

I. First Days Rhythm Charts

1 → 2 → 3 → 4 → (1) (2) (3) (4) 1 → 2 → 3 → 4 → (1) → (1)

a. $\frac{4}{4}$ FOOT: ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

b. $\frac{4}{4}$

c. $\frac{4}{4}$

d. $\frac{4}{4}$

e. $\frac{4}{4}$ 1 2 → (3) → (1)

f. $\frac{4}{4}$ 1 2 3 4

g. $\frac{4}{4}$ 1 2 3 4 → (1) → (1)

h. $\frac{4}{4}$

i. $\frac{4}{4}$ → (1) (2) (3) (4)

j. $\frac{4}{4}$

k. $\frac{4}{4}$

l. $\frac{4}{4}$

m. $\frac{4}{4}$

n. $\frac{4}{4}$

o. $\frac{4}{4}$

p. $\frac{4}{4}$

q. $\frac{4}{4}$

r. $\frac{2}{4}$

s. $\frac{2}{4}$

t. $\frac{3}{4}$

u. $\frac{3}{4}$

v. $\frac{6}{4}$

II. First Days Solfege

Your first five notes

a. Do Do Do
B \flat B \flat B \flat

b. Do Re Do
B \flat C B \flat

c. Do Re Mi Re Do
B \flat C D C B \flat

d. Do Re Mi Fa Mi Re Do
B \flat C D E \flat D C B \flat

e. Do Re Mi Fa Sol Fa Mi Re Do
B \flat C D E \flat F E \flat D C B \flat

f. Do Re Do Mi Do
B \flat C B \flat D B \flat

g. Do Re Do Mi Do Fa Do
B \flat C B \flat D B \flat E \flat B \flat

h. Do Re Do Mi Do Fa Do Sol Do
B \flat C B \flat D B \flat E \flat B \flat F B \flat

i. Do Mi Do
B \flat D B \flat

j. Do Fa Do
B \flat E \flat B \flat

k. Do Sol Do
B \flat F B \flat

l. Do Mi Sol Mi Do
B \flat D F D B \flat