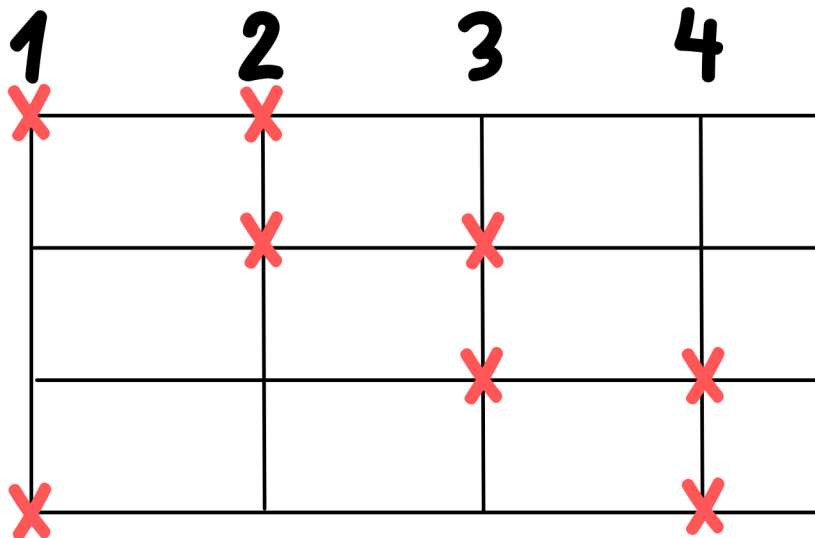
Go as slow as you need to.

Level 1



Here's mine. I did a little pattern!

Level 1



Now, counting out loud, clap your horizontal lines one after another.

Repeat without pauses. Go as slow as you need to.

Here is that rhythm written down.



In the above rhythm are the symbols for notes lasting one beat, and rests lasting one and two beats. Can you figure out which is which?

Make a note of it on this page.

NOW TRY :

- Counting faster
- Counting inside your head
- Counting to a beat
- Playing notes on an instrument instead of clapping
- Playing with a friend
- Playing different rhythms at the same time
- Playing words to rhythms.



Game IV

Drawing - Moewing - Pitch

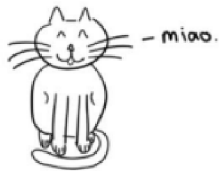
Whiteboard+Pens

Singing is easy.

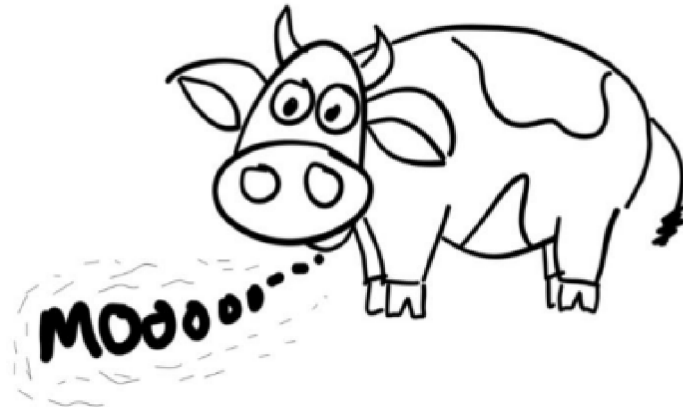
Make the noises you see!

CONSIDER :

A CAT-SIZED CAT

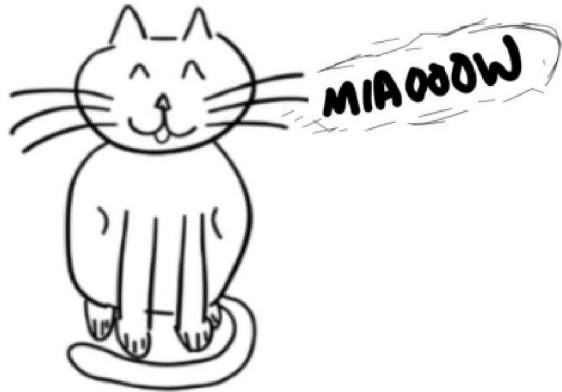


A COW-SIZED COW

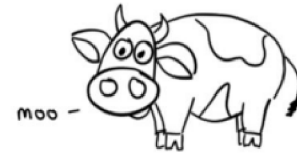


CONSIDER :

A COW-SIZED CAT



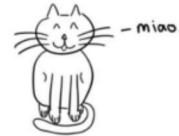
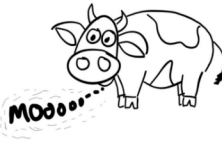
A CAT-SIZED COW



PITCH is how HIGH or LOW a sound is.

Generally, large things make
LOW-PITCH sounds,

...while small things make
HIGH-PITCH sounds, *because physics!*



REMEMBER

PITCH is NOT how LOUD or QUIET a sound is.



Can you think of sounds that are...

- quiet and low-pitch?
- loud and low pitch?
- quiet and high pitch?
- loud and high-pitch?



When learning Music, it is important that we are able to
confidently use our voice to make a range of pitches*

It's Meowing time.

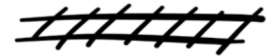
*aka 'Singing'

The MEOW- COASTER

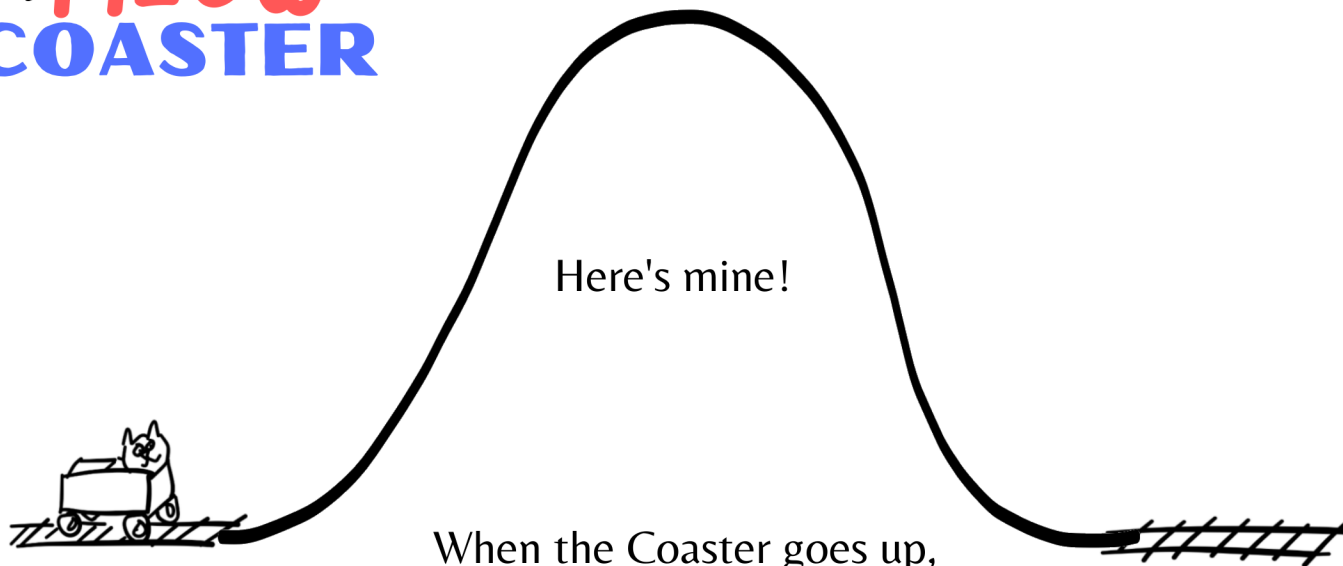
Cart your Cat



Draw your Coaster



The MEOW- COASTER



When the Coaster goes up,
your voice goes up.

How closely can you follow your Meowcoaster with your voice?

Go nuts.



My Notes

Fin.