

Music Learning Workshop

Getting It Down Cold



Music Theory *Music Learning* *Workshop Methodology*



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Greetings music lovers, learners, musicians, educators, and professionals

Welcome to the Music Learning Workshop Music Principles and Theory Course. My name is Brad Chidester and I'm excited to have you as a valued member of our 12 month music fundamentals course and I'm looking forward to helping you master the music concepts.

The Music Learning Workshop is dedicated to providing music course, workshops, and materials to aid in the process of learning music.

Our brand takes on the form of "Accelerated Music Learning". The materials we have explored in teaching theory come up very short of expectations of ourselves and of music students and teachers as well.

The development of how the modern world teaches music has taken a piece meal approach to music theory. We determined that a comprehensive approach to accelerated learning of music theory needed to be addressed.

The approach for what has typically taken many years to learn can now be taught at a near mastery level in a much shorter period of time.

The objective of the Music Learning Workshop Music Theory Course materials is to accelerate and allow the student to not only learn the principles, but to apply and master them. That is why we call this the "Getting It Down Cold" music theory course.

It is our hope that you will find this course inspiring and find that it provides the type of educational tool that propels your efforts forward at a much faster pace.

For more music information, visit our web site at:

www.musiclearningworkshop.com

or

<http://musictheoryworkshop.com>

and join the community at our music learning blog:

<http://mlblog.musiclearningworkshop.com>

Stay tuned,
Brad Chidester,
Music Learning Workshop



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Introduction

Before you begin any training there are several important things that need mentioning.

First the lessons are delivered in PDF format. They are designed to be able to use on your computer. They may be 20 to 50 pages in length, don't worry; the longer they are the more graphic information is presented to make it easier to see and learn using your computer.

You will want to print parts of the lessons such as progress charts or exercises. We've tried to keep this to a minimum, so you won't have to print out every thing.

Be sure to make a backup copy of all your files incase your hard disk crashes. We can replace your files for a fee, this fee covers the time of one of our staff to accomplish verification of payments, length in program and gathering and sending the files.

The Lessons

These lessons are designed to be able to take you through a complete music theory foundations course.

Each lesson or segment is designed to be completed in one to two weeks on average; they are short although they may appear to be lengthy if you want to print them. Each is a manageable piece and you can work at your own pace. However, as you progress into the keys, scale, and chord lessons additional time may be required where the lesson material is a bit more intense.

The first "note and rhythm" lessons can be done at a faster pace, just make sure you fully understand the concepts and practice the additional exercises.

The amount of music theory you will learn, **down cold**, is usually covered in 3 to 5 years, if at all, in most teaching applications. With lessons in this course you will experience an acceleration of your music skills and knowledge. It will take years off a typical music learning effort.

Applying Music Theory to Specific Instruments

Although music theory applies to all instruments, this course uses the keyboard as a visual tool for learning music theory. We use the keyboard because it is universally recognized and lends itself to the visual nature which is a necessary component to learning of patterns and shapes.

If you understand the basic components of your own instrument such as note fingering or note location, you will be able to adapt the music theory lessons to your instruments. It may take some effort, but in general the theory applies across all instruments.

The course does not have the luxury of getting specific with each instrument. Look to our web site for added information on where to obtain supplement instruction specific to other instruments on technique.



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Lesson Shorthand

Each lesson is divided into manageable parts. The subject is identified with the workshop. Each lesson covered is taken from our workshops and provided in a build upon manner to expose you to all the concepts as quickly as possible. Then the lessons will go in-depth in each of the workshop areas.

Rhythm Workshop

Each lesson will have rhythm practice. Use the Rhythm workshop sheets to work as you continue on with the lesson plans. Every day do a little bit with the work sets.

If you pursue the full course workshop:

Things You Need

- ♪ 1 1/2 inch - 3 ring binder with dividers (up to ten dividers is recommended).
 - ✓ Use the binders to print out and put your lesson plan in the first tab of dividers.
 - ✓ Put your rhythm progress sheet in the second tab.
 - ✓ In the third put your individual rhythm Progress sheets to track your specific progress for each rhythm set you start. You don't have to put these in until you start that section for each rhythm.
 - ✓ Use other dividers for other portions of the workbooks that you will be printing out.
 - ✓ When you complete the course you will have a ready reference of music theory that you built.
- ♪ Colored pencils. 7 basic colors are recommended - Yellow, Red, Blue, Purple, Green, Orange, and Pink. Using the colored pencils will allow you to differentiate specific chords or other elements to make it easier to learn and identify.
- ♪ An instrument to practice what you learn. A keyboard is great, but using your specific instrument will help you translate the theory to playing.
- ♪ Create a paper keyboard with about 4 octaves to refer to as you study your music elements. (note if you want to fully understand your instrument, you need



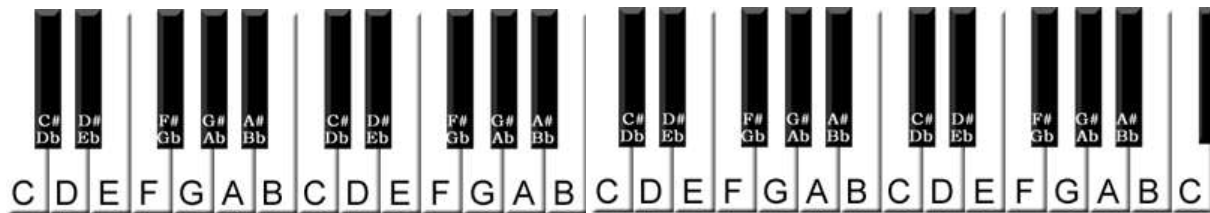
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to take the time to develop a visual aid for it, a guitar would use a fret board you can create these on the fly to apply a scale or chord fingering)

- ✓ There is a separate file called "**4-octave-keyboard.pdf**" included for download. It can be printed on two sheets of paper and used as a visual aid. If you understand the concept on the keyboard you will be able to translate this information to your instrument.



Get it at the [Resource Files](#) page of the site.

Getting ready for your first lesson

Get Organized:

First you will need to get organized. Go back a few pages and put together your 3 ring binder. This will be your theory book and you will add many things to it. You can also use it to add special notes and notation information for ready reference.

Print out the 4 octave keyboard. You may want to hole punch it and put it in your binder for later use.

These lessons will allow you to quickly become a proficient musician. Of course you will want to learn the techniques of your own instrument and that may take a personal instructor or other courses designed to help you apply proper technique to create sound specific type of notes and methods of playing on your own instrument.

Full Course Music Theory Lesson Plan

When you purchase the full course, it is set up for the next 12 months to cover 24 lessons in music theory. The course is designed to take you from learning notes all the way to creating complex chords.

Workshops are designed to be completed at your own pace. The Notes workshop can be completed rather quickly in just a few weeks. The Rhythm workshop is set up to be used over many months. Both the Keys/Scales and the Chord workshops are more intense and can take as little as a few weeks or a few months depending on the time and effort you wish to put into them.

Whether you wish to learn to play from sheet music or become adapt at re-harmonization or to learn to create your own more complex music this fundamentals to intermediate course is going to get you up to speed quicker than you will realize.



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Warning

Now, I must warn you some of the lessons will be completed quickly and you will have ongoing exercises to learn the principles down cold. You will need to put in a little time every day to make this happen.

When using the full course some lessons you will take the full two weeks to complete the tasks. It's imperative that you keep going. Don't worry if you get behind, the lessons flow from one to another and you can catch up at your own pace.

Lessons

The first lessons really cover the basic symbol and nomenclature (reading ability) of music. Without it you can not learn the rest of music such as intervals, scales, keys, and chords.

As you advance in the lessons you will learn how simple math formulas are used to define intervals, scales, key signatures, and chords. By slightly changing these formulas you have major and minor definitions of each of these musical elements. This is where most budding musicians find music theory hard. You will find that it's easier than you think when you take a fun and holistic approach.

In the individual workshops and lessons we focus on only one element at a time. This was a great approach when a musician needed to get up to speed in just one area. In the regular course we like to move around from one element to another in order to bring each along as they relate. Both approaches have validity in presentation, but subscription course gives you a boarder view quicker.

Music Learning Workshop Learning Methods:

Everyone has a different learning mode. You are no exception. You have been taught many ways to learn things throughout your life. Your parents, teachers, friends, advisors - even television and the internet - all have an influence on your current learning methods.

Many people have researched learning, and there are great books to help you improve your ability and speed of learning. One of the best is the research and tape program developed and published by Donna Cercone in applying accelerated learning methods to teaching music in her studio.

As an author of this workshop, I have experienced firsthand what she has developed and I have seen it adapted, implemented and applied over the years. She has published [MEGALearning](http://www.musiclearningworkshop.com/megalearning.html), "a powerful new system for processing and applying new information at rapid speed". You can find a description and information about the course here:

<http://www.musiclearningworkshop.com/megalearning.html>

For our purposes, we are adopting techniques from various methods to optimize your learning experience for learning the foundations of chords and chord structure.



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Here are a few of the learning concepts we use to make your journey more enjoyable and accelerate the pace at which you absorb the techniques and theory:

Using Three Sensors

There are three main learning sensors: *Kinesthetic, Visual, and Auditory*. The **"Getting It Down Cold"** workshops combine these three primary learning methods to give the best results for learning.

We combine the physical (writing and forming with the hands), the visual (reading with graphics and use of the staff and patterns), and the auditory (hearing by playing the parts on your instrument or a keyboard, or tapping with your hands) to help you visualize and feel the rhythm as you practice the scales.

Focused effort

The next learning technique is based on setting goals and targets to accomplish those goals. We implement the following method to "get it down cold":

1. Know your goal
2. Define targets to get to that goal
3. Keep your goal in sight
4. Provide a direct path to that goal
5. Don't give up until you achieve your goal

With this, you have a clear vision of where you're going and a direct path to get there. All you have to do is to apply focused attention and energy on a consistent basis and you will achieve your goals quickly and easily.

Practice technique

The workshop details the practice technique discussed above. It will be up to you to take the time and actions needed to accomplish the work. We have provided the outline and the roadmap, but the ultimate determination of your success is whether you apply the time and energy needed for your goal.

If you already have the drive, we are preaching to the choir. And believe us; we hope this is the case! Remember, you are the master of your journey. That brings us to a crucial part of practicing... how do we practice without getting bogged down in the rote method of learning?

This is actually built into the program. Rather than trying to learn it all at once, you take it one step at a time. You take that step, let it sink in, and then build on the success of the past. You can't jump in and expect to get it all at once. Therefore the learning sheets are developed to allow you to practice or learn in 5 minutes, 30 minutes, or an hour at a time.



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Sometimes completing one item may be 10 minutes of practice or effort. Sometimes it may be 2 minutes. But the idea is that it is a single concentrated effort. It is much better to take 5 minutes of focused time to master a single concept than it is to play an hour and simply repeat the same thing again and again while making no real progress.

So what are you focusing on? Just one thing at a time. Let's say you quickly learn the process of creating a chord for a new starting note. The next step may be focusing on just spelling the chord a few times and playing it on your instrument.

By taking simple steps of concentrated effort you begin your mastery of the music theory and your abilities.

Work Set Layout:

The work set is designed as a step by step process. The process is simple, but each step builds on what you have learned in the previous steps. Here is what you will learn in this process:

Learn the basics (the new concept or idea)

Get to know the basic structure. This will be simple at first, but is a key component in your success.

Approach it from several angles

We present the material in several ways: A "big picture" view shows the theory, followed by some greater detail and examples to help understand the finer points and finally some practical activities to help you create and check your progress.

Work It

Using the principles of the theory and math, you work through the creation of the scales for a key signature and put them in graphical form. This is where you start to really get familiar with the details of the subject.

As you get more comfortable with the material, you will find the exercises are easier to learn and your confidence level increases.

Own it.

You will know you "Own it" when you have elasticity and flexibility to work with any scale. You have the ability to analyze one scale and transfer that knowledge to another one.

Several things are going to happen in this process. You will:

- Work through all key signatures and associated chords
- Recognize them and their patterns
- Learn to play them
- Learn why they are important to mastering music.



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This Work Set will enable you to explore compound or extended chords and provide you with the framework needed to accelerate your learning process.

Student Note - How to Best Approach this course

Take your time when learning any new subject - your mind needs the time to allow you absorb and process the material you are learning.

Our methods are accelerated, giving you more information in a shorter period of time. This means it is especially important to understand what is being explored before proceeding to the next area. Your brain likes the information, but it does need time to process what it sees, hears, and feels. Even in an accelerated course, taking time to understand means you'll get more from the lesson.

Educators note:

The content included within this course is not new, but the presentation is focused highly on the practical application of music theory. Its primary focus is to give those with little or no knowledge of music theory the tools needed to learn it easily and effectively.

In traditional music education, the lack of detailed focus on theory concepts has left many students feeling short changed. This course is designed to give the student the solid foundation needed to quickly and thoroughly master the subject.

Get Started

It's time to get started! Learning music is a lifetime journey. Realize this, and you will enjoy your voyage into the land of music. Go to one of these websites to get your lessons today.

www.MusicLearningWorkshop.com

www.MusicTheoryWorkshop.com