Capistrano Unified School District

4th Grade Beginning Strings -Viola-

With input and materials from Kerry Arakawa, Scott Arakawa, Steve Benefield, Michelle Brunton, Penni Buff, Chad Cunningham, Lisa Gray, Andrea Howard, Ann Ludwig, Barbara Scholl, Rob Stirling, Maryann Tucker, and Kory Wentzel.

Name:_________________       School:___________________

Classroom Teacher:_______________________
Parts of the Viola

Handle With Care! Your instrument is made of breakable wooden parts, so repairs can be expensive and time consuming.

Do not let anyone play your instrument unless it is your teacher or an experienced player you trust.

Never push down the case lid to make it close all the way. Before closing and latching it, check for things that may be out of place inside. (Be sure, for example, to remove your shoulder pad before putting your instrument away.)

Keep your instrument clean! After playing, wipe off the rosin dust, smudges, fingerprints, etc., with a soft clean cloth. Always wash your hands before playing your instrument.

Do not let your instrument get too hot or too cold. If the temperature is uncomfortable for you, it is also bad for your instrument. For example, never leave your instrument in a car on a hot or cold day.

Allow only an experienced repair person to fix your instrument.

Make sure your bridge is lined up correctly and standing straight at all times. If it gets out of place, ask your teacher to fix it for you.
Lesson One: Getting Started

Holding your Viola

1. Make sure your shoulder rest is placed on your viola correctly

2. Stand or sit “tall” keeping your head facing forward

3. Holding the viola parallel to the floor by the right upper shoulder and guiding it with your right hand, bring it toward you at an angle to your left

4. As you bring the viola toward you, place the end button close to your throat. Turn your head slightly to the left and tuck the edge (the bump) of your chin rest under your jaw to the left of your chin.

5. If your position is correct, you should feel relaxed and comfortable-able to easily move your head up and down and side to side. Your shoulder rest should allow you to hold your viola with no help from your hands.

Pizzicato Position

1. Place the tip of your right thumb on the side of the fingerboard (near the corner)

2. Extend your first finger and pluck the string about 2-3 inches over the end of the fingerboard.

3. Keep your thumb anchored on the side of the fingerboard

4. For the best sound, make the string vibrate as much as possible.
The Viola has four open strings. They are named from lowest to highest, left to right, and thick to thin. This sentence will help you remember which order they are in: **Cats Get Dogs Angry.**

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### Let’s Review how to hold the viola in playing position.

1. Stand or sit tall.
2. Instrument rests on left collar bone and shoulder.
3. Jaw drops comfortably onto the chinrest (heavy head).
4. Left hand rests on the shoulder of the viola.
5. Place left elbow directly beneath wrist/shoulder line.

---

### 1. Rock House

```
D D D D  D D D D  D D D D  D D D D
```

### 2 Rock Hound

```
A A A A  A A A A  A A A A  A A A A
```

### 3. Rock Tango

```
D D A A  D D A A  A A D D  A A D D
```

### 4. The Twist

```
G G D D  G G D D  A A D D  G G G G
```

### 5. Lazy Afternoon

```
G G D D  A A D D  G G D D  A A G G
```

### 6. Skip to My Lou

```
D D D D  A A A A  D D D D  A A D D
```
7. Mary Had a Little Lamb

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

8. Cycle of Strings

8. Cycle of Strings : Quarter Rest (one beat of silence)

*Pencil Fun- Do You Remember the Parts of the Viola?

1. ________________
2. ________________
3. ________________
4. ________________
5. ________________
6. ________________
7. ________________
8. ________________
9. ________________
10. ________________
11. ________________
12. ________________
13. ________________
14. ________________
Lesson Two: Reading Music (Open Strings)

Music Symbols

\[ \begin{align*}
\text{=} & \quad \text{Alto Clef} \\
\text{\( \frac{3}{4} \)} & \quad \text{Time Signature} \\
\text{|} & \quad \text{Bar Line (divides the music into sections called “measures”)}
\end{align*} \]

\[ \begin{align*}
\text{\( \frac{4}{4} \)} & \quad \text{how many beats in each measure} \\
\text{\( \circ \)} & \quad \text{Whole Note (receives four beats)} \\
\text{\( \frac{\text{D}}{4} \)} & \quad \text{Half Note (receives two beats)} \\
\text{\( \text{\( \frac{1}{2} \)} \)} & \quad \text{Quarter Note (receives one beat)}
\end{align*} \]

9. Teeter Totter

\[ \frac{3}{4} D\ D\ A\ A\ D\ D\ A\ A\ A\ A\ D\ D\ A\ A\ D\ D\ | \]

10. Bullfrog

\[ \frac{3}{4} G\ G\ \text{D}\ A\ A\ \text{D}\ G\ G\ | \]

11. Kangaroo

\[ \frac{3}{4} G\ D\ D\ A\ A\ \text{D}\ G\ G\ | \]

12. Skip to my Lou

\[ \frac{3}{4} D\ D\ D\ D\ A\ A\ A\ A\ D\ D\ D\ D\ A\ A\ D\ D\ | \]
Lesson Three: More Open Strings

13. Mary Had a Little Lamb

14. Cycle of Strings

15. Open String Blues
Lesson Four: Using the Bow

Parts of the bow

Steps to a good bowgrip…..

1. Middle fingers curve over the bow stick

2. Thumb touches where frog meets the stick

3. Check for bow hand circle

4. Wrap your first finger around the stick sits on top of the stick

5. Little finger (pinkie)

a. Place your bow on the D string, halfway between the bridge and the fingerboard.

b. Angle the bow so it is parallel with the bridge (your wrist should be bent upwards.)

c. Pull the bow so it remains parallel to the bridge until you reach the tip. (You should need to bend your wrist the other way.)

d. Move the bow and your wrist in the opposite direction
**The bow alternates back and forth unless marking is placed. Orchestra bows should all move together in the same direction.**

16. Bowing on “D”

17. Bowing on “A” - Tilt the bow to the A String

18. Alternate “DNA”- Tilt the bow from the D String to the A String

Changing Strings: Your elbow is responsible for changing strings.
More Bowing on Open Strings

Changing Strings: Your elbow is responsible for changing strings.

19. “D” Smooth One

20. Smooth “A”

21. D N A

22. Teeter Totter

23. Cycle of Strings Encore

(Violin Solo)
Lesson Five: “E” on the D String

To play “E” on the D string, press the tip of your first finger down securely on the first stripe on the D string.

24. A Bumpy Road

25. Smooth Sailin’

26. Back and Forth

27. Two Note Jive
Lesson Six: F# on the D String

To play F-Sharp, press the tip of your second finger on the second stripe on the D string.

Reminder: Keep your first finger on the first stripe.

28. Three Note Hill

\[
\begin{array}{cccccccc}
\text{C} & \text{G} & \text{D} & \text{A} \\
\hline
D & D & D & D & E & E & E & #F \#E \#E \#E \\
\end{array}
\]

29. Up and Down

\[
\begin{array}{cccc}
\text{C} & \text{G} & \text{D} & \text{A} \\
\hline
D & \#F & E & E \\
\end{array}
\]

30. Fast and Slow

\[
\begin{array}{cccccccc}
\text{C} & \text{G} & \text{D} & \text{A} \\
\hline
D & D & D & E & \#F & \#F & \#F & \#F \\
\end{array}
\]

= half rest (2 beats of silence)

31. Hot Cross Buns

\[
\begin{array}{cccccccc}
\text{C} & \text{G} & \text{D} & \text{A} \\
\hline
\#F & E & D & E & \#F & E & D \\
\hline
D & D & D & D & E & E & E & \#F \\
\end{array}
\]

= whole note (receives 4 beats)
32. Mary Had a Little Lamb

Each eighth note receives 1/2 of a count
Two eighth notes beamed together = 1 count

33. Mary Doubles
' = Bow Lift
(lift the bow off the string and reset it at the frog)

34. Claire de Lune

35. Lune de Claire

36. The Reapers
Lesson 7: New Note “G”

To play G, press the tip of your third finger on the third stripe.

Reminder: Keep your first two fingers down on the first two stripes on the D String
KEEP ALL FINGERS DOWN

37. Going Up the D String

\[ \frac{3}{4} \]
\[
D \ D \ D \ D \ E \ E \ E \ E \ \#F \ #F \ #F \ #F \ \#F \ \#F \ \#F \ \#F \ E \ E \ E \ E \ D \ D \ D \ D \ |
\]

38. Going Down the D String

\[ \frac{3}{4} \]
\[
\begin{array}{cccccccc}
G & G & G & G & \\
& & & & \\
\end{array}
\]
\[
\begin{array}{cccccccc}
& & & & \\
E & E & E & E & D & D & D & D & |
\end{array}
\]

39. Pizzicato March

\[ \frac{3}{4} \]
\[
G \ #F \ E \ D \ G \ #F \ E \ D \ G \ #F \ E \ D \ G \ D \ E \ #F \ |
\]
\[
pizz.
\]
\[
G \ #F \ E \ D \ G \ #F \ E \ D \ G \ #F \ E \ D \ G \ D \ G \ G \ G \ |
\]

40. Bile Them Cabbage Down

\[ \frac{3}{4} \]
\[
\begin{array}{cccc}
\#F & \#F & \#F & \#F & |
\end{array}
\]
\[
\begin{array}{cccc}
\#F & \#F & \#F & \#F & |
\end{array}
\]
\[
\begin{array}{cccc}
G & G & G & G & |
\end{array}
\]
\[
\begin{array}{cccc}
\#F & \#F & \#F & \#F & |
\end{array}
\]

Go back to beginning and play again
41. Jingle Bells

(\(\frac{3}{4}\))

\(\uparrow\) = Bow Lift
(lift the bow off the string and reset it at the frog)

42. Note Review

Match the note with the finger numbers

- E: Open D String
- F#: 3 on the D String
- A: 1 on the D string
- D: Open A String
- G: 2 on D String
Lesson 8: New Note “B”

B is played with one finger on the first stripe on the A String

43. New Note B

44. The Tortoise and the Hare

45. Crossing Over
✓ 46. Twinkle Twinkle Little Star

✓ 47. Twinkle (Variation)
Lesson 9: C# on the A String

To play C-Sharp, press the tip of your second finger on the second stripe on the A string.

Reminder: Keep your first finger on the first stripe.

48. Up and Down the Hill

49. Hot Cross Buns on the A String

50. Mary Had a Little Lamb on the A String
51. Mary Double on the A String

52. Claire de Lune

Go back to the beginning
and play again
Lesson 10: High D on the A String

To play High D, press the tip of your third finger on the third stripe on the A string.

Reminder: Keep your first two fingers down on the first two stripes.

53. Up the A string

54. Climbing the D Scale

55. Descending
56. French Folk Song

57. Note Review—Write the note names for all the notes you have learned so far
58. Tuneful Tune

59. Ode to Joy
Honor 4th Grade String Songs

60. Mary on the A String

61. Mary Doubles- (1st Variation)

62. Twinkle Twinkle, Little Star
63. Twinkle Variation

64. French Folk Song
65. Ode to Joy

66. Tuneful Tune

Off  (Pluck!)
Some Basic Rhythmic Fundamentals

<table>
<thead>
<tr>
<th>Note Values</th>
<th>Rest Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quarter Note</td>
<td>Quarter Rest</td>
</tr>
<tr>
<td>= one beat</td>
<td>= one beat</td>
</tr>
<tr>
<td>Half Note</td>
<td>Half Rest</td>
</tr>
<tr>
<td>= two beats</td>
<td>= two beats</td>
</tr>
<tr>
<td>Dotted Half Note</td>
<td>Whole Rest</td>
</tr>
<tr>
<td>= three beats</td>
<td>= four beats</td>
</tr>
<tr>
<td>Whole Note</td>
<td></td>
</tr>
<tr>
<td>= four beats</td>
<td></td>
</tr>
</tbody>
</table>

67. Quiz

1. A \[ \] _____________ receives _____________ beats.
2. A \[ \] _____________ receives _____________ beats.
3. A \[ \] _____________ receives _____________ beats.
4. A \[ \] _____________ receives _____________ beats.
5. A \[ \] _____________ receives _____________ beats.
6. A \[ \] _____________ receives _____________ beats.
7. A \[ \] _____________ receives _____________ beats.

Directions: Match each note to the number of beats it gets

\[ \] 1
\[ \] 2
\[ \] 3
\[ \] 4
Reading Music

Staff

A music staff has five lines and four spaces.

Alto Clef

The alto clef is located at the beginning of every staff and tells us this music is for viola and other medium pitched instruments.

Time Signature 4/4

The top number tells us how many beats are in each measure. The bottom number tells us which kind of note receives one beat.

Rhythm Chart

<table>
<thead>
<tr>
<th></th>
<th>Whole note = 4 beats</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Half note = 2 beats</td>
</tr>
<tr>
<td>---</td>
<td>---------------------</td>
</tr>
<tr>
<td></td>
<td>Quarter note = 1 beat</td>
</tr>
<tr>
<td>---</td>
<td>---------------------</td>
</tr>
<tr>
<td></td>
<td>Eighth note = ½ beat</td>
</tr>
</tbody>
</table>

4 Steps to Success

1. Count and clap the rhythms.
2. Clap and sing the note names.
3. Sing note names and shadow bow.
4. Play.

Note Name and Fingering Reference Chart

D E F# G A B C# D
E is located on the fourth line.
Open D is located on the third space.

67. First Finger March
\[ \frac{3}{4} \]
\[ \text{crotchets} \]

68. Flash-E First
\[ \frac{3}{4} \]
\[ \text{crotchets} \]

69. Mix Em Up
\[ \frac{3}{4} \]
\[ \text{crotchets} \]

70. ED Takes a Stroll
\[ \frac{3}{4} \]
\[ \text{crotchets} \]

71. Diz-E-Dog
\[ \frac{3}{4} \]
\[ \text{crotchets} \]

There are four counts in each measure. Write each count in the correct space. Start each measure with count one. Don't forget that half notes receive two counts and whole notes receive four counts!

\[ \frac{4}{4} \]
\[ \text{crotchets} \]

30
F# on the D String

72. New Note F#

73. Let’s Read F#

74. Climbing Up

75. Black and White

76. Resting

77. Walking Song
78. The Reapers
79. Skip-A-Long
80. Claire de Lune
81. Lune de Claire
82. Write the note names on the lines below.

83. Name That Tune

84. Name That Tune

85. Peter’s Hammer
G on the D String

86. Three Plus G

87. Going Up and Down

88. Go, Go, Go

89. Grasshoppers

90. Norwegian Folk Song

91. Pizzicato March
G Tunes

**KEY SIGNATURE**

In this *key signature* you will play all F’s as F♯’s and all C’s as C♯’s. The *key signature* is always located at the beginning of each line. You will notice that there are no longer any sharps located in the songs.

92. Cockroaches

93. Speed Bump

(Lift)

94. Clown Dance (Play 3 Times)

95. Write the correct note letter name under each note

1.____  2.____  3.____  4.____  5.____  6.____  7.____

96. Draw four E quarter notes  2. Draw four F♯ quarter notes  3. Draw two G half notes
97. More DNA

98. Crossing Over

99. Climbing to A

100. Merry Dance
A Tunes

101. Jingle Bells

102. Skipping Around

103. Lightly Row
B on the A String

B is located on the first ledger line.
Open A is located on top of the music staff.

104. A to B

105. Apples and Bananas

106. Old MacDonald

4. Count and Clap

107. Baa Baa Black Sheep

 forcefully

 Each eighth note is half of a beat. Two eighth notes equal one beat.

 Ex:

 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &
C# on the A String

C# is located on top of the first ledger line.
B is located on the first ledger line.
Open A is located on top of the music staff.

108. My A-B-C-‘s

109. Apples, Bananas, and Cherries

110. Merry Go Round

111. Go Tell Aunt Rhodie

112. Name That Tune __________________
113. Reaching for High D

D is located on the second ledger line.
C# is located above the first ledger line.
B is located on the first ledger line.
Open A is located on top of the music staff.

114. Donkey Song

115. Rockin’ on the A String

116. D Major Scale and Arpeggio
D Tunes

A Repeat Sign tells you to repeat the music.

117. School March

118. Bohemian Folk Song

119. Scotland’s Burning
Each group of notes spells a word. Use the words to fill in the blanks in the following story. The number "1" group spells the word for the number "1" blank, the number "2" group spells the word for the number "2" blank, and so on.

___________(1) and her mom and _________(2) were moving into a new home at the __________(3) of town. It was their last night in the old house. Everything was moved out except a ____________(4), some _____________(5), and a sleeping __________(6). __________(7) said, “It sure is _________(8) around here.” She_________(9) to have a party that last night, but __________(10) said it was a ____________(11) time to have friends over, and, too it was late. Mom _________(12) that there was no way she could ____________(13) anyone, so a party was out. Just then the door flew open. There were Ruthie, __________(14) and __________(15) standing in the doorway, yelling “Surprise!” Each carried a __________(16) filled with goodies. They also brought paper plates and cups. There was even a jug of lemon __________(17). What started out as a dull evening turned out to be a fun time for all.
**Glossary of Terms**

**Accidentals (♯, ♭, ♮):** sharp, natural, and flat symbols for altering pitch.

**Arco:** to play using the bow.

**Arpeggio:** notes of a chord played separately.

**Beat:** the pulse of the music.

**Bow lanes:** point of contact of the bow, near the bridge or near the fingerboard.

**Bow lift:** lift the bow from the string and return to the frog in a circular motion.

**Clef sign:** located at the beginning of each line of music, the clef sign defines the letter names for the lines and spaces on the staff for your instrument.

**Col legno:** or more precisely col legno battuto (Italian for "hit with the wood"), is an instruction to strike the string with the stick of the bow.

**Down bow:** moving bow toward tip; pull.

**Duet:** music in two parts.

**Fermata:** symbol indicating to hold a note longer.

**Key signature:** identifies notes that are raised or lowered.

**Ledger lines:** extend the staff with small lines written above or below.

**Legato:** play with smooth bow strokes.

**Measure:** the space between barlines.

**Octave:** a pitch that is eight notes higher or lower and both pitches have the same letter name.

**Pizzicato (pizz.):** pluck the string with the index finger of the right hand.

**Repeat sign:** go back and play a section of music again.

**Scale:** a set of eight notes in ascending or descending order that begins and ends on the same letter.

**Spiccato:** bowing technique for string instruments in which the bow bounces lightly upon the string.

**Staccato:** stopped bow stroke.

**Staff:** 5 lines and 4 spaces, used for writing music.

**Time signature:** indicates how many beats are in a measure (top number) and what kind of note gets one beat (bottom number).

**Tremolo:** shake the bow back and forth rapidly as if trembling.

**Up bow:** moving bow toward frog; push.

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**Note Name and Fingering Reference Chart**

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>♭</td>
<td>♮</td>
<td>♯</td>
<td>♭</td>
<td>♮</td>
<td>♯</td>
<td>♭</td>
<td>♮</td>
</tr>
<tr>
<td>D</td>
<td>E</td>
<td>F#</td>
<td>G</td>
<td>A</td>
<td>B</td>
<td>C#</td>
<td>D</td>
</tr>
</tbody>
</table>
Glossary Crossword Puzzle

Please complete the crossword puzzle below using the terms and definitions from the glossary.

**Across:**

1. 5 lines and 4 spaces, used for writing music
4. play with smooth bow strokes
5. identifies notes that are raised or lowered (2 words)
6. extend the staff with small lines written above or below (2 words)
7. lift the bow from the string and return to the frog in a circular motion (2 words)
11. shake the bow back and forth rapidly as if trembling
14. a set of eight notes in ascending or descending order that begins and ends on the same letter
17. symbol indicating to hold a note longer
18. pluck the string with the index finger of the right hand
19. notes of a chord played separately
20. stopped bow stroke
21. moving the bow toward frog; push (2 words)
22. indicates how many beats are in a measure (top number) an what kind of note receives one beat (bottom number) (2 words)

**Down:**

2. located at the beginning of each line of music, this symbol defines the letter names for the lines and spaces on the staff for your instrument (2 words)
3. the pulse of the music
8. go back and play a section of music again (2 words)
9. points of contact of the bow, near the bridge or near the fingerboard (2 words)
10. music in two parts
12. the space between barlines
13. a pitch that is eight notes higher or lower and both pitches have the same letter name
15. bowing technique for string instruments in which the bow bounces lightly upon the string.
16. sharp, natural, and flat symbols for altering pitch
19. to play using the bow
23. moving bow toward tip; pull (2 words)
24. an instruction to strike the string with the stick of the bow (2 words)
Cut out and use to practice your note names.

Flashcards for the D String Notes

- G
- A
- B
Cut out and use to practice your note names.

Flashcards for the A String Notes