

#1 - RUMPELSTILTSKIN

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This exercise practices double stops, piano (p), mezzo forte (mf), forte (f), and counting eighth notes. Begin playing with your metronome at 35 bpm with 8th note subdivisions.

1. Clap and count the rhythm only. (First dimension - Rhythm)
2. Play notes while counting outloud leaving out dynamics. (Second dimension - Pitch)
3. Once comfortable with the counting and notes, add the dynamics. (Third dimension - Dynamics)
4. Speed up by 5 bpm per day until you get this up to 70 bpm with 8th note subdivisions.

Marimba

4

Mrb.

Tips and common challenges:

- make sure your prep stroke is in time with the metronome on the "&" of 4
- (p) strokes are 2-3 inches - (mf) strokes are 4-6 inches - (f) strokes are a 45 degree angle
- don't accent each time you move up or down notes - many players accidentally accent the first note in each measure
- make sure your double stops hit exactly together
- make last notes come up off the bar!

Need a challenge? Try these Mods

- Play in three note "root position" chords
- Play in 4 note "root position" chords
- Play exercise through all 12 major keys
- Play in all 12 natural minor keys