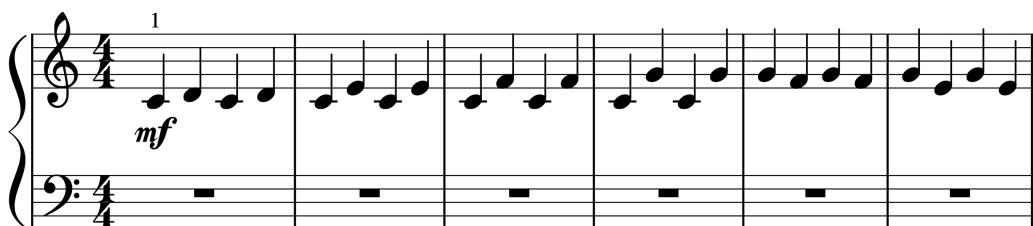


# Day 1

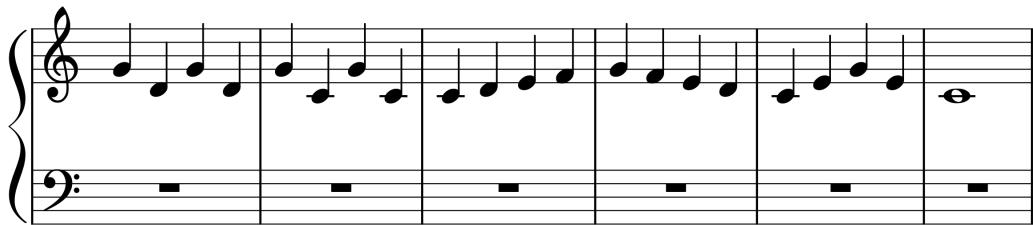
## Warm-up for Week 1



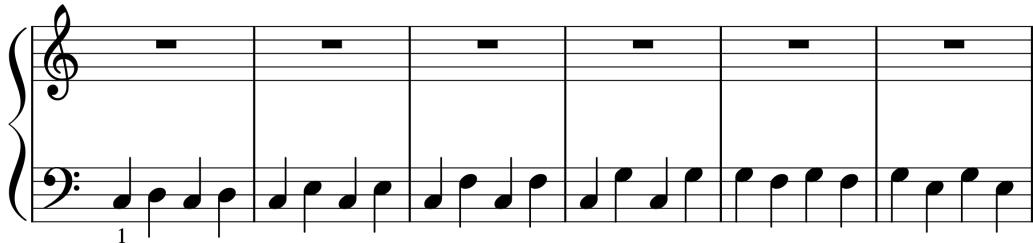
1

*mf*

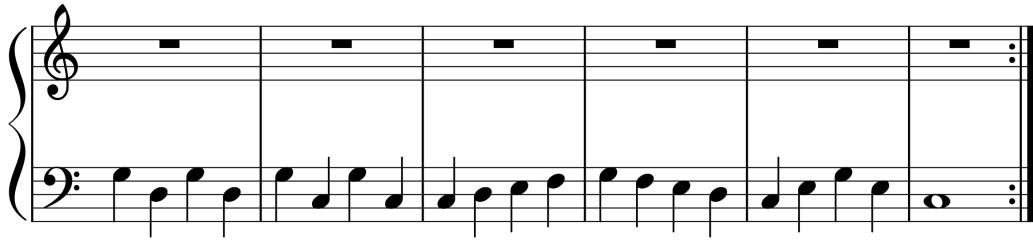
This first page of the warm-up consists of a treble clef staff and a bass clef staff. The treble staff has a '1' at the top and 'mf' (mezzo-forte) dynamics. The bass staff has a '4' at the bottom. The music consists of a series of eighth-note patterns: the first measure has a single eighth note, the second has two eighth notes, the third has three eighth notes, and the fourth has four eighth notes. This pattern repeats three more times.



This second page of the warm-up continues the eighth-note patterns from the first page. The treble staff has a '4' at the bottom. The bass staff has a '4' at the bottom. The music consists of a series of eighth-note patterns: the first measure has a single eighth note, the second has two eighth notes, the third has three eighth notes, and the fourth has four eighth notes. This pattern repeats three more times.



This third page of the warm-up continues the eighth-note patterns. The treble staff has a '4' at the bottom. The bass staff has a '4' at the bottom. The music consists of a series of eighth-note patterns: the first measure has a single eighth note, the second has two eighth notes, the third has three eighth notes, and the fourth has four eighth notes. This pattern repeats three more times.



This fourth page of the warm-up continues the eighth-note patterns. The treble staff has a '4' at the bottom. The bass staff has a '4' at the bottom. The music consists of a series of eighth-note patterns: the first measure has a single eighth note, the second has two eighth notes, the third has three eighth notes, and the fourth has four eighth notes. This pattern repeats three more times.



**1<sup>st</sup> Star Objective**  
Say the correct note out loud before the answer is given.



**2<sup>nd</sup> Star Objective**  
R.H. alone. Focus on perfect technique and note accuracy.



**3<sup>rd</sup> Star Objective**  
L.H. alone. Focus on perfect technique and note accuracy.



**Challenge Objective**  
Metronome=90 bpm.  
With perfect technique, continuously increase the tempo 10bpm.