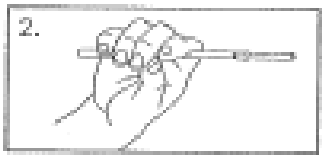
Central Bucks School District

Beginning Cello
Book 1

Bow Hold Steps
(Practice on a straw)

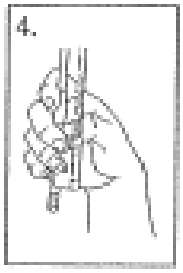
1. Middle fingers curve over the bow

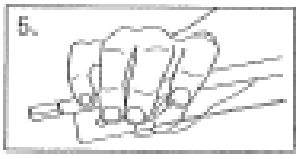


2. Thumb tip touches where frog meets the stick

3. Check for bow hand circle

4. Index finger rests comfortably on bow



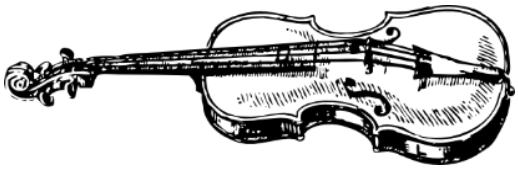


5. Little finger sits on side of stick

Arco = to play using the bow. (*Arco* is the Italian word for bow). We always play *arco* unless directions say *pizz.*

V = **Up bow** = moving bow toward frog

Down bow = moving bow toward tip



Welcome to the Central Bucks Orchestra Program!

Listed below is some information that may be helpful as your child begins his/her exciting experience with a string instrument.

Instrument Care:

- Handle with care!! String instruments are made of thin wood, so please be careful. Always protect the bridge.
- Always store your instrument in its case (Bow tip should go in first – latch it at the frog!)
- Keep your instrument clean! Clean all rosin dust from the instrument, strings and bow stick with a clean, soft cloth.
- Not too hot, not too cold! Protecting your instrument from extreme temperatures will help to keep it in tune.
- Do not try to tune your instrument. Your teacher will do it for you each week!
- If anything on your instrument breaks, do not try to fix it yourself. Bring it to your teacher.

Practice Tips:

- PLAY your instrument at least 15 minutes a day, 5 days per week. (The more you practice, the better you get; the better your get, the better you sound; the better you sound, the more you're going to want to play!)
- Schedule practice time into your daily routine!
  (Before school, after school, after dinner, before TV/video games – whatever works best for you!)
- Play for an encouraging audience – parents, pets, family, and friends!
- Watch yourself play in front of a mirror.
  Good posture + Good bowing = Good sound!

HAVE FUN! ☺

Lesson 1

Beginning String Class: Cello

Do you know how to care for your instrument?

True or False (T or F)

_____ 1. Don't handle your instrument with care. It's made of thin wood, but won't break.

_____ 2. Always store your instrument in its case.

_____ 3. Do not let your instrument get too hot or too cold. This may cause it to crack.

_____ 4. Do not try to tune your instrument. Let your teacher tune it for you.

_____ 5. Let your instrument get dirty. It's OK to leave rosin dust on it.

Identify the parts of the cello.

_____ 6. Tuning peg
_____ 7. Body

_____ 8. Fingerboard
_____ 9. Frog

_____ 10. Bridge

_____ 11. Bow Hair

_____ 12. Tailpiece

_____ 13. String

_____ 14. Fine Tuner

_____ 15. Endpin

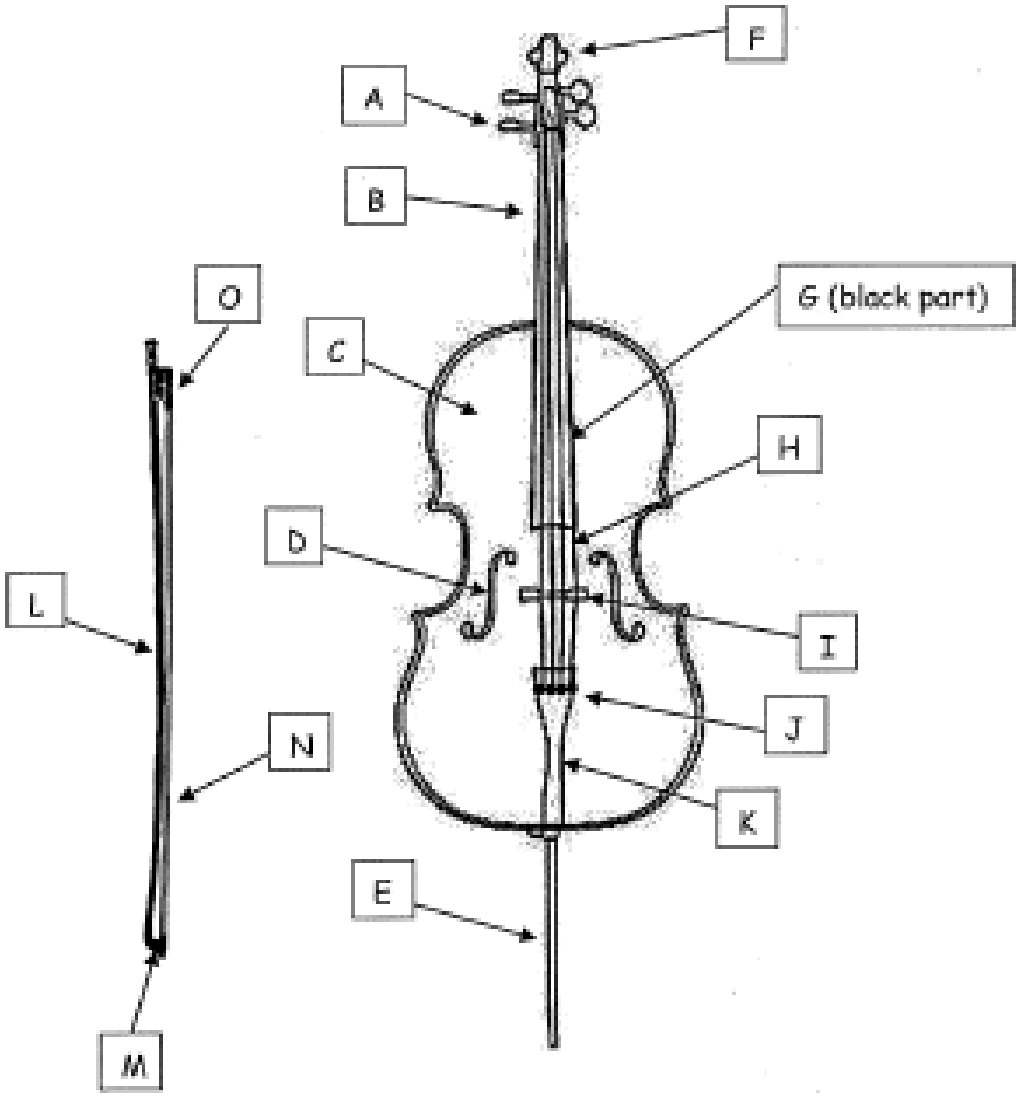
_____ 16. Neck

_____ 17. Bow stick

_____ 18. Scroll

_____ 19. Tip

_____ 20. F hole



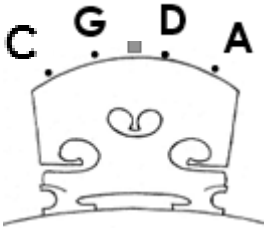
Lesson 2

Pizzicato (pizz.)

1. Pluck the string with your right hand "pointer" finger.
2. Place your thumb on the side or end of the fingerboard.
3. Pluck the string over the fingerboard to produce a good ringing sound.
   *Don't pluck between the fingerboard and the bridge- OUCH!

Names of the "Open" Strings

From lowest in pitch to highest they are C, G, D and A
(**C**ats **G**o **D**own **A**lleys)



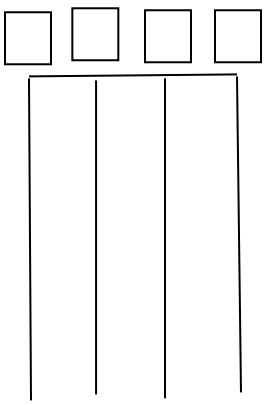
Rhythm

We play with a steady beat.

Practice:

1. Hold your instrument in playing position. Check it in a mirror.
   - Are you sitting on the edge of the chair with your feet flat on the floor?
   - Is your cello touching your chest?
   - Is your left elbow off the cello?
   - Are your knees touching the cell?
2. Play all four strings with pizzicato steady beats.
   - 4 plucks on each string
   - 2 plucks on each string
   - 1 pluck on each string
3. **<u>Open String Blues</u>**

   D D D D D D D D D D D D D D D D
   G G G G G G G G D D D D D D D D
   A A A A G G G G D D D D D D D D



4. **<u>Hot Cross Buns Accompaniment</u>**

   D D D 𝄽 A A A 𝄽 D D A A D A D 𝄽

5. **<u>The Dad Song</u>**

   D A D 𝄽 D A D 𝄽 D D A A D A D 𝄽

Homework

Label the four strings of your instrument on the diagram above:
Play each song 3-5 times per day. Give yourself a star for each day that you practice! ☆

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Total	Parent Signature

Lesson 3

Pencil Bow Grip

1. Hand, wrist, arm, and fingers are relaxed.
2. Fingers curve over and around pencil,
3. Thumb is bent and opposite middle finger.

Practice:

1. **<u>Pencil Bow Grip Exercises</u>:**

   a. Windshield Wipers **b**. Rocket Ships **c**. Pinky Lifters

2. **<u>Open String Blues</u>** - Play pizzicato.

   D D D D D D D D D D D D D D D D
   G G G G G G G G D D D D D D D D
   A A A A G G G G D D D D D D D D

3. **<u>Ups and Downs</u>** - Play pizzicato.

   D D A 𝄾 A A D 𝄾 D D A A D 𝄾 D 𝄾

4. **<u>A-mazing</u>** - Play pizzicato.

   A A A 𝄾 A 𝄾 A 𝄾 D D A A D 𝄾 D 𝄾

5. **<u>Count Restula</u>** - Play pizzicato.

   D D 𝄾 𝄾 A A A 𝄾 D 𝄾 D A 𝄾 A D 𝄾

Homework Show an adult a proper pencil bow grip. Compare it to the one in the picture!

Play each song 3-5 times per day. Give yourself a star for each day that you practice! ☆

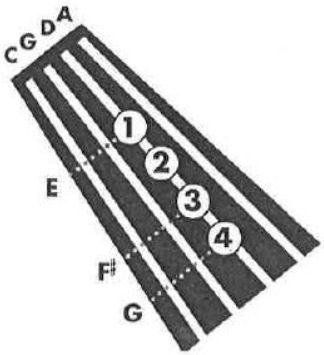
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Total	Parent Signature

Lesson 4

Left Hand Position

1. Thumb is curved and touches the back of the neck, opposite the middle finger.
2. Left wrist is straight.
3. Fingers are curved. (C-shaped!)
4. There is a tunnel under the fingers. (Don't squeeze the hamster!)
5. The arm is bent at the elbow, and the elbow is away from the cello.

Practice:



1. **<u>Pencil Bow Grip Exercises</u>**

2. **<u>Hovering Helicopters</u>**
   Lift and place all fingers up and down at the same time.

****Play with pizzicato steady beats.**

3. G G G G F# F# F# F# E E E E D D D D

4. G G F# F# E E D D E E F# F# G G G G

5. G F# E D E F# G 𝄽 G F# E D E F# G 𝄽

6. **<u>Hot Cross Buns</u>** - play pizz.

F# E D 𝄽 F# E D 𝄽 D D D D E E E E F# E D 𝄽

Homework
Complete the left arm check list!

Thumb_____ Wrist_____ Fingers_____ Elbow_____

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Total	Parent Signature

Lesson 5

Left Hand Position

1. Thumb is relaxed, straight, pointing up towards the ceiling, and lightly touches the side of the neck.
2. Left wrist is straight. (No pancake hands!)
3. Fingers are curved. (Play on your fingertips!)
4. There is a tunnel under the fingers. (Don't squeeze the hamster!)
5. The arm is bent at the elbow, and the elbow is away from the body, under the instrument.

D String notes:

4 fingers = G
3 fingers = F#
1 finger = E
Open string = D

Practice:

1. **Hovering Helicopters** – Remember to lift and place all fingers up and down at the same time.

2. **Warm-up Scale:**

D D D D E E E E F# F# F# F# G G G G
G G G G F# F# F# F# E E E E D D D D

3. **Hot Cross Buns - Review**

F# E D ⁓ F# E D ⁓ D D D D E E E E F# E D ⁓

4. **Mary Had a Little Lamb - Review**

F# E D E F# F# F# ⁓ E E E ⁓ F# F# F# ⁓
F# E D E F# F# F# F# E E F# E D ⁓ ⁓ ⁓

5. **French Folk Song - New**

D D D E F# ⁓ E ⁓ D F# E E D ⁓ D ⁓

Homework

Label the number of fingers used to play the following D string notes.

D = ____ fingers E = ____ finger F# = ____ fingers G = ____ fingers on the D string.

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Total	Parent Signature

Lesson 6

Bow Care

1. Be careful--- bows are easily broken!
2. Do not touch the bow hair.
3. **Tighten** the bow **before** you play. **Loosen** the bow **when** you are **finished** playing!
   (Remember: **right-tighty**, **lefty-loosey**)
4. Rosin your bow several times a week.

Bow Grip

1. Hand, wrist, arm, and fingers are relaxed.
2. Fingers curve over and around bow stick, EXCEPT for pinky, which sits on top!
3. Thumb is bent and placed on stick between frog and grip, and opposite middle finger.

Bowing Technique

1. **Arco** – means play with the bow.
2. Keep the bow parallel to the bridge, between the bridge and fingerboard.
3. Use a smooth, steady bow stroke! Don't press too hard or too soft. Don't move too fast or too slow!
4. Play in front of a mirror. Is your bow parallel to the bridge?

Practice:

1. <u>Bow Grip Exercises</u> – with a pencil, then the bow!

a. Windshield Wipers b. Rocket Ships c. Pinky Lifter

2. <u>Bowing</u> – play arco

D D D D 𝄽 𝄽 𝄽 𝄽 A A A A 𝄽 𝄽 𝄽 𝄽

3. <u>Arco D & A</u> – play pizzicato, then arco.

D D D D A 𝄽 A 𝄽 D D D D A 𝄽 A 𝄽
D D D D A 𝄽 A 𝄽 D D D D A 𝄽 D 𝄽

4. <u>Hot Cross Buns Accompaniment - arco</u>

D D D 𝄽 A A A 𝄽 D D A A D A D 𝄽

5. <u>Mary Had A Little Lamb Accompaniment</u> - arco

D D D 𝄽 D D D 𝄽 A A A 𝄽 D D D 𝄽
D D D 𝄽 D D D 𝄽 A A A 𝄽 D A D 𝄽

HomeworkDefine the following musical terms.

Pizzicato - _____ **Arco** - _____

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Total	Parent Signature

Lesson 7

Bowing Reminders

1. Use the proper bow grip.
2. Keep the bow parallel, between the fingerboard and bridge.
3. Adjust the level of your elbow when crossing strings
4. Play in front of a mirror. Is your bow parallel to the bridge?

Music Symbols:

arco – means play with the bow

⊓ - **Down Bow** – start at the frog and pull the bow to the right

V - **Up Bow** – start at the tip and push the bow to the left

, - **Bow Lift** – lift bow and start at the frog

Practice:

1. <u>Warm-up Scale</u>:

D D D D E E E E F# F# F# F# G G G G

G G G G F# F# F# F# E E E E D D D D

2. <u>Bow Lift</u>

⊓ D D D , ⊓ E E E , ⊓ F# F# E E D D D

3. <u>Hot Cross Buns</u> – pizz., then arco

⊓ F# E D F# E D D D D D E E E E F# E D

4. <u>Mary Had a Little Lamb</u> – pizz., then arco

⊓ F# E D E F# F# F# E E E F# F# F# ,

⊓ F# E D E F# F# F# F# E E F# E D

5. <u>French Folk Song</u> – pizz., then arco

⊓ D D D E F# E D F# E E D D

Homework Define the following musical symbols/terms

⊓ = **Down bow**- _____ **V** = **Up bow**_____

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Total	Parent Signature

Lesson 8

♩ = **Quarter note** = 1 beat
D D D D
"fast-er bow-ing"

𝅗𝅥 = **Half note** = 2 beats
D -- D --
"slow-- bow—"

𝄆 = **Repeat sign** = play two times

Practice:

1. **<u>French Folk Song</u>** -Review

   D D D E F# E D F# E E D

2. **<u>Grandma's Song</u> –** New

   D D F# F# D D F# D D F# D F# E D

3. **<u>Quarters and Halves</u>**

   D D D D D - D - A A A A A - A-

4. **<u>DNA</u>**

   D D D D A - A - D D D D A - A -
   D D D D A - A - A A A A D - D –

5. **<u>Rigaudon</u>**

   G G F# E D - D - E E F# D G - D -
   G G F# E D - D - E E F# D G - G -

Homework
Explain how quarter notes and half notes are different.

_____

Draw 3 repeat signs: _____ _____ _____

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Total	Parent Signature

Lesson 9

Playing Posture: When playing on the A string, you need to adjust your bow arm level.

= **Half rest** = 2 beats of silence = "rest - rest"

Practice:

1. <u>The Dad Song</u>

D A D - D A D - D D A A D A D –

2. <u>Warm-up: 5-note Scale</u>

D D D D E E E E F# F# F# F# G G G G A A A A
G G G G F# F# F# F# E E E E D D D D

3. <u>Rigaudon</u> - Review

G G F# E D - D - E E F# D G - D -
G G F# E D - D - E E F# D G - G -

4. <u>Ode to Joy</u>

F# F# G A A G F# E D D E F# F# E E –
F# F# G A A G F# E D D E F# E D D –

5. <u>Jingle Bells</u>

F# F# F# - F# F# F# - F# A D E F# - ,
G G G G G F# F# F# F# E E F# E - A -
F# F# F# - F# F# F# - F# A D E F# - ,
G G G G G F# F# F# A A G E D –

Homework
Record the number of times you play Ode to Joy and Jingle Bells every day.

Song	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Total	Parent Signature
Ode									
Jingle									

Lesson 10

Posture and Position Reminders!

Left hand: wrist straight; fingers curved; thumb pointing towards the ceiling.
Right hand: thumb bent and behind the middle finger; bow running parallel to the bridge between the bridge and the fingerboard.

Practice:

1.**Warm-up: 5-note Scale**

D D D D E E E E F# F# F# F# G G G G A A A A
G G G G F# F# F# F# E E E E D D D D

2.**Ode to Joy** – advanced version!

F# F# G A A G F# E D D E F# F# E E –
F# F# G A A G F# E D D E F# E D D –
E E F# D E F#G F# D E F#G F# E D E A –
F# F# G A A G F# E D D E F# E D D –

3. **Review: Jingle Bells (See Lesson 9)**

4.**Challenge Song: Dreidel**

D D E E F# D D F# A A G F# E E E –
E E F# F# G E E E A G F# E D D D –
A F# A F# A F# F# F# A A G F# E E E –
G E G E G E E E A G F# E D D D –

Homework **Mini – Concert!!!** Play three songs for your parents.

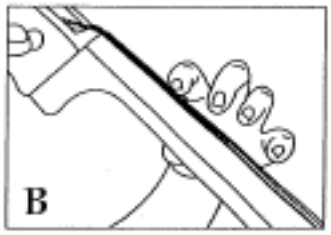
1._____ 2._____ 3._____

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Total	Parent Signature

Lesson 11

New Note B!

Place your first finger on the A string.
Make sure your finger is bent like a box.
Play on your fingertip.



1. **<u>Open A and First Finger</u> B**

A - A - B - B - A A A A B B B B

A A B B A A B - A A B B A A A -

2. **<u>Twinkle, Twinkle, Little Star</u>**

D D A A B B A - G G F# F# E E D –

A A G G F# F# E - A A G G F# F# E –

D D A A B B A - G G F# F# E E D –

3. **<u>One Finger Polka</u>**

A B A B A - D - A B A B A - E –
A B A B A - D - B B A E D - D –

B B B A B - B - A B A E A - A –
B B B A B - B - B B A E D - D –

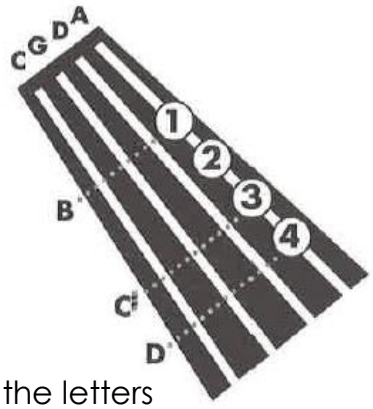
Homework
Try to practice 20 minutes every day!

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Total	Parent Signature

Lesson 12

A String notes

4 fingers = *D*
3 fingers = C#
1 finger = B
Open string = A



"D" is the open string.
"D" is "high D" on the A string.

Scale: A series of eight notes moving step-wise that follow the letters of the musical alphabet.

D Major Scale: D E F# G A B C# ***D***

1. A String Notes

D ***D*** ***D*** ***D*** C# C# C# C# B B B B A A A A
A A A A B B B B C# C# C# C# ***D*** ***D*** ***D*** ***D***

2. Morning Dance

D ***D*** C# A ***D*** ***D*** C# A B B C# C# ***D*** - ***D*** - :

3. Name this tune!

C# B A B C# C# C# - B B B - C# C# C# -
C# B A B C# C# C# C# B B C# B A –

4. Review: **Twinkle, Twinkle, Little Star (See Lesson 11)**

5. Review: **One Finger Polka (See Lesson 11)**

Homework
Label the number of fingers used to play the following A string notes.

A = ____ fingers B = ____ finger C# = ____ fingers ***D*** = ____ fingers on the A string.

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Total	Parent Signature