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## Training

### Curwen/Glover Hand Signs

The Kodály approach emphasizes the importance of learning how to sing on pitch. In the 18th century, John Spencer Curwen drew upon an earlier music teaching system known as Norwich Sol-fa, which had been devised by Sarah Glover, and developed hand signs to go with the solfege syllables (do re mi, etc.). Kodály integrated these hand signs into his teaching methods.

Hand signs are a way of giving a physical placement for a vocal pitch. The low "do" begins at your midsection. Each pitch is then above the previous one. Thus, you have the hand signs going up when the pitch goes up. The upper "do" is at eye level.

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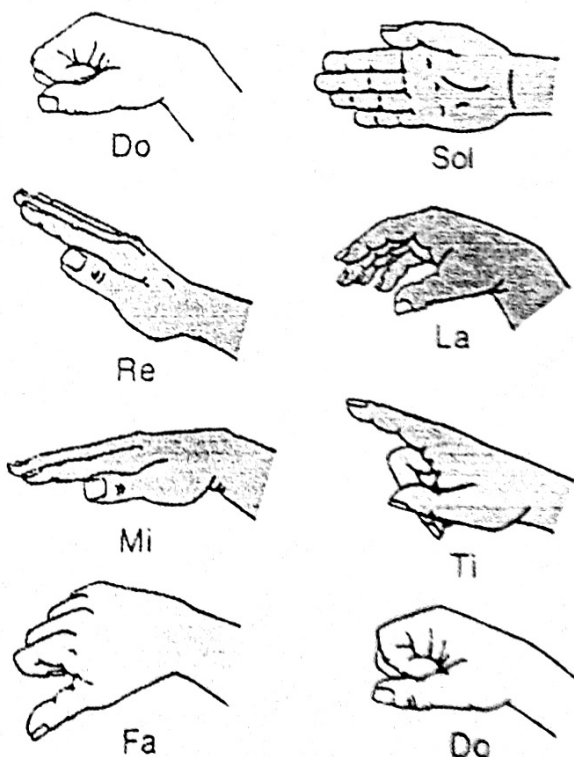
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## Training

### Rhythm Symbols and Names

Symbol	Rhythm Name	Notation Name
	ta	Quarter Note
	ti-ti	2 Eighth Notes
	---	Quarter Note Rest
	tika-tika	4 Sixteenth Notes
	too	Half Note
	ti-tika	Eighth Note 2 Sixteenth Notes
	tika-ti	2 Sixteenth Notes Eighth Note
	tum-ti	Dotted Quarter Note Eighth Note
	syn-co-pa	Eighth Note, Quarter Note, Eighth Note
	tim-ka	Dotted Eighth Note Sixteenth Note

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