

CONTENTS

Page


Skills Review	1
Enrichment	22
Milestone 6: Rhythmic Variations	34
Milestone 7: Dissonance	52
Milestone 8: Advanced Interval Training	78
Strategies for Problem Areas	94
Index	96

 Theory Information

 Tips for Modulation

 Tips

 Practice Activities

 Using Cues

 Reminders

POSTURE

Body: balanced (do not lean to either side)

Head: balanced and level (your jaw should not be pointing up or resting too close to your chest)

Arms and Shoulders: relaxed

Music: high enough so that you can see both the music and the conductor without having to move your head

Standing

Feet: 1) spaced the same distance apart as the width of your shoulders;
2) "rooted" in the ground (use the strength of your whole body when you sing)

Knees: slightly flexed (locked knees are too rigid)

Sitting

Body: 1) straight and relaxed (do not lean against the back of your chair);
2) sit "hard on the bones" to keep balanced and centered

Feet: flat on the floor (legs or ankles should not be crossed)

ISBN 0-8497-4171-8

© 1993 Neil A Kjos Music Company, 4380 Jutland Drive, San Diego, California 92117

International copyright secured. All rights reserved. Printed U.S.A.

WARNING! The contents of this publication are protected by copyright law. To copy or reproduce them by any method is an infringement of the copyright law. Anyone who reproduces copyrighted matter is subject to substantial penalties and assessments for each infringement.