

Recorder
Karate

RECORDER BOOK



This Book Belongs To _____ Rm _____

_____ *WHITE BELT*, Hot Cross Buns **BAG**

_____ *YELLOW BELT*, Gently Sleep **BAG**

_____ *ORANGE BELT*, **BAG**

_____ *GREEN BELT*, It's Raining **E GA**

_____ *PURPLE BELT*, Old MacDonald Had A Farm **DE GAB**

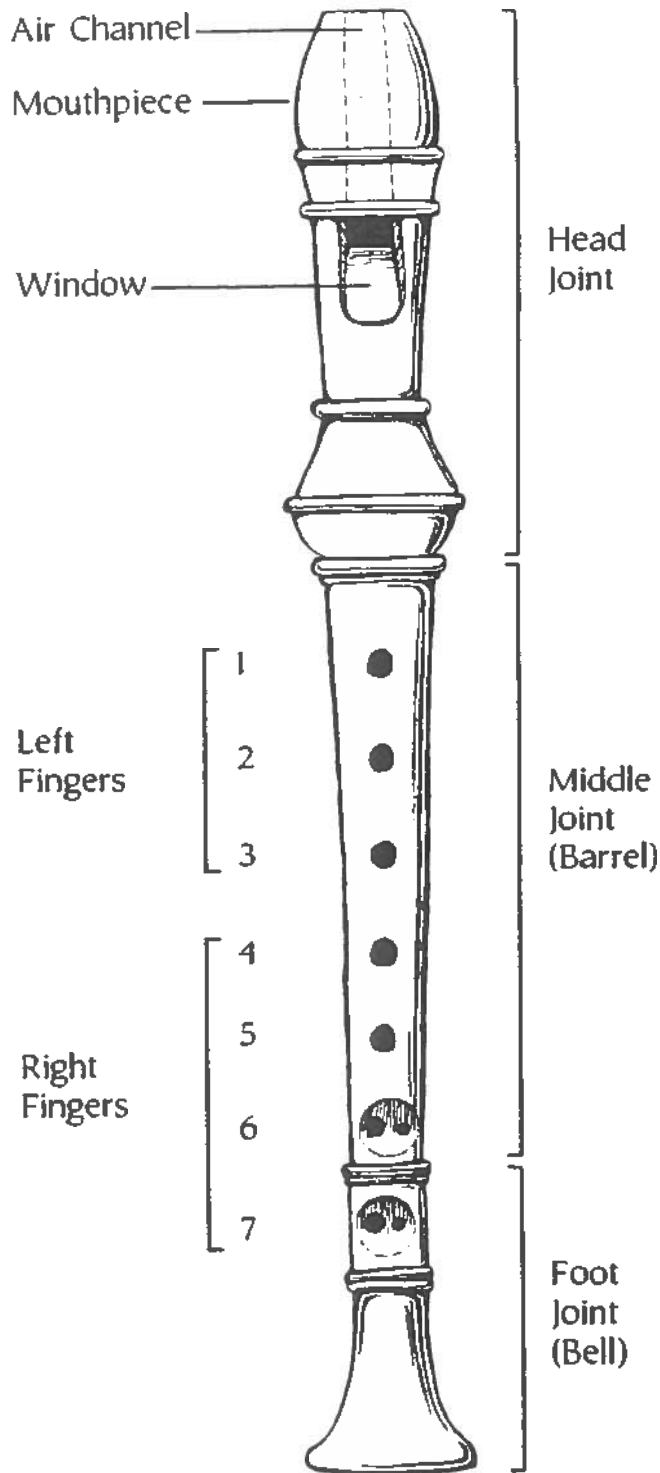
_____ *BLUE BELT*, When The Saints Go Marching In **GAB C1D1**

_____ *RED BELT*, Twinkle, Twinkle Little Star **DEF#GAB**

_____ *BROWN BELT*, Amazing Grace **DE AB D1**

_____ *BLACK BELT* Ode to Joy **D GAB C1D1**

How To Hold The Recorder



- All recorders have a thumb hole in the back and seven holes down the front. Some recorders have double holes on the bottom two holes.

- The left hand is placed at the top of the recorder, which is by the mouthpiece. The left hand covers the thumb hole in the back of the recorder and the first three holes. The pinkie finger of the left hand is never used and should be held away from the recorder.

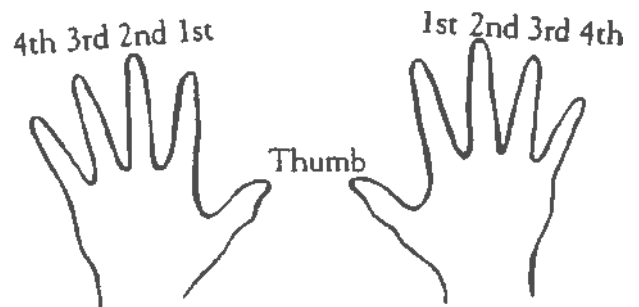
- The right hand is placed at the bottom of the recorder. The right thumb is used to balance the recorder and is placed between the 4th and 5th holes on the back. The right hand fingers cover the four holes near the bottom of the recorder.

- Cover the holes completely with the flat, fleshy pad of your fingers, NOT the fingertips.

- Fingers should be slightly curved.

- Fingers that are not being used to cover holes should be held a little distance above their holes so they are ready to quickly play the next note.

- Hold your recorder at a 45-degree angle. Your elbows should be slightly away from your body. Make sure to sit up straight!



How To Play The Recorder

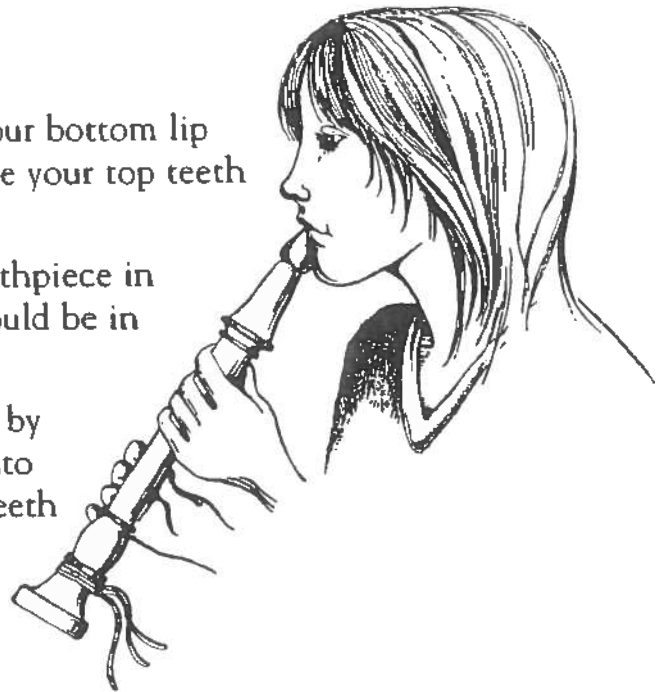
How To Place The Recorder In Your Mouth

- Place the mouthpiece of the recorder on your bottom lip and in front of your bottom teeth. Do NOT close your top teeth down on to the mouthpiece.

- Make sure not to put too much of the mouthpiece in your mouth. Only the tip of the mouthpiece should be in your mouth.

- Press down very gently with your upper lip by whispering “mmm.” This will put your mouth into the correct position. Be careful not to let your teeth or your tongue touch the mouthpiece.

- Make sure that your lips stay firm around the mouthpiece. Don't open and close your mouth on each note. This will avoid air leaks.



Breath/Air Pressure

- Blow softly but with a steady air stream. Little air is required. Blowing too hard produces an obnoxious noise.

Use The “Steamy Window Trick”

- Blow on your hand as if you are steaming up the car window without someone near you hearing. (You don't want them to hear you blow.) The air should be warm and should not be heard. Blow this same way into your recorder.

- As you blow into the recorder, start the breath by whispering “tu.” This is called “tonguing” and your teacher will explain more about this in the future.

Two Main Causes For Squeaks

- If you squeak, you may be blowing too hard. Try to blow with a very steady air stream.

- Another common reason for squeaks is that your fingers may not be covering the holes completely. Remember: **Leaks Cause Squeaks**. Keep trying!

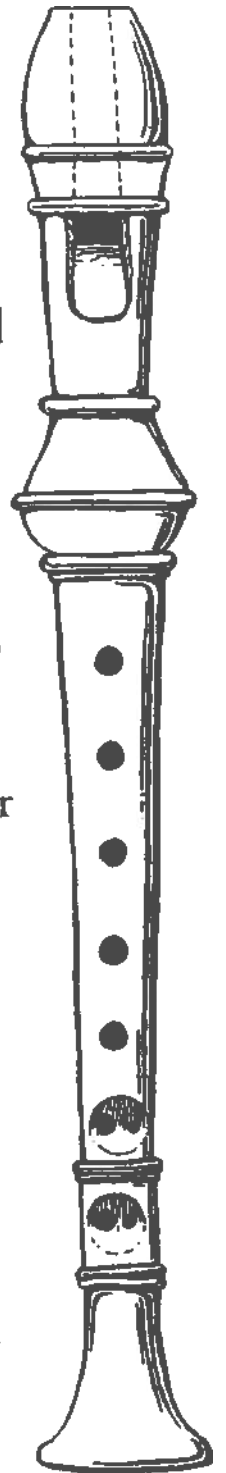
Practice Directions:

1. Clap and count the rhythm (use 1-2-3-4 or rhythm syllables such as “ta” and “ti-ti”).
2. Clap and speak the letter names in rhythm.
3. Finger the notes and speak or sing the letter names in rhythm.
4. Play the notes in rhythm. Start slow and increase in speed later.

How To Care For Your Recorder

1. Label your recorder and the case with a permanent marker. That way, if you leave it somewhere, it can be returned to you.
2. After playing, wipe the moisture from the inside of your recorder with a small piece of cotton cloth tied onto a cleaning rod. Do NOT use tissue or paper towel because these will fall to pieces inside your recorder and would be very difficult to remove.
3. Clean the mouthpiece of your recorder with an old toothbrush or a pipe cleaner. It is important to keep the mouthpiece clean.
4. Plastic recorders can be washed in the dishwasher or in warm, soapy water once in a while.
5. If your recorder is hard to take apart or put back together, you may use a little joint grease or petroleum jelly on the joints.
6. Keep your recorder in its case when you are not playing it.

NOTE: If you are playing a wooden recorder, it will need to be cared for in different ways. Talk to your teacher before doing anything to a wooden recorder.










RECORDER FINGERING CHART



The hole that is outside the box indicates the thumbhole on the back of the recorder.
When the circle is black, cover that hole with the correct finger.

How We Count Music

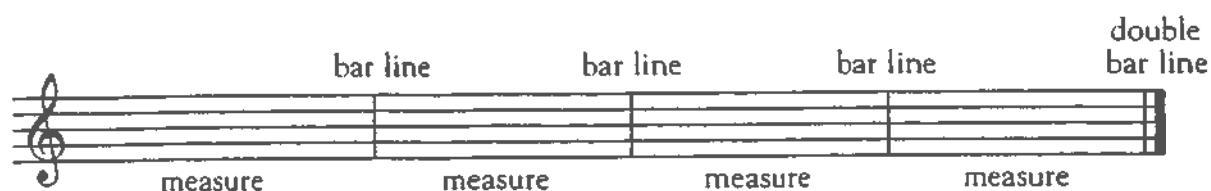
Below are some of the notes we use in music. Each note has a name and a value or length. Here are their American names and values in 4/4 time:

quarter note		(ta)	1 beat
eighth note		(ti)	1/2 beat
eighth note pair		(ti-ti)	1 beat
dotted quarter note		(ta-ee)	1 1/2 beats
half note		(two-oo)	2 beats
dotted half note		(three-ee-ee)	3 beats
whole note		(fo-o-o-or)	4 beats

A rest is a silence. For every note, there is a rest of equal value. Here are some rests we will use in our music:

quarter rest		(sh)	1 beat
half rest		(re-est)	2 beats

Music is written so that we read it from left to right and top to bottom, just as we read a book. Our music is divided into sections called **measures** or **bars**. Measures are separated by **bar lines**. A **double bar line** is placed at the end of a song.

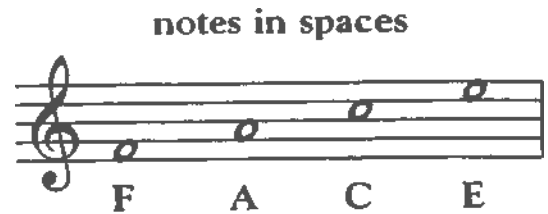
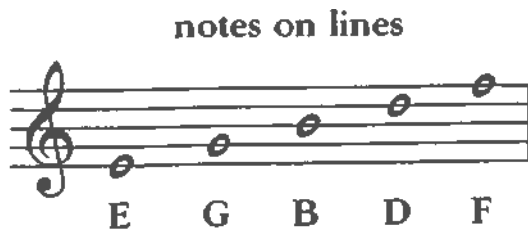


How We Name The Notes

Music is written on a **staff** made up of five lines. Notes are written on these lines or in the spaces between them. They can also be written in the spaces below and above these lines.

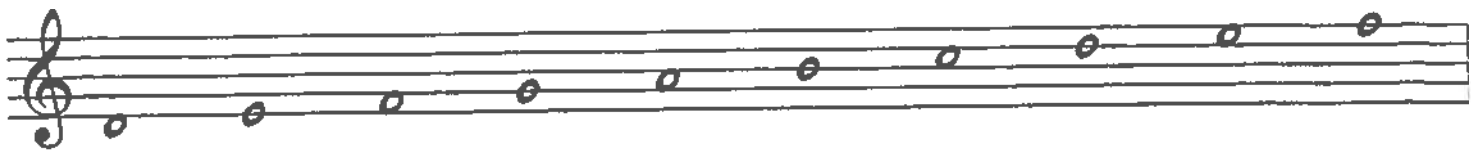
Notes are given names based on the letters of the alphabet from A through G.

Each staff begins with a **clef**. Music for different instruments is written in different clefs. The recorder you are playing uses the **treble** clef. Here are the names of the notes of the staff in treble clef:



It may help you to remember the notes on the lines by remembering the sentence **Every Good Boy Does Fine**. The notes in the spaces spell out the word **FACE**.

Here are the notes on the treble clef that we will use in our recorder music. Fill in their names under the notes.



Practice Counting

In the space provided, write how many beats each note or rest equals:

1.  _____ beat(s)

6.  _____ beat(s)

2.  _____ beat(s)

7.  _____ beat(s)

3.  _____ beat(s)

8.  _____ beat(s)

4.  _____ beat(s)

9.  _____ beat(s)

5.  _____ beat(s)

Practice Naming The Notes

Write the letter name of each note in the space provided:





1 - White Belt Hot Cross Buns

2 measures (8 beats) introduction on recording

Traditional

Hot cross buns! Hot cross buns!
Hot cross buns! Hot cross buns!

One a pen - ny, two a pen - ny, hot cross buns!

New things to learn for the White Belt song:

half note = 2 beats

time signature = 4 beats in each measure

half rest = 2 beats of silence

new notes:

G

A

B

counting: 1 2 3 4

2 - Yellow Belt

Gently Sleep

2 measures (8 beats) introduction
on recording.

'

Traditional
lyrics by Barb Philipak

Gent - ly sleep, my sweet child. Gent - ly sleep, with that smile.

'

Gent - ly sleep, lit - tle one. Gent - ly sleep, day is done.

New thing to learn for the Yellow Belt song:

' **breath mark** When you see this symbol, take a breath.
Try only to take a breath every two measures.

3 - Orange Belt

Merrily We Roll Along

2 measures (8 beats) introduction
on recording

Traditional

Mer - ri - ly we roll a - long, roll a - long.

Mer - ri - ly we roll a - long, o'er the deep blue sea.

4 - Green Belt

Pitches: E GA

It's Raining

7 beats introduction
on recording

Traditional

It's rain - ing, it's pour - ing, the old man is snor - ing.

Went to bed and he bumped his head and he could - n't get up in the morn - ing.

New things to learn for the Green Belt song:

new rhythm:

two eighth notes = 1 beat
(Each single eighth note gets 1/2 beat.)

new note:
E

1 & 2 & 3 & 4 &

counting:

5 - Purple Belt

Old MacDonald Had A Farm

4 measures (16 beats) introduction on recording

Traditional

Old Mac - Don - ald had a farm. E - I - E - I - O. And

on that farm he had some chicks. E - I - E - I - O. With a

chick chick here. And a chick chick there. Here a chick, there a chick. Ev'-ry-where a chick chick.

Old Mac - Don - ald had a farm. E - I - E - I - O.

New things to learn for the Purple Belt song:

quarter rest = 1 beat of silence

dotted half note = 3 beats
(A dot after a note gets half the value of that note and makes it that much longer.)

new note:

Pitches: GABC'D'

6 - Blue Belt

When The Saints Go Marching In

5 beats introduction
on recording

Traditional

Oh, when the saints go march - ing in, oh, when the

saints go march - ing in. Oh, I want to be in that

num - ber, when the saints go march - ing in.

New things to learn for the Blue Belt song:

A tie is a curved line which connects notes of the same pitch. Only the first note is played and then it is held for the total value of the connected notes.

1 2 3 - 1 2 1 2 3 4 - 1

new rhythm: whole note = 4 beats

new notes:

13.

Pitches: DEF[♯]GAB

7 - Red Belt

Twinkle, Twinkle Little Star

2 measures (8 beats) introduction on recording

Traditional

Twin - kle, twin - kle lit - tle star, how I won - der what you are.

Up a - bove the world so high, like a dia - mond in the sky!

Twin - kle, twin - kle lit - tle star, how I won - der what you are.

New things to learn for the Red Belt song:

key signature

These sharps (\sharp), when placed at the beginning of a line, are for all C's and F's in the song. This is called a **key signature**. However, since there are no C's in this song, you only have to remember to play every F in this song as F \sharp .

new note:

8 - Brown Belt

Amazing Grace

5 beats introduction on recording

Traditional

New things to learn for the Brown Belt song:

new rhythms:

single eighth note = 1/2 beat

Until now, you have seen two eighth notes joined together with a beam (). Together, two eighth notes = 1 beat.

dotted quarter note = 1 1/2 beats

Again, the dot adds half the value of that note and makes it longer.

A **fermata** placed above a note means that the note is held a little longer than its usual count.

time signature The top number tells us that there are only three beats in each measure.



counting:

15.