

Lesson 1 – Your “Mental Model” of Notes

DVD 1

In This Lesson: In this lesson we'll get you a solid foundation of notes and how they work. So often throughout this course you're going to have to quickly calculate distances in half and whole steps. You need to be good at it so we'll work on it here.

How you mentally visualize notes is important for everything else we're going to do. I've never seen this discussed in any other theory class or course I've seen, and I've always wondered why.

From my experience, this is a critical first step and many people really don't have a solid understanding of the basic building blocks of music – notes.

So in the video I'll explain how notes work, and how you should be thinking about them so as to be able to quickly and easily count up or down – in your head – to or from a given note.

This is something you'll do hundreds, if not thousands of times in your life. It should be like spelling your name.

Lesson 1 Exercises

Try to answer all of these questions without an instrument in your hand. Remember we want to improve your mental model and make this procedure quick and painless.

1. How many half steps is it to go up from B to D? _____
2. How many half steps is it to go up from A to C#? _____
3. How many half steps is it to go up from Eb to G? _____
4. How many half steps is it to go up from E to F? _____
5. How many half steps is it to go up from B to C? _____
6. How many half steps is it to go down from G to E? _____
7. How many half steps is it to go down from C# to A? _____
8. How many half steps is it to go up from F# to G? _____
9. How many half steps is it to go down from A to G? _____
10. How many half steps is it to go up from E to A? _____
11. How many half steps is it to go down from Bb to F? _____
12. How many half steps is it to go from D# to Eb? _____
13. How many half steps is it to go up from E to Bb? _____
14. How many half steps is it to go down from Ab to G? _____
15. How many half steps is it to go down from B to A#? _____
16. How many half steps is it to go down from D to F? _____
17. How many half steps is it to go up from B to C#? _____
18. How many half steps is it to go up from E to F#? _____
19. What is 3 half steps above B? _____
20. What is 2 half steps below C#? _____
21. What is 5 half steps above E? _____

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22. What is 4 half steps above F? _____
 23. What is 4 half steps below F? _____
 24. What is 3 half steps below A? _____
 25. What is 1 half step above Eb? _____
 26. What is 1 half step below D#? _____
 27. What is 12 half steps above G#? _____
 28. What is 12 half steps below Ab? _____
 29. What is 7 half steps above F#? _____
 30. +What is 4 half steps below C#? _____