

BOOK ONE: Primary

# A DOZEN A DAY



*Pre-Practice  
Technical Exercises  
FOR THE PIANO*

by

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## A DOZEN A DAY

Many people do physical exercises every morning before they go to work.

Likewise—we should give our fingers exercises every day BEFORE we begin our practising.

The purpose of this book is to help develop strong hands and flexible fingers.

Do not try to learn the entire first dozen exercises the first week you study this book! Just learn two or three exercises, and do them each day *before* practising. When these are mastered, add another, then another, and keep adding until the twelve can be played perfectly.

When the first dozen—Group I—have been mastered and perfected, Group II may be introduced in the same manner, and so on for the other Groups.

Many of these exercises may be transposed to different Keys. In fact, this should be encouraged.

EDNA-MAE BURNAM

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*To Chris and Billy*

5

# Group I

## 1. Walking



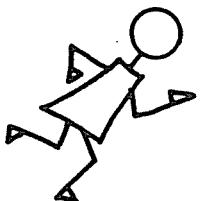
1

5

1

5

## 2. Running



1

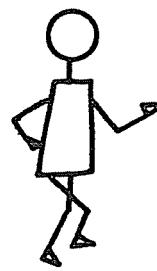
5

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### 3. Skipping



1      3      5      3

### 4. Jumping



1

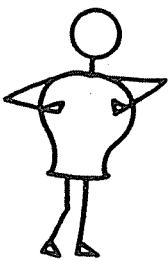
### 5. The Splits



1

## 6. Deep Breathing

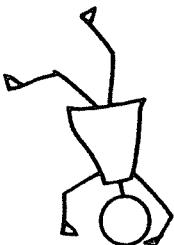
7



Musical notation for Exercise 6. Deep Breathing. The music is in common time (indicated by '3/4') and consists of two staves. The top staff is in treble clef and the bottom staff is in bass clef. The notes are quarter notes and eighth notes. The first measure starts with a quarter note '1' on the A-line of the treble staff, followed by an eighth note '3' on the G-line, another quarter note '5' on the F-line, and a half note rest. The second measure starts with a half note rest, followed by an eighth note '5' on the E-line, a quarter note '3' on the D-line, and a quarter note '1' on the C-line. The third measure starts with a half note rest, followed by an eighth note '5' on the B-line, a quarter note '3' on the A-line, and a quarter note '1' on the G-line.

Musical notation for Exercise 6. Deep Breathing. The music is in common time (indicated by '3/4') and consists of two staves. The top staff is in treble clef and the bottom staff is in bass clef. The notes are quarter notes and eighth notes. The first measure starts with a quarter note '1' on the A-line of the treble staff, followed by an eighth note on the G-line, another quarter note on the F-line, and a half note rest. The second measure starts with a half note rest, followed by an eighth note on the E-line, a quarter note on the D-line, and a quarter note on the C-line. The third measure starts with a half note rest, followed by an eighth note on the B-line, a quarter note on the A-line, and a quarter note on the G-line.

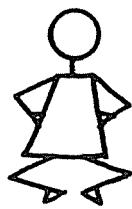
## 7. Cartwheels



Musical notation for Exercise 7. Cartwheels. The music is in common time (indicated by '3/4') and consists of two staves. The top staff is in treble clef and the bottom staff is in bass clef. The notes are quarter notes and eighth notes. The first measure starts with a half note rest, followed by an eighth note on the G-line, a quarter note on the F-line, and a half note rest. The second measure starts with a half note rest, followed by an eighth note '1' on the E-line, a quarter note on the D-line, and a half note rest. The third measure starts with a half note rest, followed by an eighth note on the B-line, a quarter note on the A-line, and a half note rest. A dashed line with the number '1' indicates the start of the cartwheel movement.

Musical notation for Exercise 7. Cartwheels. The music is in common time (indicated by '3/4') and consists of two staves. The top staff is in treble clef and the bottom staff is in bass clef. The notes are quarter notes and eighth notes. The first measure starts with a half note rest, followed by an eighth note on the G-line, a quarter note on the F-line, and a half note rest. The second measure starts with a half note rest, followed by an eighth note on the E-line, a quarter note on the D-line, and a half note rest. The third measure starts with a half note rest, followed by an eighth note on the B-line, a quarter note on the A-line, and a half note rest. A dashed line with the letters 'L.H.' indicates the landing point of the cartwheel.

## 8. Deep Knee Bend



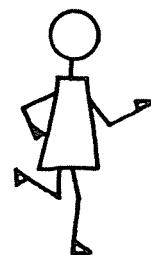
Musical notation for the "Deep Knee Bend" exercise. It consists of two staves: a treble clef staff and a bass clef staff, both in common time (indicated by a '4'). The treble staff has four measures, each containing a single note. The first measure is labeled '3' above the note. The bass staff has four measures, each containing a single note. The first measure is labeled '1' below the note, and the fifth measure is labeled '5' below the note. Measures are separated by vertical bar lines.

## 9. Hopping On Right Foot



Musical notation for the "Hopping On Right Foot" exercise. It consists of two staves: a treble clef staff and a bass clef staff, both in common time (indicated by a '4'). The treble staff has four measures, each containing a single note. The first measure is labeled '1' above the note, and the third measure is labeled '3' above the note. The bass staff has four measures, each containing a single note. The first measure is labeled '5' above the note, and the third measure is labeled '5' above the note. Measures are separated by vertical bar lines.

## 10. Hopping On Left Foot



Musical notation for the "Hopping On Left Foot" exercise. It consists of two staves: a treble clef staff and a bass clef staff, both in common time (indicated by a '4'). The treble staff has four measures, each containing a single note. The first measure is labeled '5' above the note, and the third measure is labeled '3' above the note. The bass staff has four measures, each containing a single note. The first measure is labeled '3' above the note, and the third measure is labeled '1' above the note. Measures are separated by vertical bar lines.

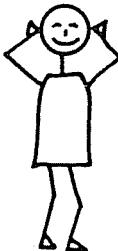
## 11. Standing On Head



1 2 3 1 2 3      1 2 3 1 2 3 4      1 2 3 1 2 3 4 5 5

 Musical notation for three measures. The first measure has six notes. The second measure has seven notes. The third measure has ten notes. Below the notation are three lyrics: "Almost!", "A little higher.", and "Really made it!".

## 12. Fit As A Fiddle and Ready To Go



1 3 5      fid - dle,      Keep my fin - gers      strong,

 Musical notation for four measures. The first measure has three notes. The second measure has five notes. The third measure has four notes. The fourth measure has two notes. Below the notation are the lyrics: "Fit as a fiddle," "Keep my fingers strong," and a blank measure.

Fit as a fid - dle, Sing and play a song

 Musical notation for four measures. The first measure has four notes. The second measure has four notes. The third measure has eight notes. The fourth measure has two notes. Below the notation are the lyrics: "Fit as a fiddle," "Sing and play a song," and a blank measure.

# Group II

## 1. Stretching



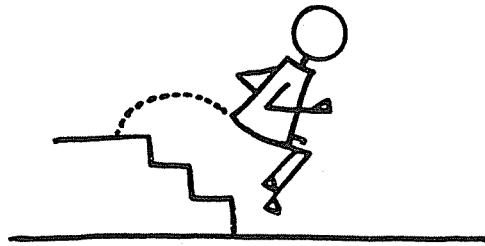
1            5

## 2. Tiptoe Running



1

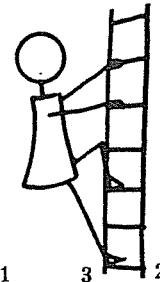
## 3. Jumping Off The Front Porch Steps



5  
3  
1

R.H.

#### 4. Climbing Up A Ladder



Sheet music for two staves:

**Top Staff (Treble Clef):**

```

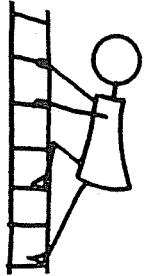
        1   3   2   4   1   3   2   4   1   3   2   4   1   3   2
        - - - - - - - - - - - - - - - - - - - - - - - - - - -
    
```

**Bottom Staff (Bass Clef):**

```

        1   3   2
        - - -
    
```

#### 5. Going Down A Ladder



Sheet music for two staves:

**Top Staff (Treble Clef):**

```

        - - - - - - - - - - - - - - - - - - - - - - - - - - -
    
```

**Bottom Staff (Bass Clef):**

```

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

#### 6. Jumping Like A Frog



Sheet music for two staves:

**Top Staff (Treble Clef):**

```

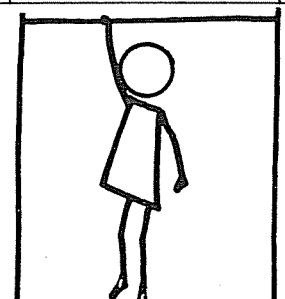
        - - - - - - - - - - - - - - - - - - - - - - - - - - -
    
```

**Bottom Staff (Bass Clef):**

```

        3 2   3 2   3 2   3 2   3 2   3 2   3 2   3 2
        - - - - - - - - - - - - - - - - - - - - - - - - - - -
    
```

#### 7. Hanging From Bar by Right Hand



Sheet music for two staves:

**Top Staff (Treble Clef):**

```

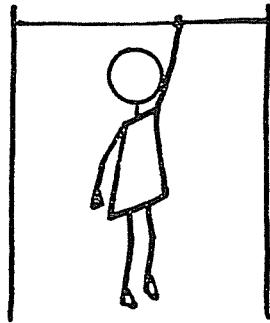
        5
        - - - - - - - - - - - - - - - - - - - - - - - - - - -
    
```

**Bottom Staff (Bass Clef):**

```

        1   1   1
        - - -
    
```

## 8. Hanging From Bar by Left Hand



Musical notation for exercise 8:

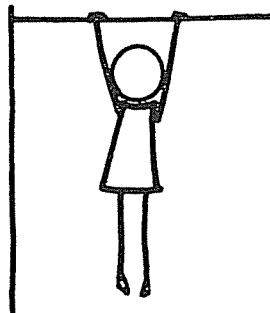
4/4 time signature, treble and bass staves.

Treble staff: An eighth note followed by a whole rest.

Bass staff: A half note (labeled '1') followed by three quarter notes (labeled '5' under each), then a whole note.

Repeating dots indicate the pattern continues.

## 9. Hanging From Bar with Both Hands



Musical notation for exercise 9:

4/4 time signature, treble and bass staves.

Treble staff: An eighth note (labeled '5') followed by a whole rest.

Bass staff: A half note (labeled '1') followed by a whole rest.

Repeating dots indicate the pattern continues.

## 10. Playing With A Yo-Yo



Musical notation for exercise 10:

4/4 time signature, treble and bass staves.

Treble staff: An eighth note (labeled '3') followed by a whole rest.

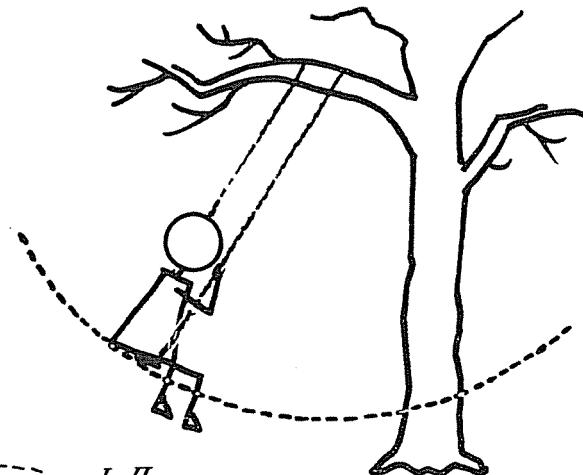
Bass staff: A half note followed by a whole rest.

Repeating dots indicate the pattern continues.

Measure 1: Shows a bass line consisting of eighth-note pairs (two eighth notes per beat).

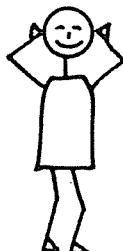
## 11. Swinging

13



Two staves of musical notation in common time (4/4). The top staff is in treble clef and the bottom staff is in bass clef. The music consists of eighth-note patterns. Hand movement markings labeled "L.H." (Left Hand) are shown above the notes, indicating specific fingerings: 1, 3, 5 over the first measure, and 2 over the second measure. The bass staff has a "5" below it. The second staff continues with similar patterns and hand movement markings.

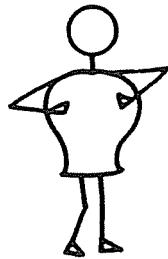
## 12. Fit As A Fiddle and Ready To Go



Two staves of musical notation in common time (4/4). The top staff is in treble clef and the bottom staff is in bass clef. The music consists of eighth-note patterns. Hand movement markings labeled "L.H." are shown above the notes, indicating specific fingerings: 1, 2, 4 over the first measure, and 2 over the second measure. The bass staff has a "5" above it. The lyrics are written below the notes: "Fit as a fid - dle, All day long; Ex - er - cise will make my fin - gers ver - y strong." The bass staff has a "3" above it.

# Group III

## 1. Deep Breathing



Musical notation for 'Deep Breathing' exercise:

Top staff: Treble clef, 4/4 time, key signature 5. Measures show notes at 1, 3, 5, 4, 2, 1, 3, 5.

Bottom staff: Bass clef, 4/4 time, key signature 5. Measures show notes at 1, 3, 5, 4, 2, 1, 3, 5.

## 2. Rolling



Musical notation for 'Rolling' exercise:

Top staff: Treble clef, 3/4 time, key signature 1. Measures show notes at 1, 2, 3, 1, 3, 2.

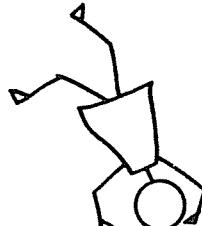
Bottom staff: Bass clef, 3/4 time, key signature 1. Measures show notes at 1, 2, 3, 1, 3, 2.

Musical notation for 'Rolling' exercise (continued):

Top staff: Treble clef, 3/4 time, key signature 1. Measures show notes at 1, 3.

Bottom staff: Bass clef, 3/4 time, key signature 1. Measures show notes at 1, 3.

## 3. Cartwheels



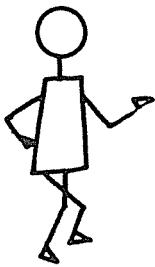
Musical notation for 'Cartwheels' exercise:

Top staff: Treble clef, 4/4 time, key signature 3. Measures show groups of three notes followed by a dynamic L.H. (Left Hand).

Bottom staff: Bass clef, 4/4 time, key signature 5. Measures show groups of three notes followed by a dynamic L.H. (Left Hand).

#### 4. Skipping

15



Musical notation for skipping. The top staff is in treble clef and common time (4/4). It shows a sequence of notes: 1, 3, 3, 5. The bottom staff is in bass clef and common time (4/4). It shows a sequence of notes: 5, 3, 3, 1.

Continuation of the musical notation for skipping. The top staff starts with a 1. The bottom staff starts with a 5.

#### 5. Jumping Rope (Slow, and "Red Pepper")



Musical notation for jumping rope. The top staff is in treble clef and common time (4/4). It shows a sequence of notes: 3, 1, 3, 2. The bottom staff is in bass clef and common time (4/4). It shows a sequence of notes: 1, 2.

Continuation of the musical notation for jumping rope. The top staff consists of eighth-note chords. The bottom staff consists of eighth-note chords.

## 6. Rocking

16



Musical notation for two staves. The top staff is in treble clef and 4/4 time, with notes 3 and 5. The bottom staff is in bass clef and 4/4 time, with notes 1 and 4. The notes are connected by vertical stems.

Continuation of the musical notation from the previous page. The top staff shows a sequence of notes starting with 3. The bottom staff shows a sequence of notes starting with 1.

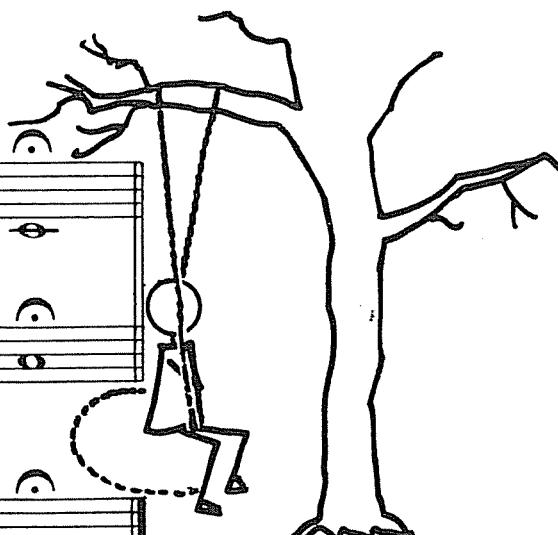
## 7. Round And Round In A Swing

Winding

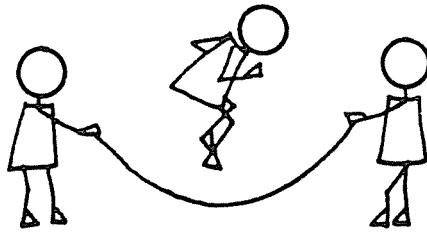
Musical notation for two staves. The top staff is in treble clef and 4/4 time, with notes 1, 3, 5. The bottom staff is in bass clef and 4/4 time, with notes 5, 3, 1. The notes are grouped by brackets under the heading "Slow".

Unwinding

Musical notation for two staves. The top staff is in treble clef and 4/4 time, with notes 5. The bottom staff is in bass clef and 4/4 time, with notes 1. The notes are grouped by brackets under the heading "Faster".



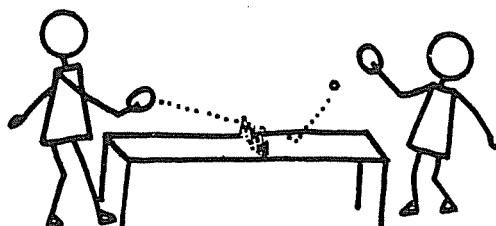
## 8. Jump The River



## 9. Climbing

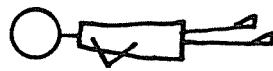


## 10. Ping Pong



A musical score for piano, page 10, measures 5-6. The top staff (treble clef) has a 4/4 time signature. The bottom staff (bass clef) also has a 4/4 time signature. Measure 5 starts with a rest followed by a eighth note. The next group of three measures (indicated by parentheses) consists of a eighth note, a eighth note, and a eighth note. This pattern repeats for the remaining measures. Measure 6 begins with a eighth note. The score includes a repeat sign and a key change to A major.

# 11. Sitting Up and Lying Down



1

4

2:4

5

Musical notation for two staves. The top staff is in treble clef and 4/4 time, showing a melody of eighth and sixteenth notes. The bottom staff is in bass clef and 2:4 time, showing a steady eighth-note pattern. Measure numbers 1 and 5 are indicated above the staves.

Musical notation for two staves. The top staff is in treble clef and 4/4 time, showing a melody of eighth and sixteenth notes. The bottom staff is in bass clef and 2:4 time, showing a steady eighth-note pattern.

# 12. Fit As A Fiddle and Ready To Go



3

2

Fit as a fid - dle, Ex - er-cise my fin-gers ev 'ry day;

1 5 1 2 3 5

Musical notation for two staves. The top staff is in treble clef and 4/4 time, showing a melody of eighth and sixteenth notes. The bottom staff is in bass clef and 2:4 time, showing a steady eighth-note pattern. The lyrics "Fit as a fid - dle, Ex - er-cise my fin-gers ev 'ry day;" are written below the staves, with measure numbers 1, 2, and 3 above them.

Fit as a fid - dle, Ex - er-cise will make my fin-gers play.

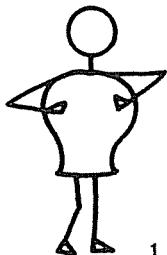
1 2 3 5

Musical notation for two staves. The top staff is in treble clef and 4/4 time, showing a melody of eighth and sixteenth notes. The bottom staff is in bass clef and 2:4 time, showing a steady eighth-note pattern. The lyrics "Fit as a fid - dle, Ex - er-cise will make my fin-gers play." are written below the staves, with measure numbers 1, 2, and 3 above them.

# Group IV

19

## 1. Deep Breathing



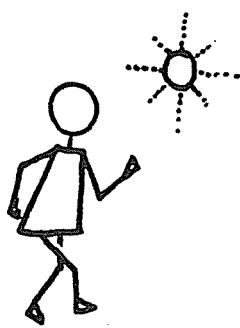
## 2. Walking On A Sunny, Then A Cloudy Day



Sunny day

Cloudy day

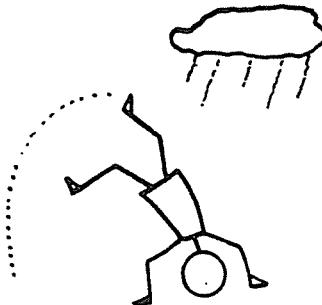
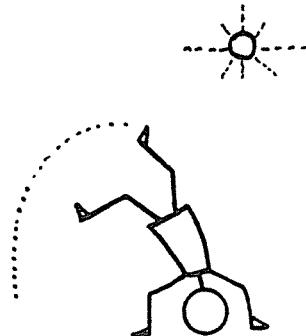
### 3. Skipping On A Sunny, Then A Cloudy Day



A musical score for two voices. The top staff is in treble clef, 4/4 time, and consists of eight measures. The lyrics "Sunny day" are written below the first measure. The bottom staff is in bass clef, 4/4 time, and consists of eight measures. Measure numbers 1 and 5 are indicated above the staves.



#### 4. Cartwheels On A Sunny, Then A Cloudy Day



A musical score for two staves. The top staff is in treble clef, 4/4 time, and the bottom staff is in bass clef, 4/4 time. The score consists of four measures. The first measure is labeled "Sunny day" and features a melodic line with eighth-note patterns and a bass line with eighth-note chords. The second measure is labeled "Cloudy day" and shows a similar pattern. Measure numbers 1 and 3 are indicated above the notes, while measure numbers 2 and 4 are indicated below the notes. Measure 5 is at the beginning of the next measure. The score concludes with a final measure symbol.

## 5. Jumping On A Sunny, Then A Cloudy Day




Sunny day

Cloudy day

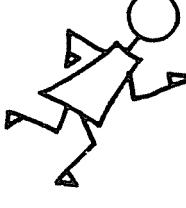
Sheet music for two voices:

**Top Voice (Treble Clef):**

- Measure 1: G4 (quarter note), E4 (eighth note), C4 (eighth note)
- Measure 2: A4 (quarter note), F4 (eighth note), D4 (eighth note)
- Measure 3: G4 (quarter note), E4 (eighth note), C4 (eighth note)
- Measure 4: Rest (whole note)

**Bottom Voice (Bass Clef):**

- Measure 1: C3 (quarter note), B2 (eighth note), A2 (eighth note)
- Measure 2: D3 (quarter note), C2 (eighth note), B2 (eighth note)
- Measure 3: C3 (quarter note), B2 (eighth note), A2 (eighth note)
- Measure 4: Rest (whole note)

Cloudy day

Sheet music for two voices:

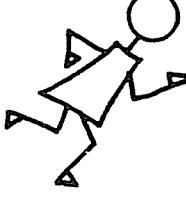
**Top Voice (Treble Clef):**

- Measure 1: B4 (quarter note), G4 (eighth note), E4 (eighth note)
- Measure 2: A4 (quarter note), F4 (eighth note), D4 (eighth note)
- Measure 3: B4 (quarter note), G4 (eighth note), E4 (eighth note)
- Measure 4: Rest (whole note)

**Bottom Voice (Bass Clef):**

- Measure 1: D3 (quarter note), C2 (eighth note), B2 (eighth note)
- Measure 2: E3 (quarter note), D2 (eighth note), C2 (eighth note)
- Measure 3: D3 (quarter note), C2 (eighth note), B2 (eighth note)
- Measure 4: Rest (whole note)

## 6. Running On A Sunny, Then A Cloudy Day

Sunny day

Cloudy day

Sheet music for two voices:

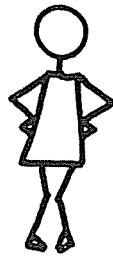
**Top Voice (Treble Clef):**

- Measure 1: D4 (quarter note), C4 (eighth note), B3 (eighth note)
- Measure 2: D4 (quarter note), C4 (eighth note), B3 (eighth note)
- Measure 3: D4 (quarter note), C4 (eighth note), B3 (eighth note)
- Measure 4: D4 (quarter note), C4 (eighth note), B3 (eighth note)

**Bottom Voice (Bass Clef):**

- Measure 1: G2 (quarter note), F2 (eighth note), E2 (eighth note)
- Measure 2: G2 (quarter note), F2 (eighth note), E2 (eighth note)
- Measure 3: G2 (quarter note), F2 (eighth note), E2 (eighth note)
- Measure 4: G2 (quarter note), F2 (eighth note), E2 (eighth note)

## 7. Walking Pigeon-toed



4/4

$\frac{1}{1}$   $\frac{2}{3}$   $\frac{2}{1}$   $\frac{3}{2}$

$\frac{1}{1}$   $\frac{2}{3}$

## 8. Wiggling Toes



Right foot

4/4

1 3 1 3 1 3 1 3 1 3 1 3 1

$\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$

Left foot

4/4

1 3 1 3 1 3 1 3 1 3 1 3 1

$\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$

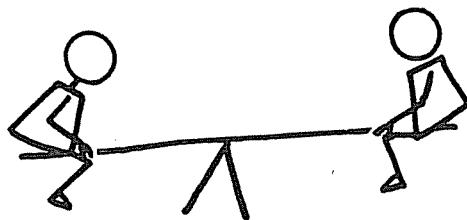
Both feet

4/4

1 3 1 3 1 3 1 3 1 3 1 3 1

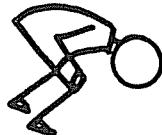
$\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$   $\frac{1}{1}$   $\frac{2}{3}$

### **9. See - Saw**



A musical score for two staves. The top staff is in treble clef and 4/4 time, with a measure number '1' above it. It consists of four measures of eighth notes. The bottom staff is in bass clef and 4/4 time, with a measure number '1' below it. It consists of three measures of sixteenth-note patterns.

## 10. Peeping Between Knees



Musical score for piano, measures 5-1. The top staff is in treble clef, 4/4 time, with a key signature of one sharp. The bottom staff is in bass clef, 4/4 time, with a key signature of one sharp. Measure 5: Treble staff has eighth-note pairs (F#-G, B-A) with a fermata over the first pair. Bass staff has two eighth notes (D, G). Measure 6: Treble staff has eighth-note pairs (F#-G, B-A) with a fermata over the first pair. Bass staff has two eighth notes (D, G). Measure 7: Treble staff has eighth-note pairs (F#-G, B-A) with a fermata over the first pair. Bass staff has two eighth notes (D, G). Measure 8: Treble staff has eighth-note pairs (F#-G, B-A) with a fermata over the first pair. Bass staff has two eighth notes (D, G).

## 11. Bouncing A Ball

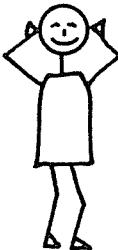


4 4

3 1      4 2

1 5

## 12. Fit As A Fiddle and Ready To Go



4 4

1

If I do my Doz-en A Day, From top to toe, and the mid - dle,

1  
3  
5

1  
2  
5

4 4

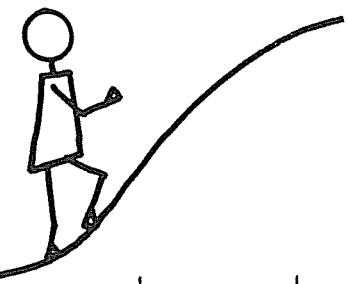
Then I know I'll al - ways stay, Just as fit as a fid - dle.

1  
3  
5

1  
2  
5

# Group V

## 1. Walking Up A Hill



1 1 1

**Guitar Tab:**

```

    / \ / \ / \
    |   |   |
    1 1 1
    |   |   |
    / \ / \ / \
    |   |   |
    5 5 5
  
```

**Bass Tab:**

```

    / \ / \ / \
    |   |   |
    1 1 1
    |   |   |
    / \ / \ / \
    |   |   |
    5 5 5
  
```

1 1 1

**Guitar Tab:**

```

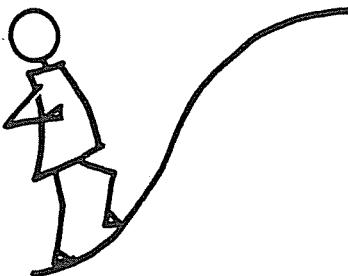
    / \ / \ / \
    |   |   |
    1 1 1
    |   |   |
    / \ / \ / \
    |   |   |
    5 5 5
  
```

**Bass Tab:**

```

    / \ / \ / \
    |   |   |
    1 1 1
    |   |   |
    / \ / \ / \
    |   |   |
    5 5 5
  
```

## 2. Taking Deep Breaths While Walking Up A Hill



1 3 5 1 1 1

**Guitar Tab:**

```

    / \ / \ / \
    |   |   |
    1 3 5
    |   |   |
    / \ / \ / \
    |   |   |
    5 3 1
  
```

**Bass Tab:**

```

    / \ / \ / \
    |   |   |
    1 1 1
    |   |   |
    / \ / \ / \
    |   |   |
    5 5 5
  
```

1 1 4 5 1 1

**Guitar Tab:**

```

    / \ / \ / \
    |   |   |
    1 1 4
    |   |   |
    / \ / \ / \
    |   |   |
    5 5 1
  
```

**Bass Tab:**

```

    / \ / \ / \
    |   |   |
    1 1 5
    |   |   |
    / \ / \ / \
    |   |   |
    5 5 1
  
```

## 3. Running Up A Hill



1

1

1

1

5

5

1

1

1

1

5

5

1

4 5

1 2

1

5

1 2

#### 4. Skipping Up A Hill



4 4

1 3 5      1

5 3 1      5

1 1 # # #

5 # # #

Sheet music for two staves. Treble clef, 4/4 time, key signature of one sharp. Bass clef, 4/4 time, key signature of one sharp.

1 1

5 # # #

5

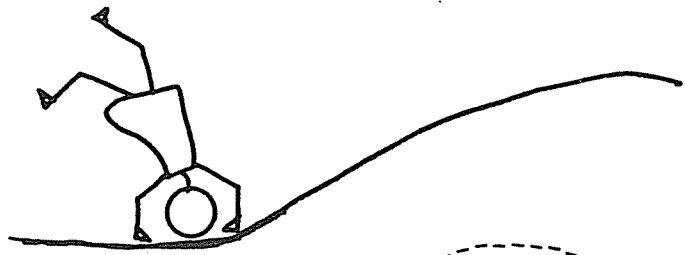
Sheet music for two staves. Treble clef, 4/4 time, key signature of one sharp. Bass clef, 4/4 time, key signature of one sharp.

1 4 5

5 1

Sheet music for two staves. Treble clef, 4/4 time, key signature of one sharp. Bass clef, 4/4 time, key signature of one sharp.

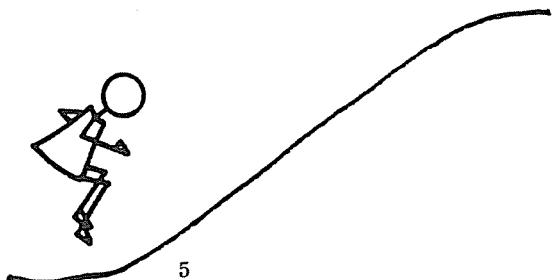
## 5. Cartwheels Up A Hill



Sheet music for two staves (treble and bass) in 4/4 time. The treble staff has a key signature of one sharp. The bass staff has a key signature of one sharp. The music consists of four measures. Measure 1: Treble staff has a dotted half note followed by a sixteenth-note group (1, 3). Bass staff has a quarter note (5). Measure 2: Treble staff has a sixteenth-note group (1, 3) followed by a quarter note. Bass staff has a sixteenth-note group (5). Measure 3: Treble staff has a sixteenth-note group (1, 3) followed by a quarter note. Bass staff has a sixteenth-note group (5). Measure 4: Treble staff has a sixteenth-note group (1, 3) followed by a quarter note. Bass staff has a sixteenth-note group (5).

Sheet music for two staves (treble and bass) in 4/4 time. The treble staff has a key signature of one sharp. The bass staff has a key signature of one sharp. The music consists of four measures. Measure 1: Treble staff has a sixteenth-note group (1, 3) followed by a quarter note. Bass staff has a sixteenth-note group (5). Measure 2: Treble staff has a sixteenth-note group (1, 3) followed by a quarter note. Bass staff has a sixteenth-note group (5). Measure 3: Treble staff has a sixteenth-note group (1, 3) followed by a quarter note. Bass staff has a sixteenth-note group (5). Measure 4: Treble staff has a sixteenth-note group (4, 5) followed by a quarter note. Bass staff has a sixteenth-note group (3, 5).

## 6. Jumping Up A Hill



Sheet music for three staves (treble, bass, and alto) in 4/4 time. The treble staff has a key signature of one sharp. The bass staff has a key signature of one sharp. The alto staff has a key signature of one sharp. The music consists of four measures. Measure 1: Treble staff has a sixteenth-note group (5, 3, 1). Bass staff has a sixteenth-note group (1, 3, 5). Alto staff has a sixteenth-note group (1, 3, 5). Measure 2: Treble staff has a sixteenth-note group (5, 3, 1). Bass staff has a sixteenth-note group (1, 3, 5). Alto staff has a sixteenth-note group (1, 3, 5). Measure 3: Treble staff has a sixteenth-note group (1). Bass staff has a sixteenth-note group (5, 3, 1). Alto staff has a sixteenth-note group (1). Measure 4: Treble staff has a sixteenth-note group (4, 5) followed by a quarter note. Bass staff has a sixteenth-note group (1, 3, 5). Alto staff has a sixteenth-note group (2).

## 7. Boxing

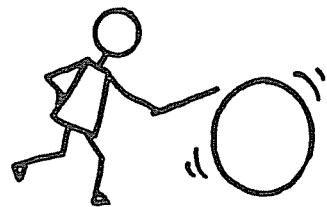


A musical score for two staves. The top staff is in treble clef and 4/4 time, with a dynamic marking of 5-3 and a '1' above the first note. The bottom staff is in bass clef and 4/4 time, with a dynamic marking of 3-5 and a '1' below the first note. Both staves show eighth-note patterns with slurs and grace notes.

## 8. Spinning A Big Top



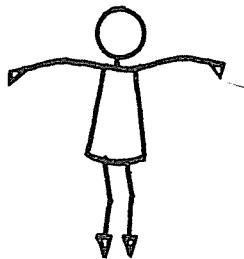
## 9. Rolling A Hoop



1 3 5 3 1

1

## 10. Raising Arms Up and Up On Toes



Raising arms up

3 1      4 2      5 3      3 1

Up on toes

3 5      2 4      1 3      3 5

Raising arms up, and up on toes

3 1

3 5

## 11. Riding Piggyback

31



3 1                    4 2                    3 1

**4** | G A B C D E F G | G | G A B C D E F G | G |

**2** | G A B C D E F G | G | G A B C D E F G | G |

L.H. L.H. | - | L.H. L.H. | - |

**4** | G A B C D E F G | G | G A B C D E F G | G |

**1** | G A B C D E F G | G | G A B C D E F G | G |

5 | - | - | - | - | - |

**4** | G A B C D E F G | G | G A B C D E F G | G |

**2** | G A B C D E F G | G | G A B C D E F G | G |

L.H. L.H. | - | L.H. L.H. | - |

**4** | G A B C D E F G | G | G A B C D E F G | G |

**1** | G A B C D E F G | G | G A B C D E F G | G |

## 12. Fit As A Fiddle and Ready To Go



5 1

A Doz-en A Day, be - fore I play, Keeps the kinks a - way; A

**4** | G A B C D E F G | G | G A B C D E F G | G |

**2** | G A B C D E F G | G | G A B C D E F G | G |

1 3 5 | - | - | - | - | - |

Doz - en A. Day, Hip, Hip, Hoo - ray, Makes me feel O. K.

**4** | G A B C D E F G | G | G A B C D E F G | G |

**2** | G A B C D E F G | G | G A B C D E F G | G |

Fritz Emonts

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