

HEART MIND BELL

a poetic training in Music Literacy

Daily Conditioning



JC HEISLER

Daily Conditioning
Heart Mind Bell ©

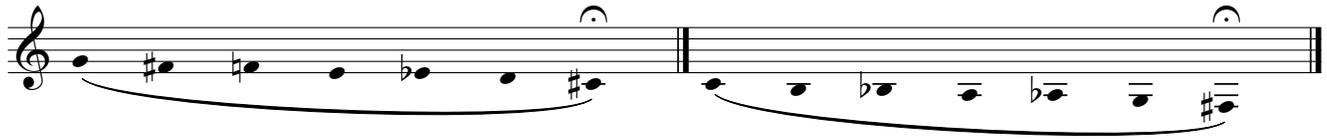
By JC Heisler

Heart Mind Bell: 7 Bugles

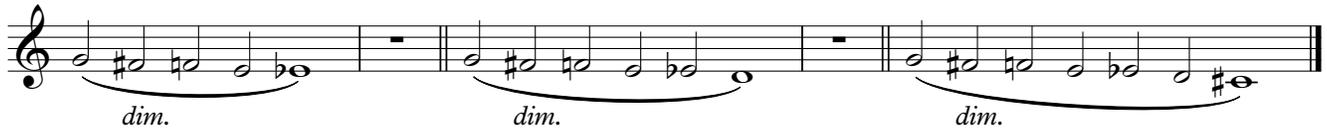
JC Heisler

7 Bugles Down: (0) (2) (1) (12) (23) (13) (123)

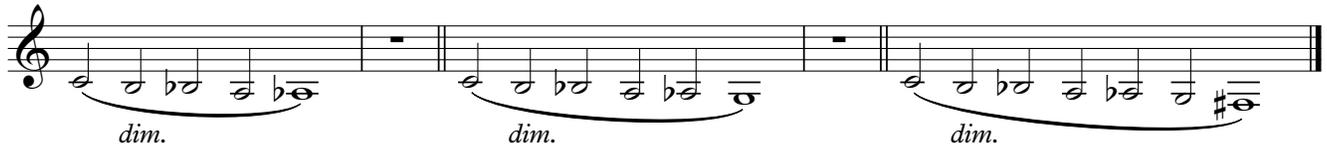
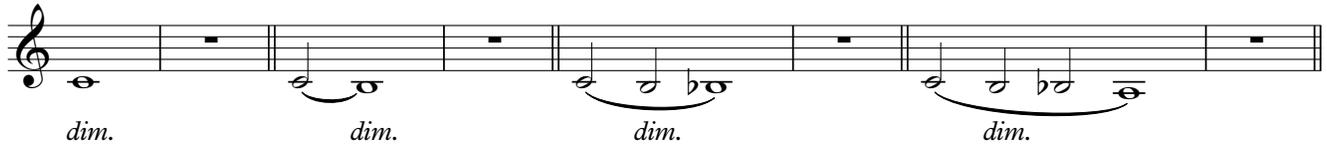
7 Bugles Down: (0) (2) (1) (12) (23) (13) (123)



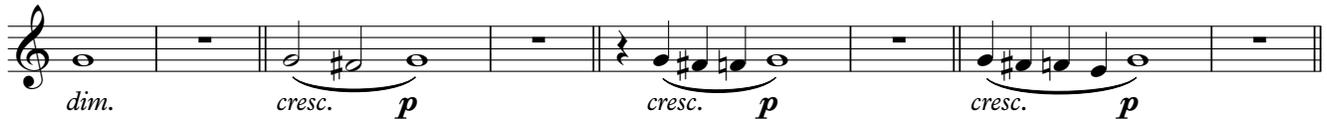
① C or C♯ 60-70



②



③



④

dim. *cresc.* *p* *cresc.* *p* *cresc.* *p*

cresc. *p* *cresc.* *p* *cresc.* *p*

⑤

dim. *mf p cresc.* *mf p cresc.* *mf p cresc.*

mf p cresc. *mf p cresc.* *mf p cresc.*

⑥

mf p mf *mf p mf*

⑦

dim. *mf p cresc.* *mf p cresc.* *mf p cresc.*

mf p cresc. *mf p cresc.* *mf p cresc.*

⑧

mf p mf *mf p mf*

9

First line of musical staff 9. It contains three measures of music. Each measure begins with a treble clef, a key signature of one flat (B-flat), and a common time signature. The notes are: G4, A4, B-flat4, C5, D5, E5, F5, G5. The first measure has a *cresc.* marking and ends with a *p* dynamic. The second and third measures also have *cresc.* markings and end with a *p* dynamic. The notes are tied across the measures.

Second line of musical staff 9. It contains four measures of music. Each measure begins with a treble clef, a key signature of one flat, and a common time signature. The notes are: G4, A4, B-flat4, C5, D5, E5, F5, G5. The first measure has a *cresc.* marking and ends with a *p* dynamic. The second and third measures also have *cresc.* markings and end with a *p* dynamic. The fourth measure has a *cresc.* marking and ends with a *p* dynamic. The notes are tied across the measures.

10

First line of musical staff 10. It contains three measures of music. Each measure begins with a treble clef, a key signature of one flat, and a common time signature. The notes are: G4, A4, B-flat4, C5, D5, E5, F5, G5. The first measure has a *cresc.* marking and ends with a *p* dynamic. The second and third measures also have *cresc.* markings and end with a *p* dynamic. The notes are tied across the measures.

Second line of musical staff 10. It contains four measures of music. Each measure begins with a treble clef, a key signature of one flat, and a common time signature. The notes are: G4, A4, B-flat4, C5, D5, E5, F5, G5. The first measure has a *cresc.* marking and ends with a *p* dynamic. The second and third measures also have *cresc.* markings and end with a *p* dynamic. The fourth measure has a *cresc.* marking and ends with a *p* dynamic. The notes are tied across the measures.

11

First line of musical staff 11. It contains three measures of music. Each measure begins with a treble clef, a key signature of one flat, and a common time signature. The notes are: G4, A4, B-flat4, C5, D5, E5, F5, G5. The first measure has a *cresc.* marking and ends with a *p* dynamic. The second and third measures also have *cresc.* markings and end with a *p* dynamic. The notes are tied across the measures.

Second line of musical staff 11. It contains four measures of music. Each measure begins with a treble clef, a key signature of one flat, and a common time signature. The notes are: G4, A4, B-flat4, C5, D5, E5, F5, G5. The first measure has a *cresc.* marking and ends with a *p* dynamic. The second and third measures also have *cresc.* markings and end with a *p* dynamic. The fourth measure has a *cresc.* marking and ends with a *p* dynamic. The notes are tied across the measures.

12

First line of musical staff 12. It contains three measures of music. Each measure begins with a treble clef, a key signature of one flat, and a common time signature. The notes are: G4, A4, B-flat4, C5, D5, E5, F5, G5. The first measure has a *cresc.* marking and ends with a *dim.* dynamic. The second and third measures also have *cresc.* markings and end with a *dim.* dynamic. The notes are tied across the measures.

Second line of musical staff 12. It contains four measures of music. Each measure begins with a treble clef, a key signature of one flat, and a common time signature. The notes are: G4, A4, B-flat4, C5, D5, E5, F5, G5. The first measure has a *cresc.* marking and ends with a *dim.* dynamic. The second and third measures also have *cresc.* markings and end with a *dim.* dynamic. The fourth measure has a *cresc.* marking and ends with a *mf dim.* dynamic. The notes are tied across the measures.

13 C or C 60-70

Staff 1: Treble clef, 8-measure phrase. Notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. Dynamics: *cresc.* at the start, *dim.* at the end.

Staff 2: Treble clef, 8-measure phrase. Notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. Dynamics: *cresc.* at the start, *dim.* at the end.

Staff 3: Treble clef, 8-measure phrase. Notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. Dynamics: *cresc.* at the start, *dim.* at the end.

Staff 4: Treble clef, 8-measure phrase. Notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. Dynamics: *cresc.* at the start, *dim.* at the end.

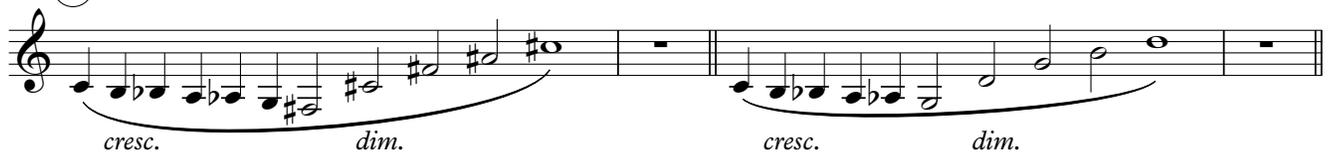
Staff 5: Treble clef, 8-measure phrase. Notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. Dynamics: *cresc.* at the start, *dim.* at the end.

Staff 6: Treble clef, 16-measure phrase. Notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. Dynamics: *cresc.* at the start of the first 8 measures, *dim.* at the end of the first 8 measures; *cresc.* at the start of the second 8 measures, *dim.* at the end of the second 8 measures.

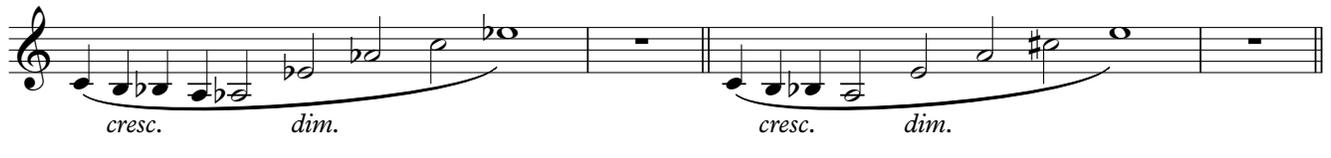
Staff 7: Treble clef, 24-measure phrase. Notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. Dynamics: *cresc.* and *dim.* for the first 4 measures; *cresc.* and *dim.* for the next 4 measures; *cresc.* and *dim.* for the next 4 measures; *cresc.* and *dim.* for the final 4 measures.

Staff 8: Treble clef, 24-measure phrase. Notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4, B3, A3, G3, F3, E3, D3, C3. Dynamics: *cresc.* and *dim.* for the first 2 measures; *cresc.* and *dim.* for the next 2 measures; *cresc.* and *dim.* for the next 2 measures; *dim.* for the final 2 measures.

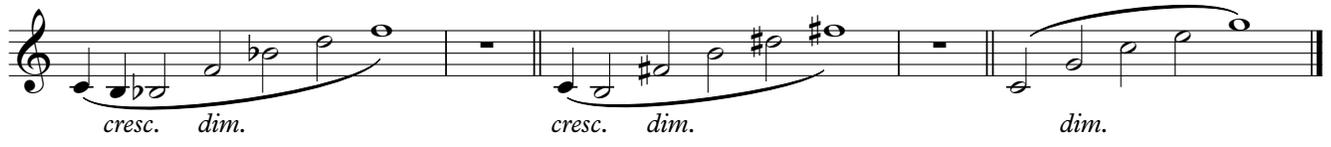
14



cresc. dim. cresc. dim.



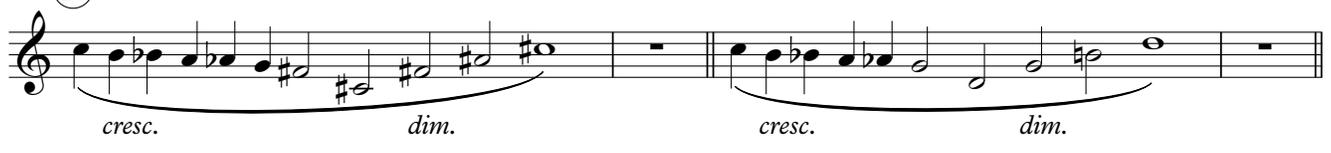
cresc. dim. cresc. dim.



cresc. dim. cresc. dim. dim.

Exercise 14 consists of three systems of musical notation. Each system contains two staves. The first system has two measures per staff, with dynamics *cresc.* and *dim.* under the first measure of each staff. The second system also has two measures per staff with the same dynamics. The third system has three measures per staff, with dynamics *cresc.* and *dim.* under the first two measures of each staff, and a final *dim.* under the last measure of the second staff.

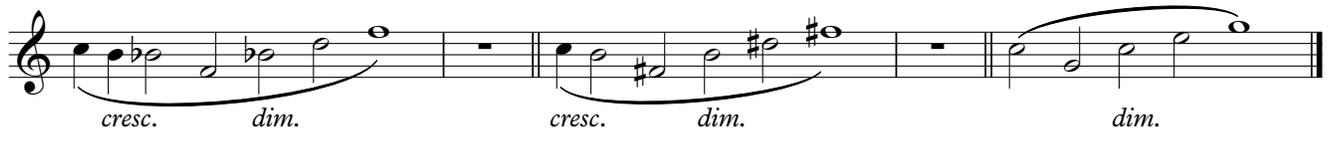
15



cresc. dim. cresc. dim.



cresc. dim. cresc. dim.



cresc. dim. cresc. dim. dim.

Exercise 15 consists of three systems of musical notation. Each system contains two staves. The first system has two measures per staff, with dynamics *cresc.* and *dim.* under the first measure of each staff. The second system also has two measures per staff with the same dynamics. The third system has three measures per staff, with dynamics *cresc.* and *dim.* under the first two measures of each staff, and a final *dim.* under the last measure of the second staff.

16



cresc. dim. cresc. dim.



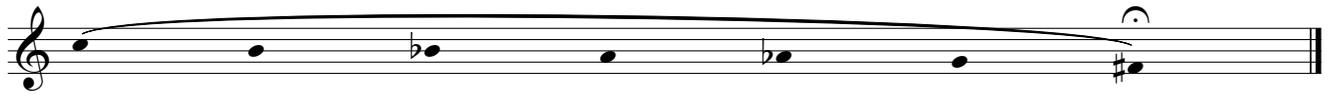
cresc. dim. cresc. dim.



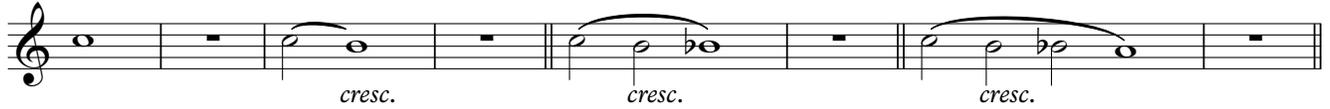
cresc. dim. cresc. dim. dim.

Exercise 16 consists of three systems of musical notation. Each system contains two staves. The first system has two measures per staff, with dynamics *cresc.* and *dim.* under the first measure of each staff. The second system also has two measures per staff with the same dynamics. The third system has three measures per staff, with dynamics *cresc.* and *dim.* under the first two measures of each staff, and a final *dim.* under the last measure of the second staff.

7 Bugles Down: (0) (2) (1) (12) (23) (13) (123)



17 C or C 60-70



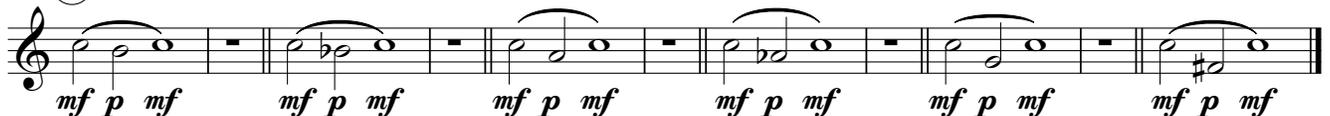
18



19



20



21

First system of musical notation for exercise 21. It consists of two staves. The top staff contains three measures of music, each starting with a *cresc.* marking. The bottom staff contains four measures of music, each also starting with a *cresc.* marking. The notes are eighth and quarter notes, with some accidentals.

22

First system of musical notation for exercise 22. It consists of two staves. The top staff contains three measures of music, each starting with a *cresc.* marking and ending with a *p* marking. The bottom staff contains four measures of music, each starting with a *cresc.* marking and ending with a *p* marking. The notes are eighth and quarter notes, with some accidentals.

23

First system of musical notation for exercise 23. It consists of two staves. The top staff contains three measures of music, each starting with a *cresc.* marking. The bottom staff contains four measures of music, each starting with a *cresc.* marking. The notes are eighth and quarter notes, with some accidentals and a fermata over the final note of each measure.

Heart Mind Bell

Beginning Studies

Lesson 1

Play Evenly

JC Heisler

① **T3** 7 Bugles Down: (0) (2) (1) (12) (23) (13) (123)



② **T2** 7 Bugles Down: (0) (2) (1) (12) (23) (13) (123)

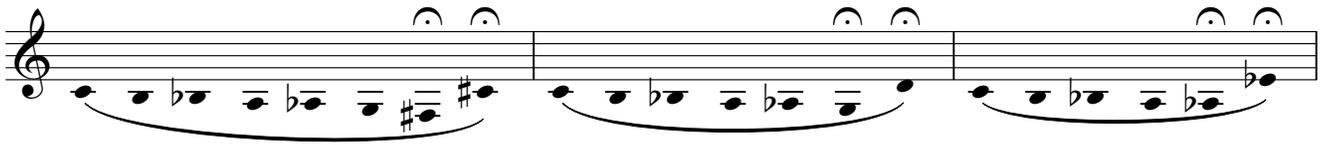


③ **T4** 7 Bugles Down: (0) (2) (1) (12) (23) (13) (123)

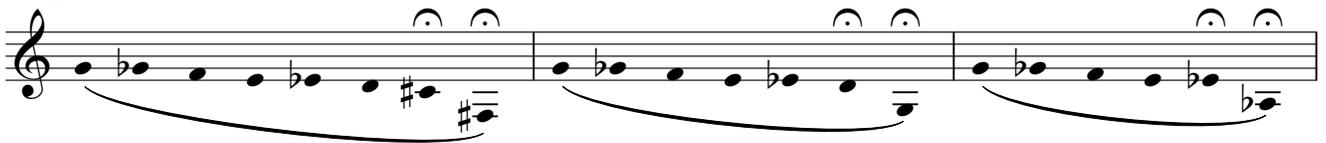


Lesson 2

①



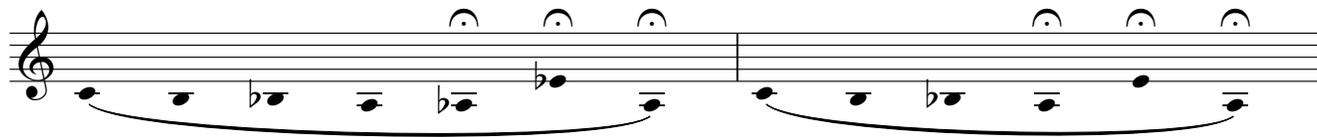
②



③



First staff of exercise 3, starting with a circled '3'. It contains two measures of music. The first measure has notes G4, A4, Bb4, C5, Bb4, A4, G4, with accidentals and a slur. The second measure has notes G4, A4, Bb4, C5, Bb4, A4, G4, with accidentals and a slur. Both measures have three fermatas above the notes.

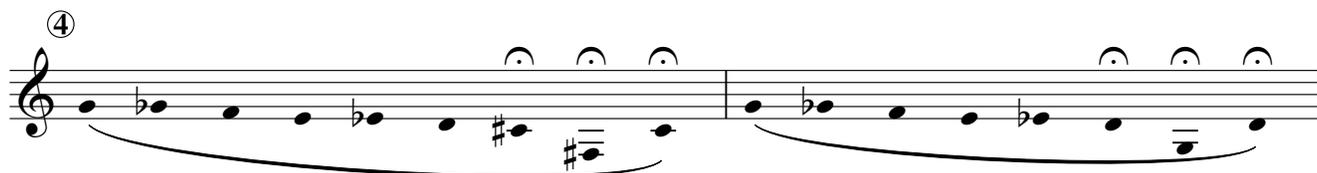


Second staff of exercise 3, containing two measures of music. The first measure has notes G4, A4, Bb4, C5, Bb4, A4, G4, with accidentals and a slur. The second measure has notes G4, A4, Bb4, C5, Bb4, A4, G4, with accidentals and a slur. Both measures have three fermatas above the notes.

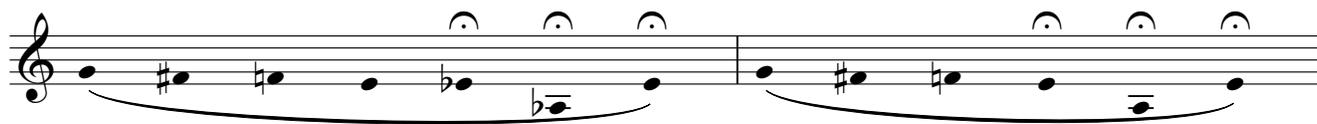


Third staff of exercise 3, containing three measures of music. The first measure has notes G4, A4, Bb4, C5, Bb4, A4, G4, with accidentals and a slur. The second measure has notes G4, A4, Bb4, C5, Bb4, A4, G4, with accidentals and a slur. The third measure has notes G4, A4, Bb4, C5, Bb4, A4, G4, with accidentals and a slur. All measures have three fermatas above the notes.

④



First staff of exercise 4, starting with a circled '4'. It contains two measures of music. The first measure has notes G4, Ab4, A4, Bb4, C5, Bb4, A4, with accidentals and a slur. The second measure has notes G4, Ab4, A4, Bb4, C5, Bb4, A4, with accidentals and a slur. Both measures have three fermatas above the notes.



Second staff of exercise 4, containing two measures of music. The first measure has notes G4, Ab4, A4, Bb4, C5, Bb4, A4, with accidentals and a slur. The second measure has notes G4, Ab4, A4, Bb4, C5, Bb4, A4, with accidentals and a slur. Both measures have three fermatas above the notes.



Third staff of exercise 4, containing three measures of music. The first measure has notes G4, Ab4, A4, Bb4, C5, Bb4, A4, with accidentals and a slur. The second measure has notes G4, Ab4, A4, Bb4, C5, Bb4, A4, with accidentals and a slur. The third measure has notes G4, Ab4, A4, Bb4, C5, Bb4, A4, with accidentals and a slur. All measures have three fermatas above the notes.

⑤

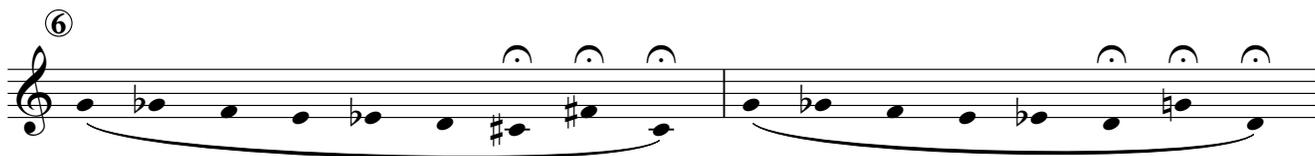


First staff of exercise 5, starting with a circled '5'. It contains three measures of music. The first measure has notes G4, Ab4, A4, Bb4, C5, Bb4, A4, with accidentals and a slur. The second measure has notes G4, Ab4, A4, Bb4, C5, Bb4, A4, with accidentals and a slur. The third measure has notes G4, Ab4, A4, Bb4, C5, Bb4, A4, with accidentals and a slur. All measures have three fermatas above the notes.

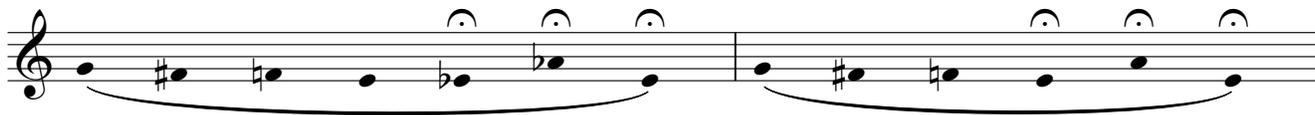


Second staff of exercise 5, containing four measures of music. The first measure has notes G4, Ab4, A4, Bb4, C5, Bb4, A4, with accidentals and a slur. The second measure has notes G4, Ab4, A4, Bb4, C5, Bb4, A4, with accidentals and a slur. The third measure has notes G4, Ab4, A4, Bb4, C5, Bb4, A4, with accidentals and a slur. The fourth measure has notes G4, Ab4, A4, Bb4, C5, Bb4, A4, with accidentals and a slur. All measures have three fermatas above the notes.

⑥



First staff of exercise 6, starting with a treble clef and a circled number 6. It contains two measures of music with a slur under the notes. The notes are: G4, F4, E4, D4, C4, B3, A3, G3. The second measure continues with: F3, E3, D3, C3, B2, A2, G2.



Second staff of exercise 6, continuing the sequence from the first staff. It contains two measures of music with a slur under the notes. The notes are: F3, E3, D3, C3, B2, A2, G2. The second measure continues with: F2, E2, D2, C2, B1, A1, G1.



Third staff of exercise 6, continuing the sequence. It contains three measures of music with a slur under the notes. The notes are: F2, E2, D2, C2, B1, A1, G1. The second measure continues with: F1, E1, D1, C1, B0, A0, G0. The third measure continues with: F0, E0, D0, C0, B-1, A-1, G-1.

⑦



First staff of exercise 7, starting with a treble clef and a circled number 7. It contains two measures of music with a slur under the notes. The notes are: G4, F4, E4, D4, C4, B3, A3, G3. The second measure continues with: F3, E3, D3, C3, B2, A2, G2.



Second staff of exercise 7, continuing the sequence. It contains two measures of music with a slur under the notes. The notes are: F3, E3, D3, C3, B2, A2, G2. The second measure continues with: F2, E2, D2, C2, B1, A1, G1.



Third staff of exercise 7, continuing the sequence. It contains three measures of music with a slur under the notes. The notes are: F2, E2, D2, C2, B1, A1, G1. The second measure continues with: F1, E1, D1, C1, B0, A0, G0. The third measure continues with: F0, E0, D0, C0, B-1, A-1, G-1.

⑧



First staff of exercise 8, starting with a treble clef and a circled number 8. It contains two measures of music with a slur under the notes. The notes are: G4, F4, E4, D4, C4, B3, A3, G3. The second measure continues with: F3, E3, D3, C3, B2, A2, G2.



Second staff of exercise 8, continuing the sequence. It contains two measures of music with a slur under the notes. The notes are: F3, E3, D3, C3, B2, A2, G2. The second measure continues with: F2, E2, D2, C2, B1, A1, G1.



Third staff of exercise 8, continuing the sequence. It contains three measures of music with a slur under the notes. The notes are: F2, E2, D2, C2, B1, A1, G1. The second measure continues with: F1, E1, D1, C1, B0, A0, G0. The third measure continues with: F0, E0, D0, C0, B-1, A-1, G-1.

12

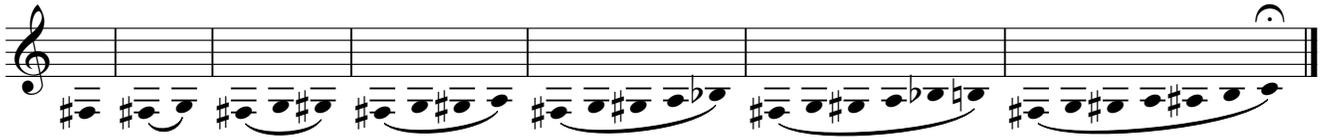
The image displays three staves of musical notation for exercise 12. Each staff begins with a treble clef. The first staff contains two measures of music. The first measure has five eighth notes: G4, A4, Bb4, C5, and D5. The second measure has five eighth notes: E5, F#5, G5, A5, and B5. A slur spans the first four notes of the first measure and the first two notes of the second measure. The second staff also contains two measures. The first measure has five eighth notes: G4, A4, Bb4, C5, and D5. The second measure has five eighth notes: E5, F5, G5, A5, and B5. A slur spans the first four notes of the first measure and the first two notes of the second measure. The third staff contains three measures. The first measure has five eighth notes: G4, A4, Bb4, C5, and D5. The second measure has five eighth notes: E5, F5, G5, A5, and B5. The third measure has five eighth notes: G5, F5, E5, D5, and C5. A slur spans the first four notes of the first measure and the first two notes of the second measure. Each note in all staves has a small circle above it, likely indicating a breath mark or articulation point. The piece concludes with a double bar line at the end of the third staff.

Lesson 3

① T3 7 Bugles Up: (123) (13) (23) (12) (1) (2) (0)



② T2 7 Bugles Up: (123) (13) (23) (12) (1) (2) (0)

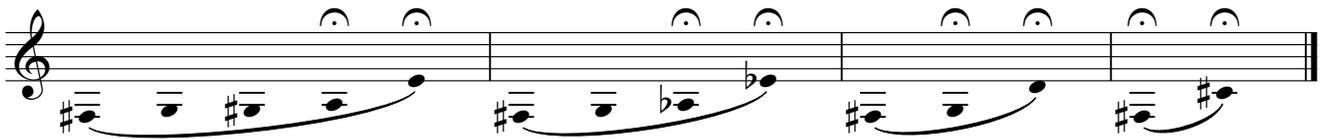
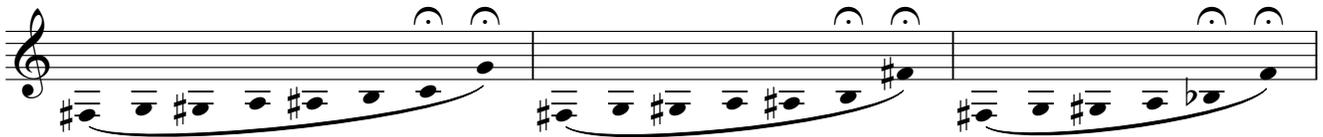


③ T4 7 Bugles Up: (123) (13) (23) (12) (1) (2) (0)



Lesson 4

①



②

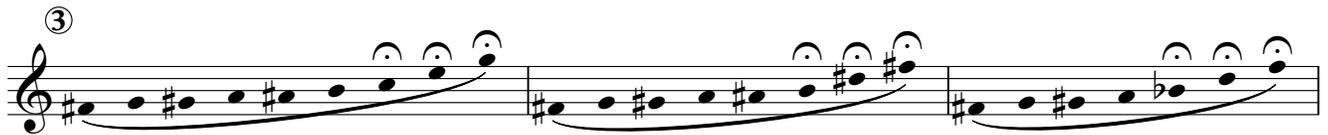
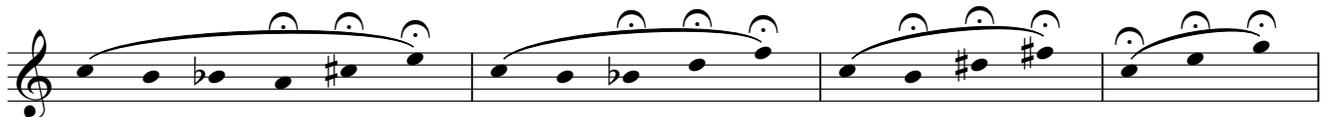


③

④

⑤

Lesson 5



Heart Mind Bell

Chromatic Logic

Practice 1 *Play Evenly*

JC Heisler

① **T3** 7 Bugles Down: (0) (2) (1) (12) (23) (13) (123)

② **T3** 7 Bugles Up: (123) (13) (23) (12) (1) (2) (0)

⑤ **T2** 7 Bugles Down: (0) (2) (1) (12) (23) (13) (123)

⑥ **T2** 7 Bugles Up: (123) (13) (23) (12) (1) (2) (0)

① **Practice 2** *Play Evenly*

②

③

④

⑤

⑥

⑦

⑧

⑨

① **Practice 3** *Play Evenly*

Musical staff 1: Treble clef, key signature of one flat (B-flat), starting on G4. The staff contains a sequence of 24 eighth notes with various accidentals (flats, naturals, sharps) and a final quarter note with a fermata. A slur covers the entire line.

Musical staff 2: Treble clef, key signature of one flat (B-flat), starting on G4. The staff contains a sequence of 24 eighth notes with various accidentals (flats, naturals, sharps) and a final quarter note with a fermata. A slur covers the entire line.

Musical staff 3: Treble clef, key signature of one flat (B-flat), starting on G4. The staff contains a sequence of 24 eighth notes with various accidentals (flats, naturals, sharps) and a final quarter note with a fermata. A slur covers the entire line.

Musical staff 4: Treble clef, key signature of one flat (B-flat), starting on G4. The staff contains a sequence of 24 eighth notes with various accidentals (flats, naturals, sharps) and a final quarter note with a fermata. A slur covers the entire line.

Musical staff 5: Treble clef, key signature of one flat (B-flat), starting on G4. The staff contains a sequence of 24 eighth notes with various accidentals (flats, naturals, sharps) and a final quarter note with a fermata. A slur covers the entire line.

Musical staff 6: Treble clef, key signature of one flat (B-flat), starting on G4. The staff contains a sequence of 24 eighth notes with various accidentals (flats, naturals, sharps) and a final quarter note with a fermata. A slur covers the entire line.

Musical staff 7: Treble clef, key signature of one flat (B-flat), starting on G4. The staff contains a sequence of 24 eighth notes with various accidentals (flats, naturals, sharps) and a final quarter note with a fermata. A slur covers the entire line.

8

Heart Mind Bell

T3 First Studies

Play Evenly

JC Heisler

① **7 Bugles Down:** (0) (2) (1) (12) (23) (13) (123)



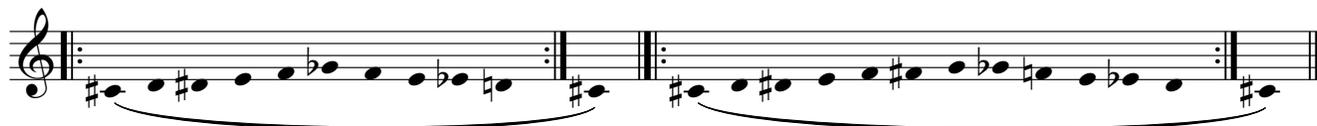
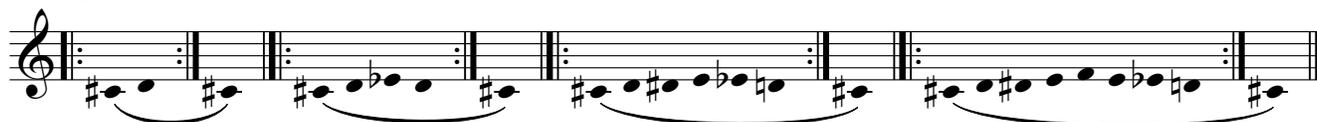
② **7 Bugles Up:** (123) (13) (23) (12) (1) (2) (0)



③



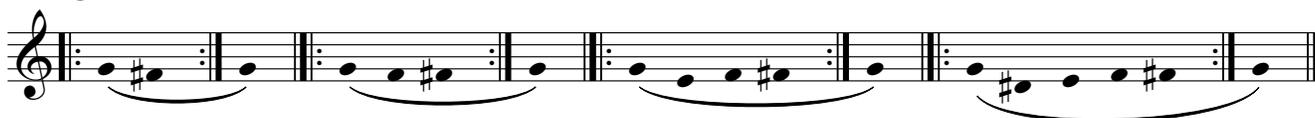
④



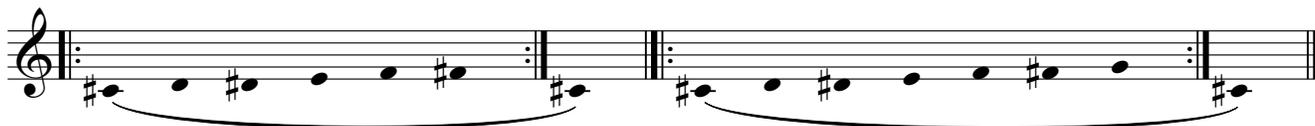
⑤ *Interval Measurements*



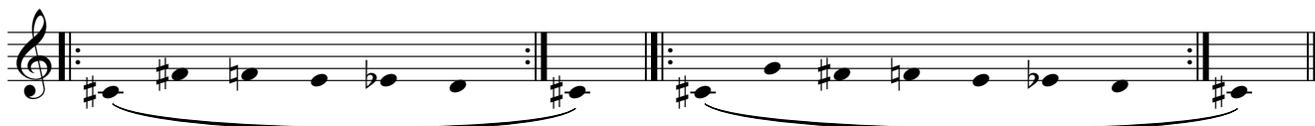
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⑦



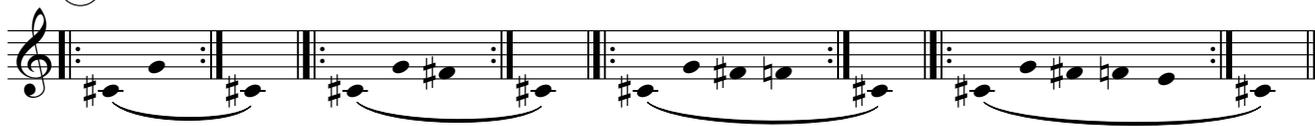
⑧



9



10



11



12



19

20

21

22

23 *Lacing* 24

25

26

27 *Oblique Measurements* 28

29 30

53



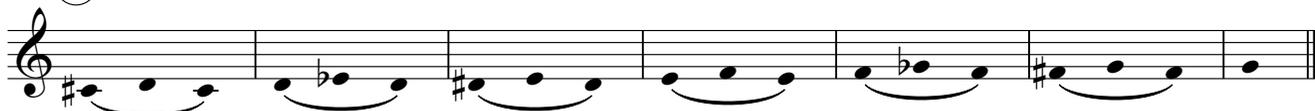
54



55



56



57



58



59



60



61



62



72 64+66

Musical staff 72: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

73 65+63

Musical staff 73: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

74 65+64

Musical staff 74: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

75 65+66

Musical staff 75: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

76 66+63

Musical staff 76: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

77 66+64

Musical staff 77: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

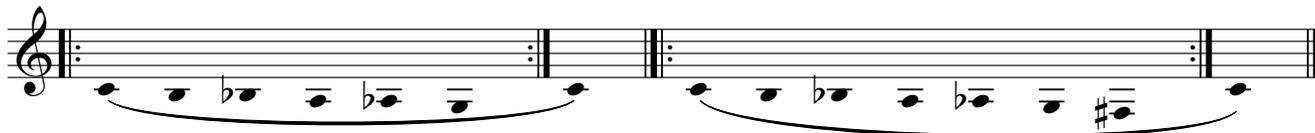
78 66+65

Musical staff 78: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

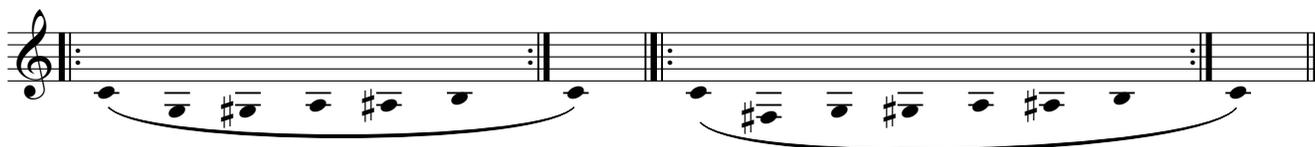
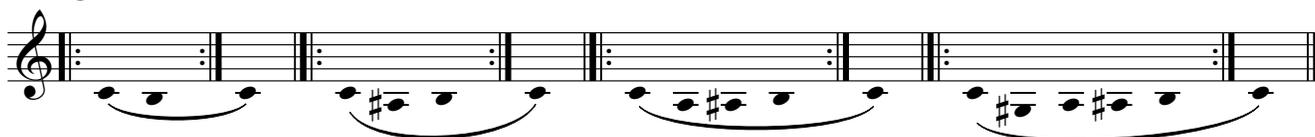
79 *Flow* 80

Musical staff 79-80: Treble clef, two measures of eighth-note patterns with slurs and repeat signs.

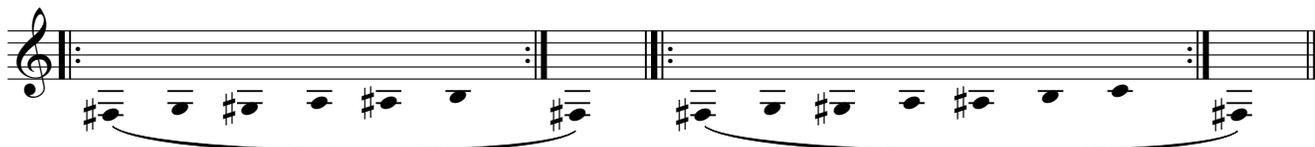
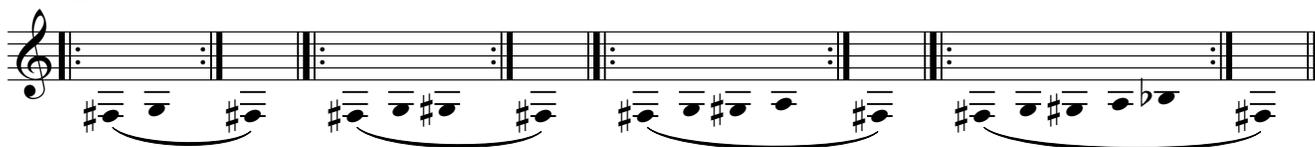
⑤ *Interval Measurements*



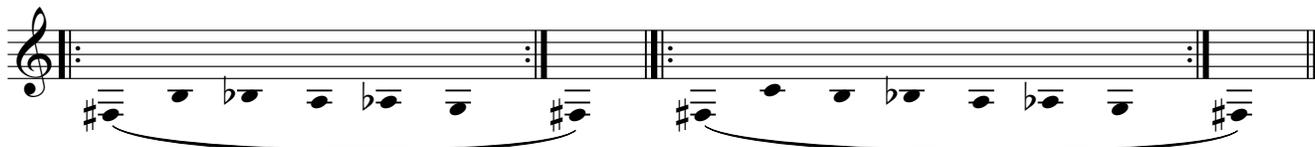
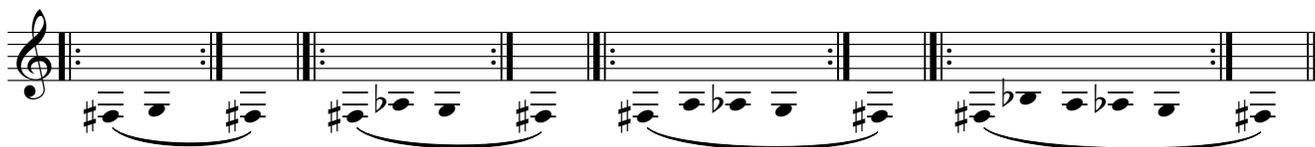
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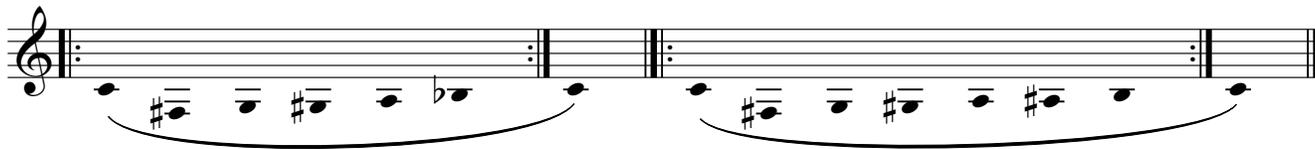
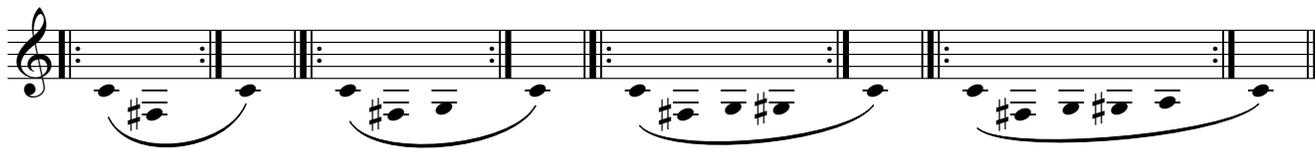
⑦



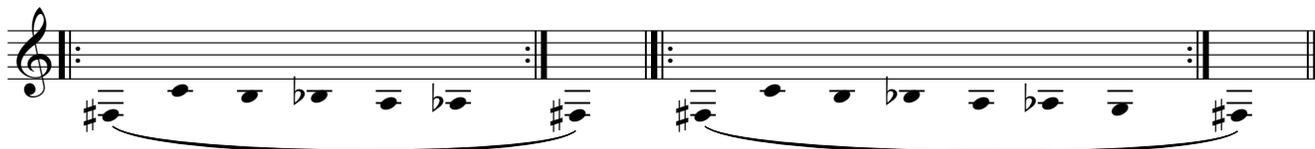
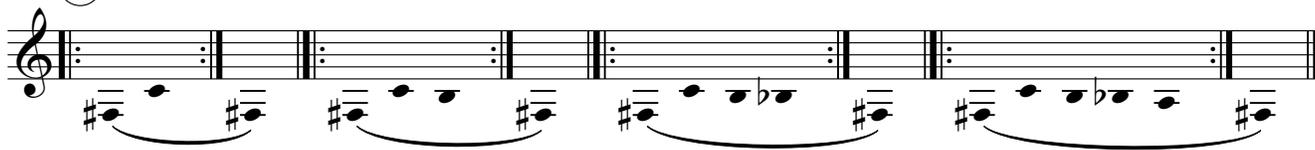
⑧



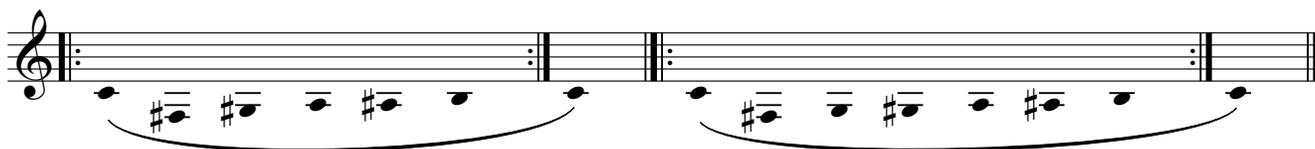
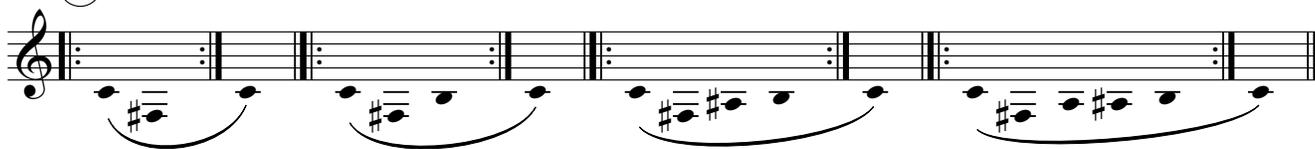
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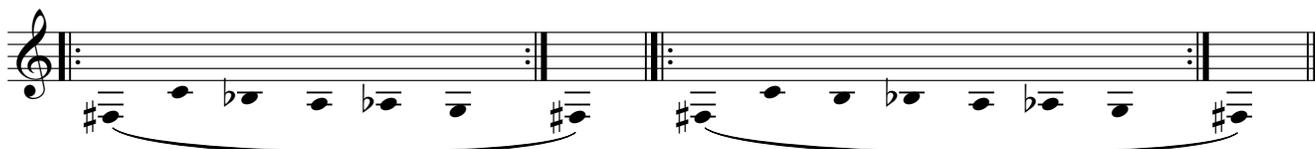
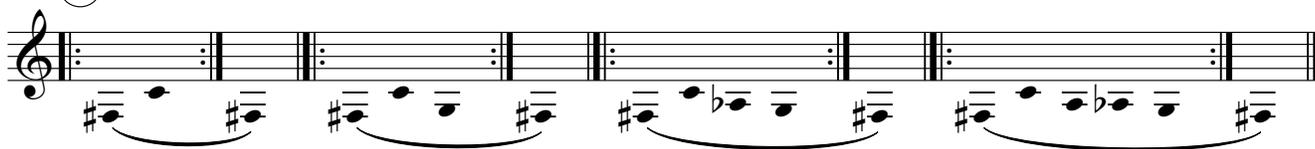
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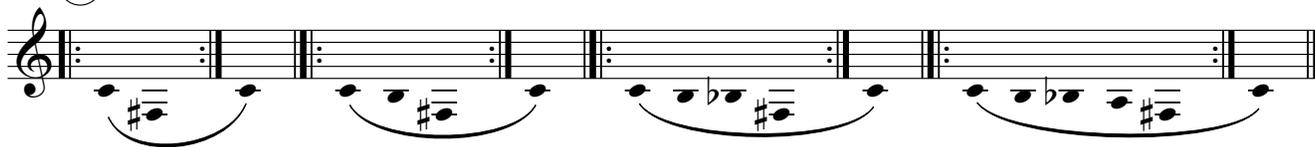
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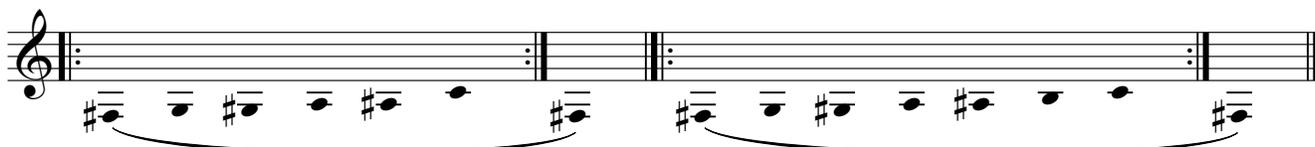
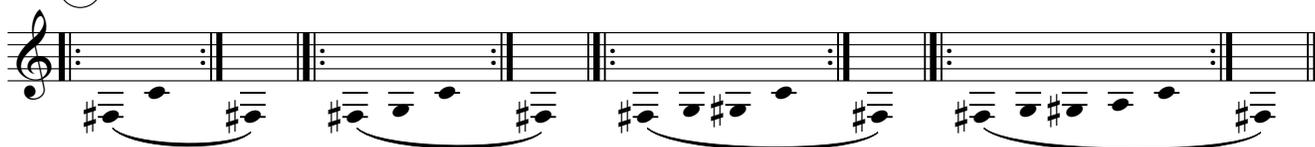
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13



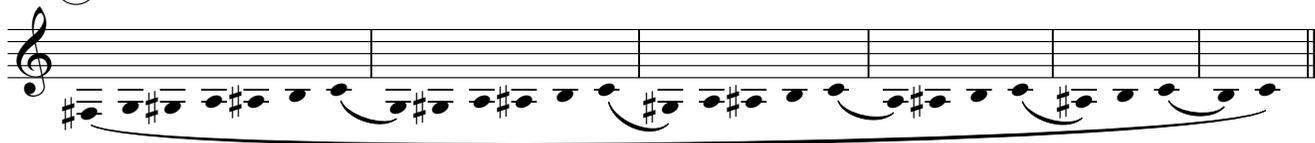
14



15 *Interval Measurements*



16



17



18



31

Musical staff 31: Treble clef, key signature of one flat (B-flat major). The exercise consists of 8 measures, starting with a double bar line and repeat sign. The notes are: B4, A4, G4, F4, E4, D4, C4, B3. The notes are grouped in pairs: (B4, A4), (G4, F4), (E4, D4), (C4, B3). There are repeat signs at the end of the staff.

32

Musical staff 32: Treble clef, key signature of one flat (B-flat major). The exercise consists of 8 measures, starting with a double bar line and repeat sign. The notes are: B4, A4, G4, F4, E4, D4, C4, B3. The notes are grouped in pairs: (B4, A4), (G4, F4), (E4, D4), (C4, B3). There are repeat signs at the end of the staff.

33

Musical staff 33: Treble clef, key signature of one flat (B-flat major). The exercise consists of 8 measures, starting with a double bar line and repeat sign. The notes are: B4, A4, G4, F4, E4, D4, C4, B3. The notes are grouped in pairs: (B4, A4), (G4, F4), (E4, D4), (C4, B3). There are repeat signs at the end of the staff.

34

Musical staff 34: Treble clef, key signature of one flat (B-flat major). The exercise consists of 8 measures, starting with a double bar line and repeat sign. The notes are: B4, A4, G4, F4, E4, D4, C4, B3. The notes are grouped in pairs: (B4, A4), (G4, F4), (E4, D4), (C4, B3). There are repeat signs at the end of the staff.

35 *Contrary Measurements* 36

Musical staff 35 and 36: Treble clef, key signature of one flat (B-flat major). The exercise consists of 8 measures, starting with a double bar line and repeat sign. The notes are: B4, A4, G4, F4, E4, D4, C4, B3. The notes are grouped in pairs: (B4, A4), (G4, F4), (E4, D4), (C4, B3). There are repeat signs at the end of the staff.

37 38

Musical staff 37 and 38: Treble clef, key signature of one flat (B-flat major). The exercise consists of 8 measures, starting with a double bar line and repeat sign. The notes are: B4, A4, G4, F4, E4, D4, C4, B3. The notes are grouped in pairs: (B4, A4), (G4, F4), (E4, D4), (C4, B3). There are repeat signs at the end of the staff.

39

Musical staff 39: Treble clef, key signature of one flat (B-flat major). The exercise consists of 8 measures, starting with a double bar line and repeat sign. The notes are: B4, A4, G4, F4, E4, D4, C4, B3. The notes are grouped in pairs: (B4, A4), (G4, F4), (E4, D4), (C4, B3). There are repeat signs at the end of the staff.

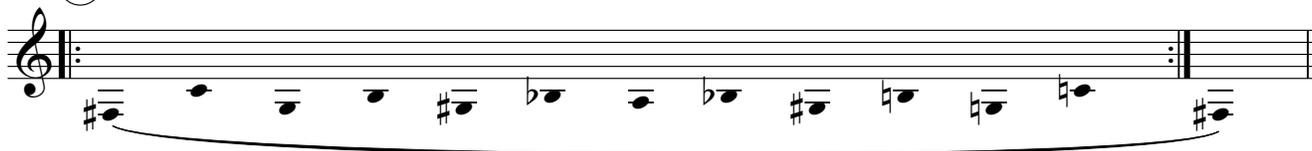
40

Musical staff 40: Treble clef, key signature of one flat (B-flat major). The exercise consists of 8 measures, starting with a double bar line and repeat sign. The notes are: B4, A4, G4, F4, E4, D4, C4, B3. The notes are grouped in pairs: (B4, A4), (G4, F4), (E4, D4), (C4, B3). There are repeat signs at the end of the staff.

41

Musical staff 41: Treble clef, key signature of one flat (B-flat major). The exercise consists of 8 measures, starting with a double bar line and repeat sign. The notes are: B4, A4, G4, F4, E4, D4, C4, B3. The notes are grouped in pairs: (B4, A4), (G4, F4), (E4, D4), (C4, B3). There are repeat signs at the end of the staff.

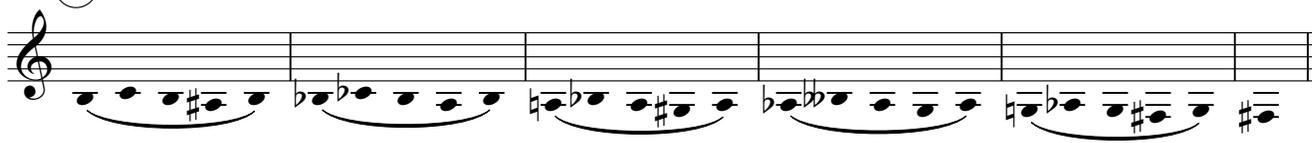
42



43 *Turning*



44



45

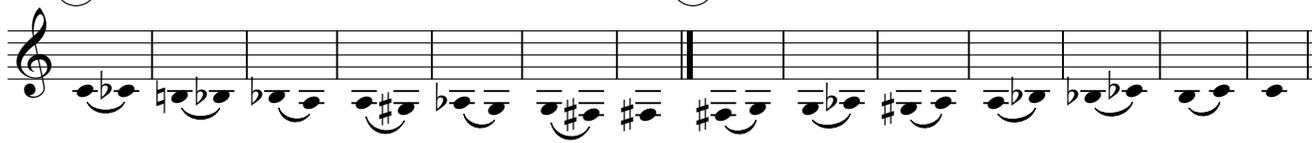


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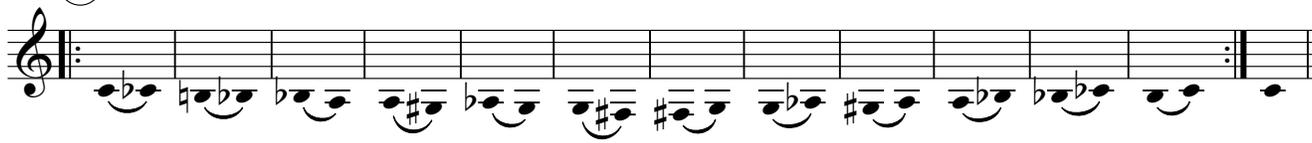


47 *Articulations*

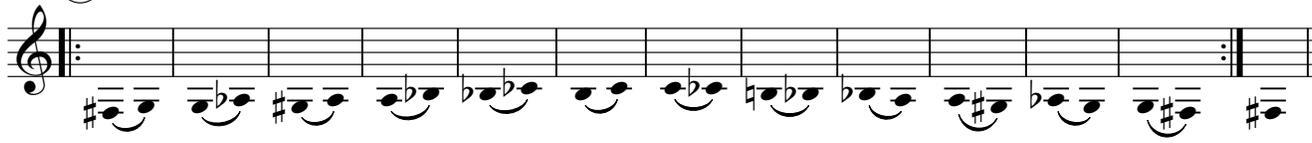
48



49



50



51 52

Musical staff 51-52: Treble clef, 8 measures. Measure 51 starts with a circled '51'. Measure 52 starts with a circled '52'. The staff contains eighth notes with various accidentals (sharps, flats) and slurs. Measure 52 ends with a repeat sign.

53

Musical staff 53: Treble clef, 8 measures. Measure 53 starts with a circled '53'. The staff contains eighth notes with various accidentals and slurs. The staff ends with a repeat sign.

54

Musical staff 54: Treble clef, 8 measures. Measure 54 starts with a circled '54'. The staff contains eighth notes with various accidentals and slurs. The staff ends with a repeat sign.

55

Musical staff 55: Treble clef, 8 measures. Measure 55 starts with a circled '55'. The staff contains eighth notes with various accidentals and slurs.

56

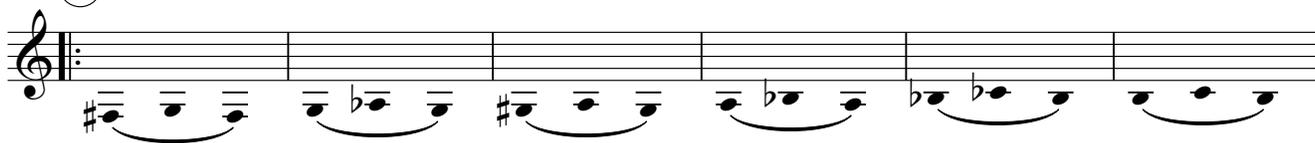
Musical staff 56: Treble clef, 8 measures. Measure 56 starts with a circled '56'. The staff contains eighth notes with various accidentals and slurs.

57

Musical staff 57: Treble clef, 8 measures. Measure 57 starts with a circled '57'. The staff contains eighth notes with various accidentals and slurs.

Musical staff 58: Treble clef, 8 measures. The staff contains eighth notes with various accidentals and slurs. The staff ends with a repeat sign.

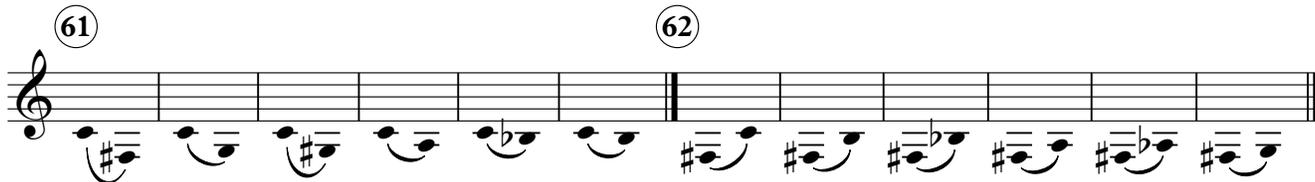
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59



60

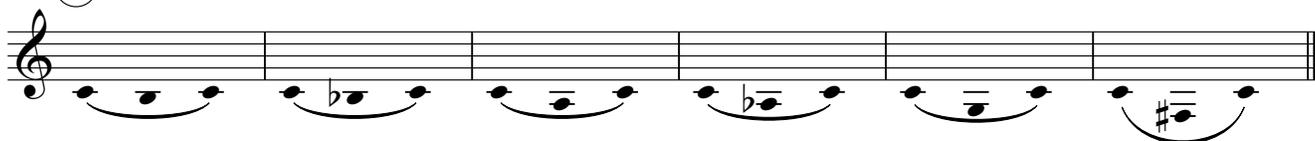


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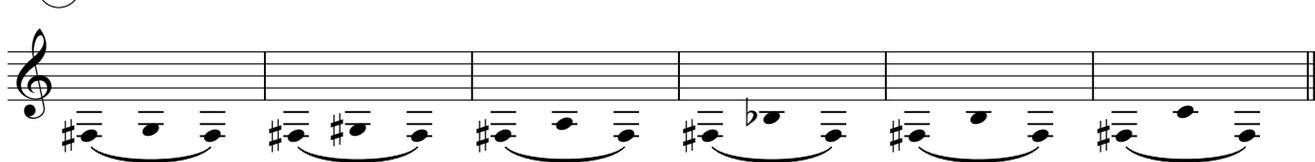


62

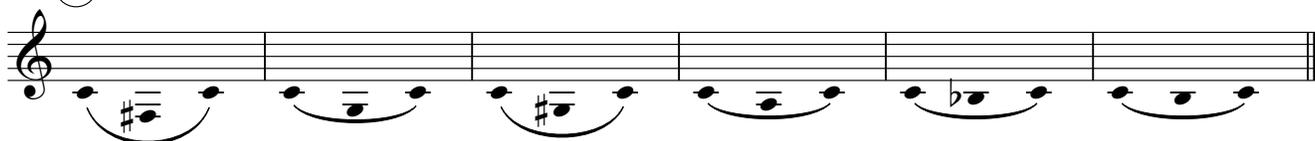
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64



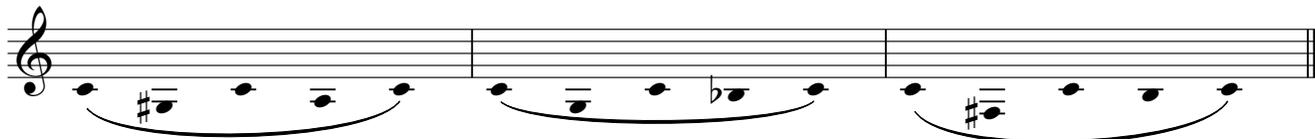
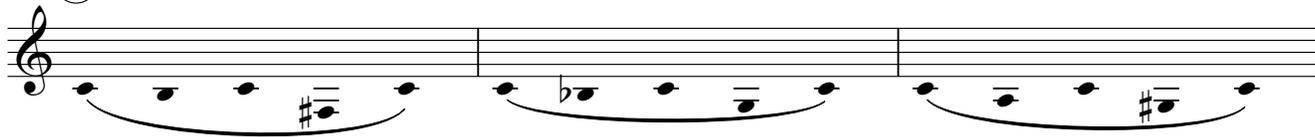
65



66



67 63+65



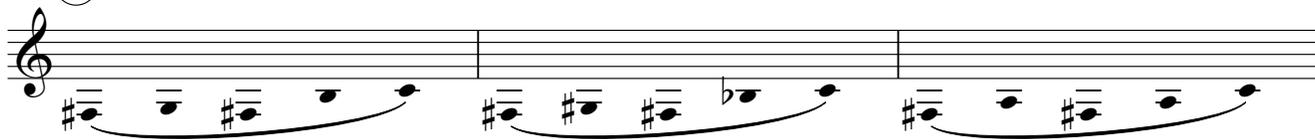
68 63+64



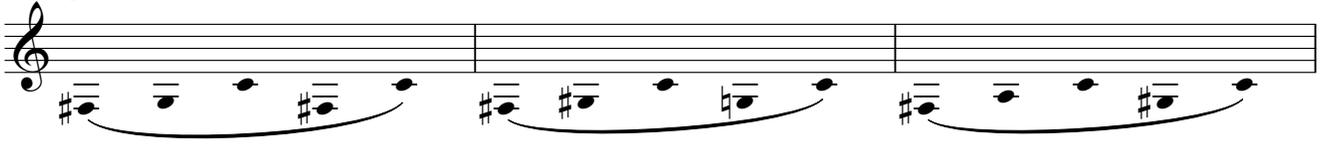
69 63+66



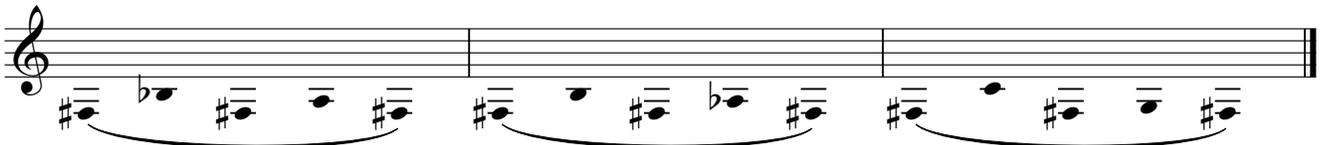
70 64+63



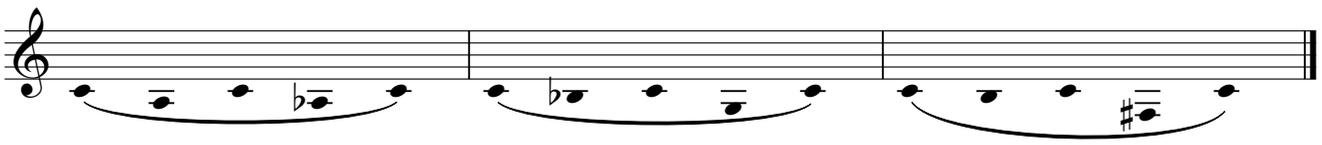
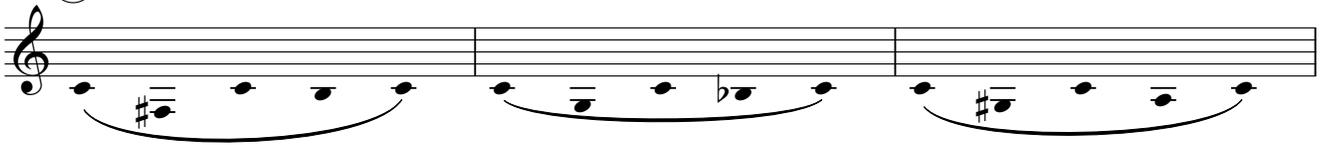
71 64+65



72 64+66



73 65+63



74 65+64



75 65+66

Exercise 75 consists of two measures, 65 and 66. Each measure contains two staves of music. The first staff of each measure has a treble clef and a key signature of one sharp (F#). The notes are: Measure 65: F#4, G4, A4, B4; Measure 66: C5, B4, A4, G4. The second staff of each measure has a treble clef and a key signature of one flat (Bb). The notes are: Measure 65: Bb4, Ab4, Gb4, F#4; Measure 66: E4, D4, C4, B3. All notes in both staves of each measure are beamed together and have a slur underneath.

76 66+63

Exercise 76 consists of two measures, 66 and 63. Each measure contains two staves of music. The first staff of each measure has a treble clef and a key signature of one sharp (F#). The notes are: Measure 66: F#4, G4, A4, B4; Measure 63: C5, B4, A4, G4. The second staff of each measure has a treble clef and a key signature of one flat (Bb). The notes are: Measure 66: Bb4, Ab4, Gb4, F#4; Measure 63: E4, D4, C4, B3. All notes in both staves of each measure are beamed together and have a slur underneath.

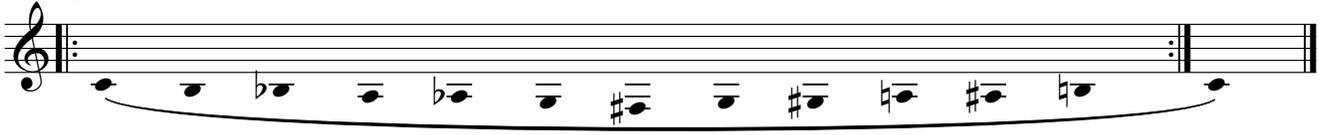
77 66+64

Exercise 77 consists of two measures, 66 and 64. Each measure contains two staves of music. The first staff of each measure has a treble clef and a key signature of one sharp (F#). The notes are: Measure 66: F#4, G4, A4, B4; Measure 64: C5, B4, A4, G4. The second staff of each measure has a treble clef and a key signature of one flat (Bb). The notes are: Measure 66: Bb4, Ab4, Gb4, F#4; Measure 64: E4, D4, C4, B3. All notes in both staves of each measure are beamed together and have a slur underneath.

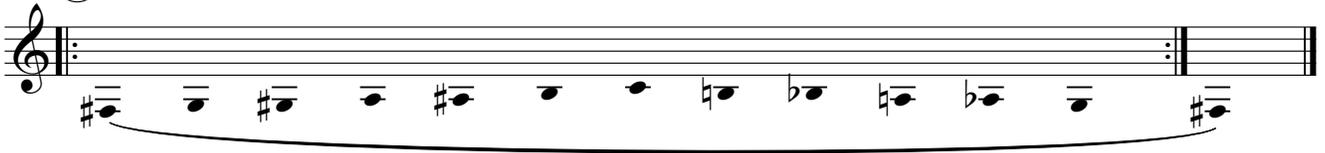
78 66+65

Exercise 78 consists of two measures, 66 and 65. Each measure contains two staves of music. The first staff of each measure has a treble clef and a key signature of one sharp (F#). The notes are: Measure 66: F#4, G4, A4, B4; Measure 65: C5, B4, A4, G4. The second staff of each measure has a treble clef and a key signature of one flat (Bb). The notes are: Measure 66: Bb4, Ab4, Gb4, F#4; Measure 65: E4, D4, C4, B3. All notes in both staves of each measure are beamed together and have a slur underneath.

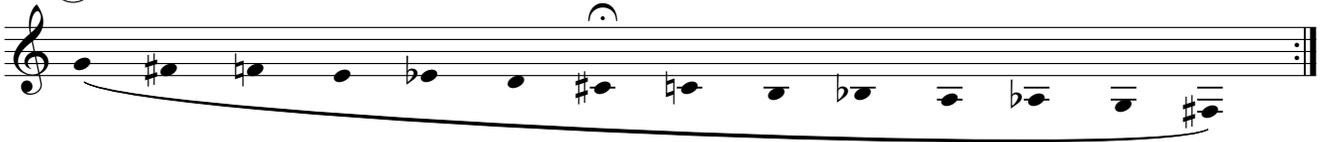
79 *Flow*



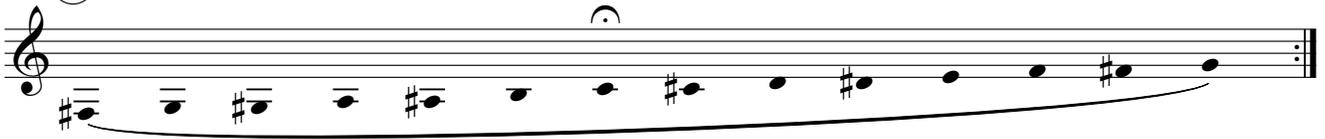
80



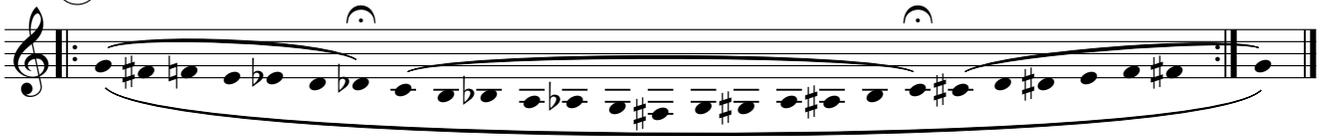
81 *T3 - T2*



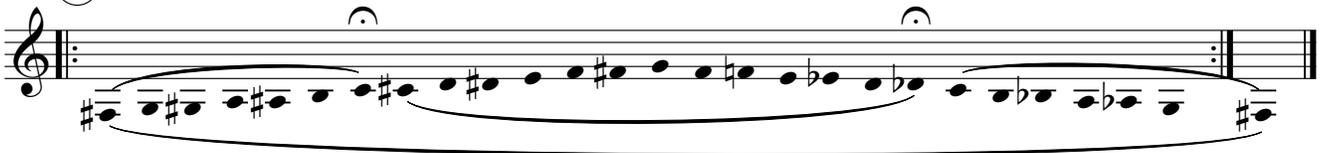
82 *T2 - T3*



83 *T3 - T2*



84 *T2 - T3*



85 86

87 88

89 T3 - T2

90 T2 - T3

91 T3 - T2

92 T2 - T3

93 T3 - T2 *Play Evenly with No Fermatas*

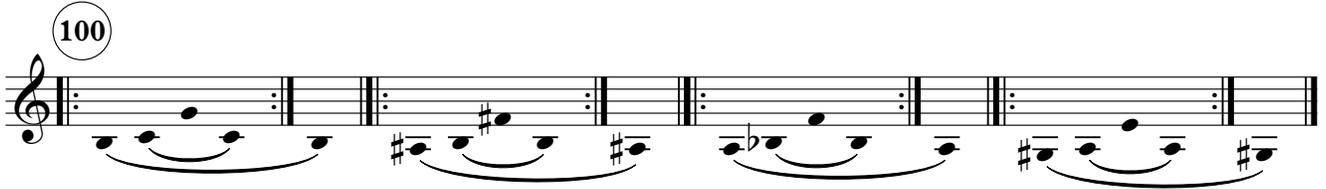
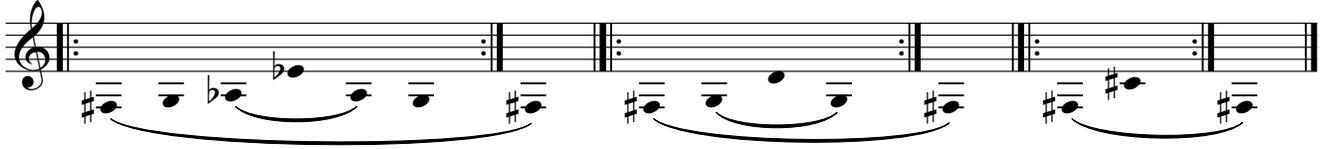
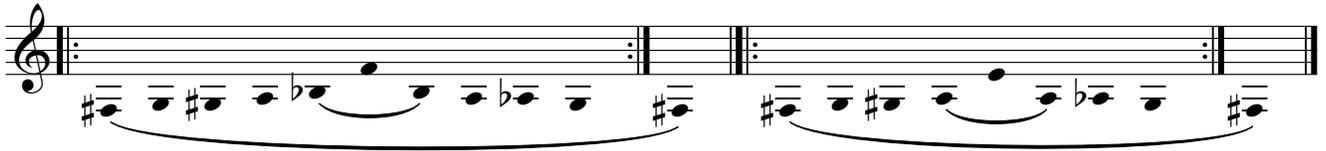
Musical notation for exercise 93, T3 - T2. It consists of three staves of music in treble clef. Each staff contains two measures of music, each measure repeated twice. The notes are quarter notes with various accidentals (sharps, naturals, flats). Slurs are placed under the notes in each measure. The first staff has a sharp on the second note of the first measure and a sharp on the second note of the second measure. The second staff has a flat on the second note of the first measure and a sharp on the second note of the second measure. The third staff has a flat on the second note of the first measure and a sharp on the second note of the second measure.

94

Musical notation for exercise 94. It consists of two staves of music in treble clef. Each staff contains four measures of music, each measure repeated twice. The notes are quarter notes with various accidentals (sharps, naturals, flats). Slurs are placed under the notes in each measure. The first staff has a sharp on the second note of the first measure, a sharp on the second note of the second measure, a sharp on the second note of the third measure, and a sharp on the second note of the fourth measure. The second staff has a sharp on the second note of the first measure, a sharp on the second note of the second measure, a sharp on the second note of the third measure, and a sharp on the second note of the fourth measure.

95 T2 - T3 *Play Evenly with No Fermatas*

Musical notation for exercise 95, T2 - T3. It consists of three staves of music in treble clef. Each staff contains two measures of music, each measure repeated twice. The notes are quarter notes with various accidentals (sharps, naturals, flats). Slurs are placed under the notes in each measure. The first staff has a flat on the second note of the first measure and a sharp on the second note of the second measure. The second staff has a flat on the second note of the first measure and a sharp on the second note of the second measure. The third staff has a flat on the second note of the first measure and a sharp on the second note of the second measure.



⑤ *Interval Measurements*



⑥



⑦



⑧



9



10



11



12



13



14



15 *Interval Measurements*



16



17



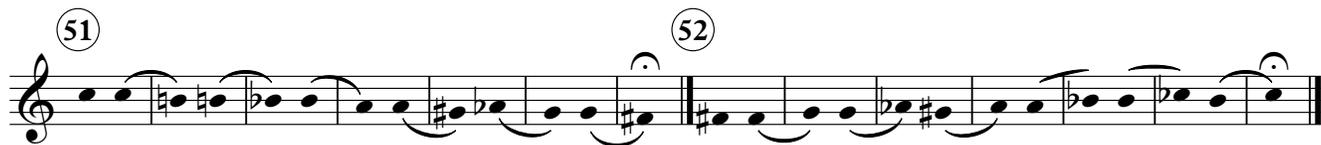
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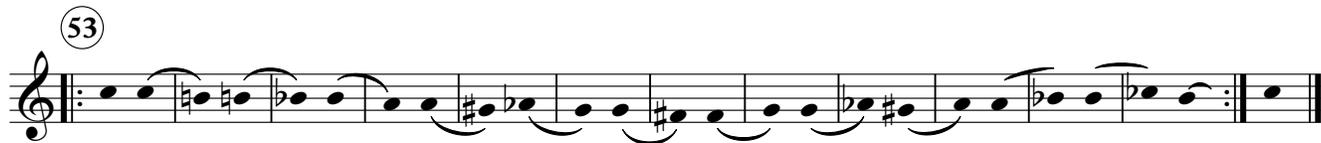


51 52



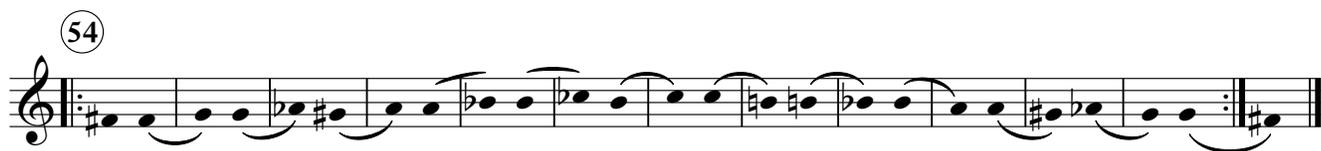
Musical staff 51-52: A single staff containing measures 51 and 52. Measure 51 starts with a treble clef and a key signature of one sharp (F#). It contains a sequence of eighth notes with various accidentals (F#, G, A, B, C, D, E, F#). Measure 52 continues the sequence, ending with a repeat sign and a final note.

53



Musical staff 53: A single staff containing measure 53. It begins with a repeat sign. The notes are eighth notes with various accidentals (F#, G, A, B, C, D, E, F#). The staff ends with a repeat sign and a final note.

54



Musical staff 54: A single staff containing measure 54. It begins with a repeat sign. The notes are eighth notes with various accidentals (F#, G, A, B, C, D, E, F#). The staff ends with a repeat sign and a final note.

55



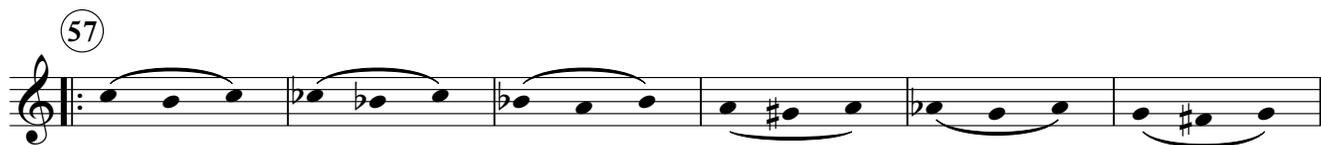
Musical staff 55: A single staff containing measure 55. The notes are eighth notes with various accidentals (F#, G, A, B, C, D, E, F#). The staff ends with a repeat sign and a final note.

56



Musical staff 56: A single staff containing measure 56. The notes are eighth notes with various accidentals (F#, G, A, B, C, D, E, F#). The staff ends with a repeat sign and a final note.

57



Musical staff 57: A single staff containing measure 57. It begins with a repeat sign. The notes are eighth notes with various accidentals (F#, G, A, B, C, D, E, F#). The staff ends with a repeat sign and a final note.



Musical staff 58: A single staff containing measure 58. The notes are eighth notes with various accidentals (F#, G, A, B, C, D, E, F#). The staff ends with a repeat sign and a final note.

58

Exercise 58 consists of two staves of music. The first staff begins with a treble clef, a key signature of one sharp (F#), and a common time signature. It contains six measures of music, each with a slur over two eighth notes. The notes are: G4, A4; G4, Bb4; G4, A4; G4, Bb4; G4, A4; G4, A4. The second staff continues with six measures: G4, A4; G4, Bb4; G4, A4; G4, Bb4; G4, A4; G4, A4. The exercise concludes with a double bar line and repeat dots.

59

60

Exercise 59 is a single staff of music in treble clef, one sharp key signature, and common time. It contains ten measures of music, each with a slur over two eighth notes. The notes are: G4, A4; G4, Bb4; G4, A4; G4, Bb4; G4, A4; G4, Bb4; G4, A4; G4, Bb4; G4, A4; G4, Bb4. The exercise ends with a double bar line and repeat dots.

61

62

Exercise 61 is a single staff of music in treble clef, one sharp key signature, and common time. It contains ten measures of music, each with a slur over two eighth notes. The notes are: G4, A4; G4, Bb4; G4, A4; G4, Bb4; G4, A4; G4, Bb4; G4, A4; G4, Bb4; G4, A4; G4, Bb4. The exercise ends with a double bar line and repeat dots.

63

Exercise 63 is a single staff of music in treble clef, one sharp key signature, and common time. It contains six measures of music, each with a slur over two eighth notes. The notes are: G4, A4; G4, Bb4; G4, A4; G4, Bb4; G4, A4; G4, Bb4. The exercise ends with a double bar line and repeat dots.

64

Exercise 64 is a single staff of music in treble clef, one sharp key signature, and common time. It contains six measures of music, each with a slur over two eighth notes. The notes are: G4, A4; G4, Bb4; G4, A4; G4, Bb4; G4, A4; G4, Bb4. The exercise ends with a double bar line and repeat dots.

65

Exercise 65 is a single staff of music in treble clef, one sharp key signature, and common time. It contains six measures of music, each with a slur over two eighth notes. The notes are: G4, A4; G4, Bb4; G4, A4; G4, Bb4; G4, A4; G4, Bb4. The exercise ends with a double bar line and repeat dots.

66

Exercise 66 is a single staff of music in treble clef, one sharp key signature, and common time. It contains six measures of music, each with a slur over two eighth notes. The notes are: G4, A4; G4, Bb4; G4, A4; G4, Bb4; G4, A4; G4, Bb4. The exercise ends with a double bar line and repeat dots.

67 63+65

Musical staff 67: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

68 63+64

Musical staff 68: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

69 63+66

Musical staff 69: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

70 64+63

Musical staff 70: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

71 64+65

Musical staff 71: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

72 64+66

Musical staff 72: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

73 65+63

Musical staff 73: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

74 65+64

Musical staff 74: Treble clef, six measures of eighth-note patterns with slurs and accidentals.

75 65+66

76 66+63

77 66+64

78 66+65

79 *Flow*

80

81 *T3 - T2*

82 *T2 - T3*



95 T4 - T3



96



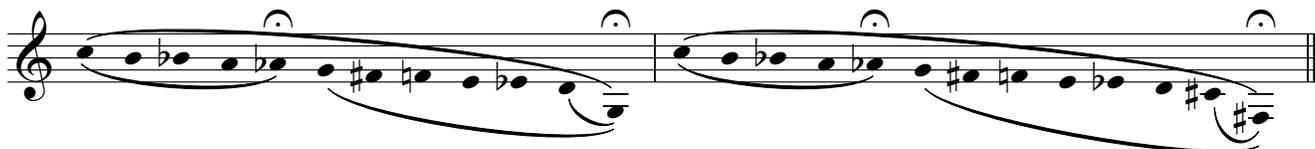
97 T3 - T4



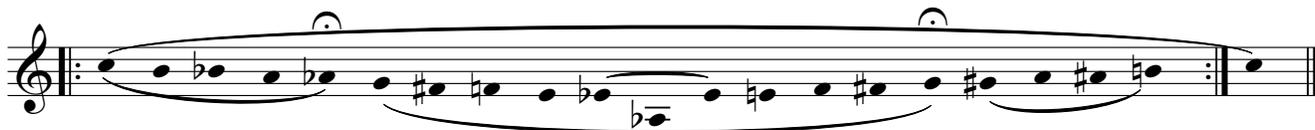
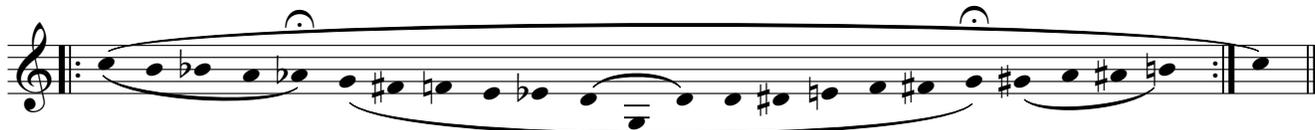
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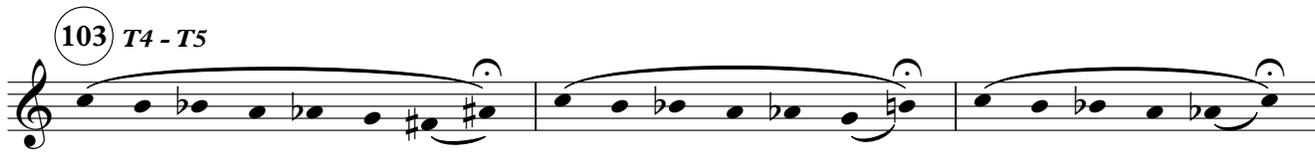
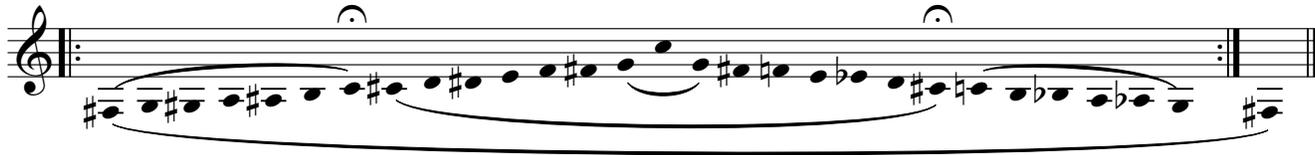
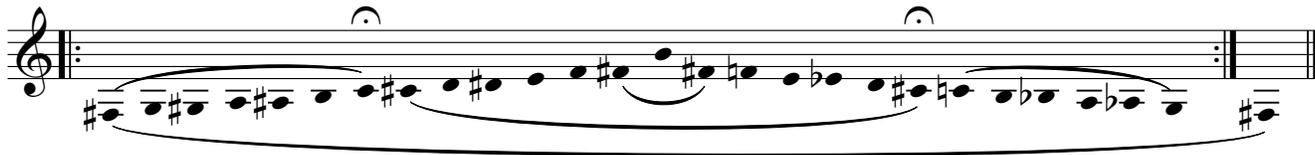
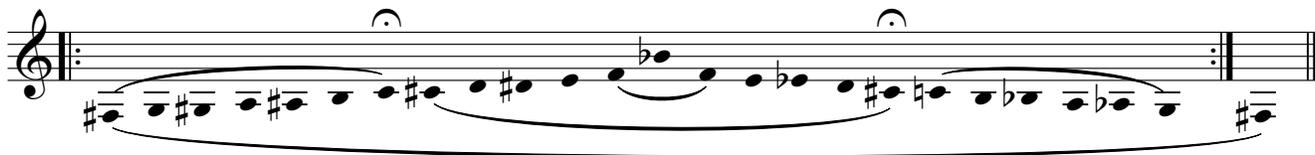
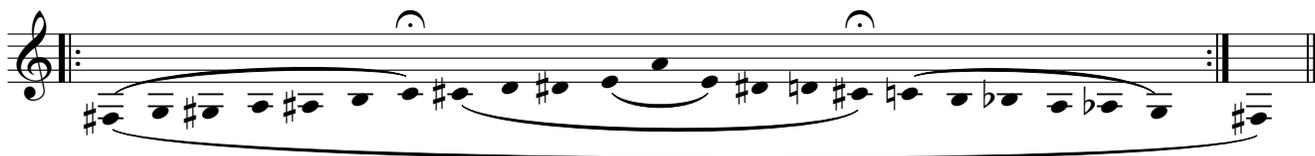
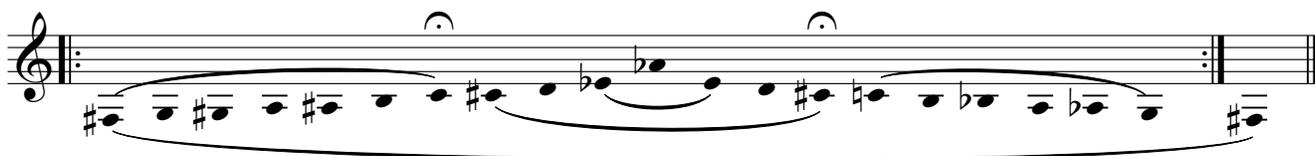
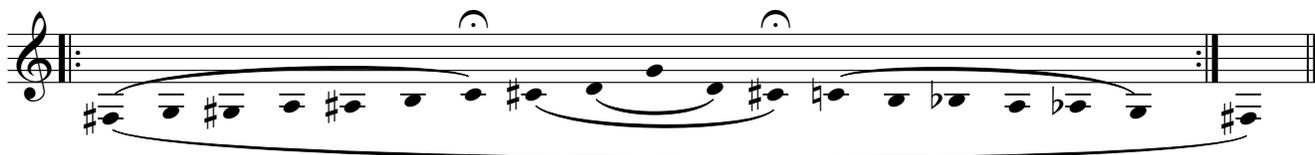


99 T4 - T2



100





103 T4 - T5

107 *T3 - T5*

Exercise 107, T3 - T5, consists of two staves of music. The first staff contains three measures of music, each with a slur over a series of eighth notes and a fermata over the final note. The second staff contains four measures of music, each with a slur over a series of eighth notes and a fermata over the final note. The notes are primarily eighth notes with various accidentals (sharps, naturals, flats).

108 *T3 - T5*

Exercise 108, T3 - T5, consists of three staves of music. Each staff contains two measures of music, each with a slur over a series of eighth notes and a fermata over the final note. The notes are primarily eighth notes with various accidentals (sharps, naturals, flats).

109 *T3 - T5*

Exercise 109, T3 - T5, consists of two staves of music. Each staff contains three measures of music, each with a slur over a series of eighth notes and a fermata over the final note. The notes are primarily eighth notes with various accidentals (sharps, naturals, flats).

110 *T3 - T5*

Exercise 110, T3 - T5, consists of two staves of music. Each staff contains two measures of music, each with a slur over a series of eighth notes and a fermata over the final note. The notes are primarily eighth notes with various accidentals (sharps, naturals, flats).

114 T3 - T6

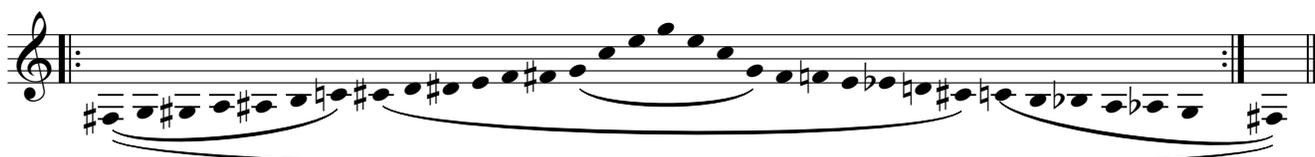
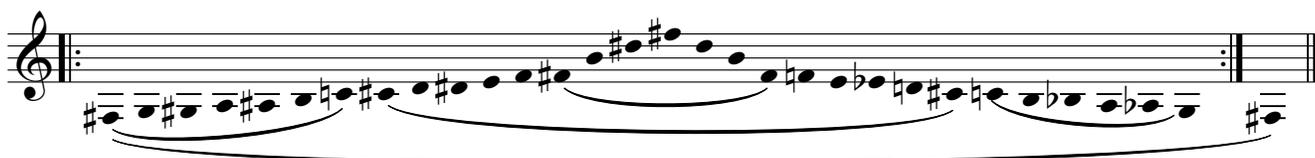
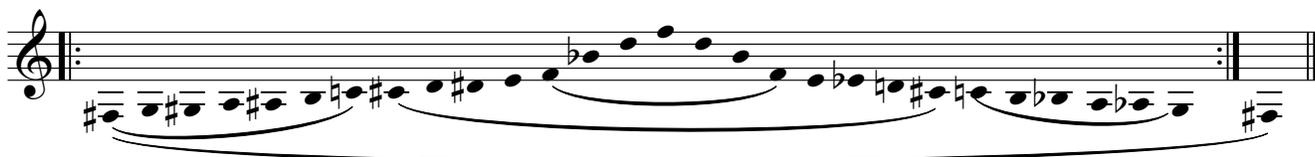
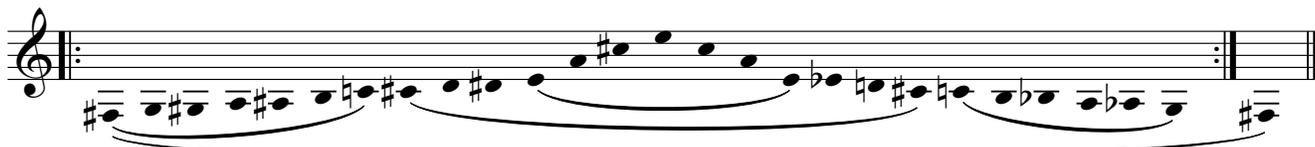
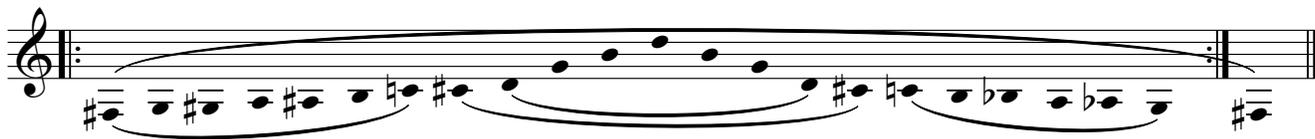
Exercise 114, T3 - T6, consists of three staves of music. Each staff begins with a treble clef and a key signature of one sharp (F#). The first staff contains two measures of music, each with a repeat sign. The second staff also contains two measures of music, each with a repeat sign. The third staff contains three measures of music, each with a repeat sign. The notes are primarily eighth and sixteenth notes, often beamed together in groups. Slurs are used to group notes across measures.

115 T2 - T6

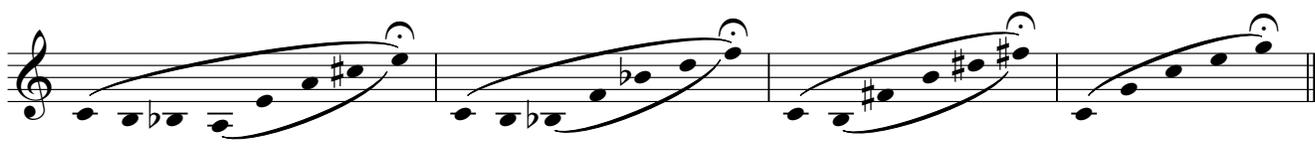
Exercise 115, T2 - T6, consists of five staves of music. Each staff begins with a treble clef and a key signature of one sharp (F#). The first staff contains two measures of music, each with a repeat sign. The second staff contains two measures of music, each with a repeat sign. The third staff contains two measures of music, each with a repeat sign. The fourth staff contains two measures of music, each with a repeat sign. The fifth staff contains two measures of music, each with a repeat sign. The notes are primarily eighth and sixteenth notes, often beamed together in groups. Slurs are used to group notes across measures. Some notes have accents or breath marks above them.

116 T2 - T6

Exercise 116, T2 - T6, consists of one staff of music. It begins with a treble clef and a key signature of one sharp (F#). The staff contains two measures of music, each with a repeat sign. The notes are primarily eighth and sixteenth notes, often beamed together in groups. Slurs are used to group notes across measures.



117 T2 - T6



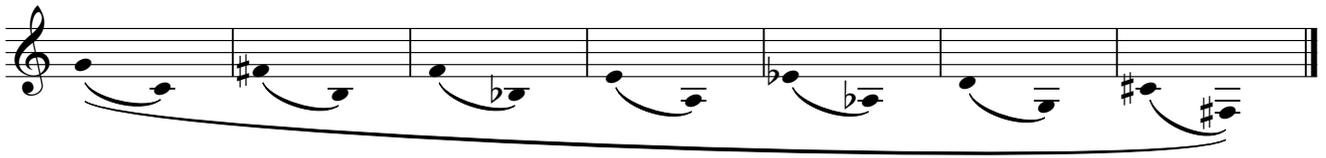
Heart Mind Bell

Second Studies

Lesson 1

JC Heisler

① 7 Bugles Down: (0) (2) (1) (12) (23) (13) (123)



② 7 Bugles Up: (123) (13) (23) (12) (1) (2) (0)



③ 7 Bugles Down: (0) (2) (1) (12) (23) (13) (123)



④ 7 Bugles Up: (123) (13) (23) (12) (1) (2) (0)

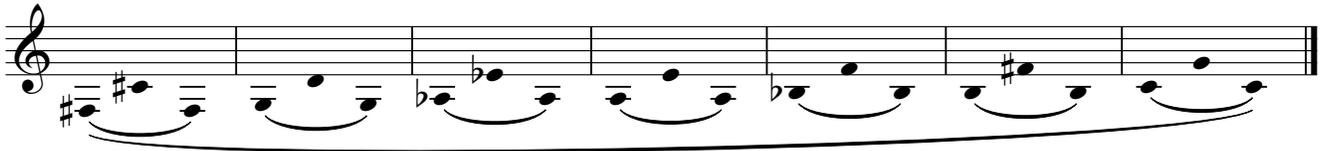


Lesson 2

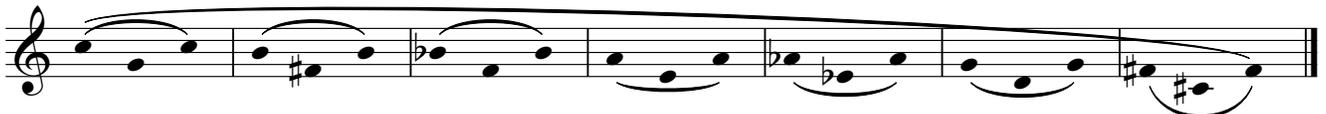
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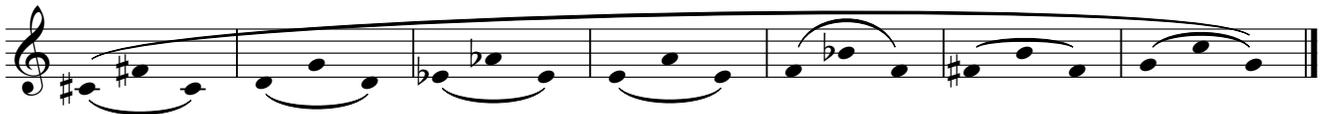
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Musical staff 5: Treble clef, four measures of music. The first measure has a slur over a quarter note G4 and a half note G4. The second measure has a slur over a quarter note A4 and a half note A4 with a sharp sign. The third measure has a slur over a quarter note B4 and a half note B4 with a flat sign. The fourth measure has a slur over a quarter note C5 and a half note C5 with a flat sign.

⑥

Musical staff 6: Treble clef, four measures of music. The first measure has a slur over a quarter note B4 with a flat sign and a half note B4 with a flat sign. The second measure has a slur over a quarter note C5 and a half note C5 with a flat sign. The third measure has a slur over a quarter note D5 with a sharp sign and a half note D5 with a sharp sign. The fourth measure has a slur over a quarter note E5 with a sharp sign and a half note E5 with a sharp sign.

Musical staff 7: Treble clef, four measures of music. The first measure has a slur over a quarter note F5 and a half note F5 with a flat sign. The second measure has a slur over a quarter note G5 with a flat sign and a half note G5 with a flat sign. The third measure has a slur over a quarter note A5 and a half note A5 with a flat sign. The fourth measure has a slur over a quarter note B5 and a half note B5 with a flat sign.

⑦

Musical staff 8: Treble clef, four measures of music. The first measure has a slur over a quarter note C6 and a half note C6 with a sharp sign. The second measure has a slur over a quarter note D6 and a half note D6 with a sharp sign. The third measure has a slur over a quarter note E6 and a half note E6 with a sharp sign. The fourth measure has a slur over a quarter note F6 and a half note F6 with a sharp sign.

Musical staff 9: Treble clef, four measures of music. The first measure has a slur over a quarter note G6 and a half note G6 with a flat sign. The second measure has a slur over a quarter note A6 and a half note A6 with a flat sign. The third measure has a slur over a quarter note B6 and a half note B6 with a flat sign. The fourth measure has a slur over a quarter note C7 and a half note C7 with a flat sign.

⑧

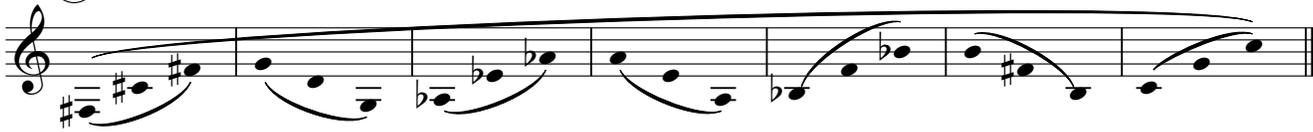
Musical staff 10: Treble clef, four measures of music. The first measure has a slur over a quarter note D7 with a sharp sign and a half note D7 with a sharp sign. The second measure has a slur over a quarter note E7 with a sharp sign and a half note E7 with a sharp sign. The third measure has a slur over a quarter note F7 and a half note F7 with a flat sign. The fourth measure has a slur over a quarter note G7 and a half note G7 with a flat sign.

Musical staff 11: Treble clef, four measures of music. The first measure has a slur over a quarter note A7 and a half note A7 with a flat sign. The second measure has a slur over a quarter note B7 and a half note B7 with a flat sign. The third measure has a slur over a quarter note C8 and a half note C8 with a sharp sign. The fourth measure has a slur over a quarter note D8 and a half note D8 with a sharp sign.

⑨

Musical staff 12: Treble clef, four measures of music. The first measure has a slur over a quarter note E8 and a half note E8 with a flat sign. The second measure has a slur over a quarter note F8 and a half note F8 with a flat sign. The third measure has a slur over a quarter note G8 and a half note G8 with a flat sign. The fourth measure has a slur over a quarter note A8 and a half note A8 with a flat sign.

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Lesson 5

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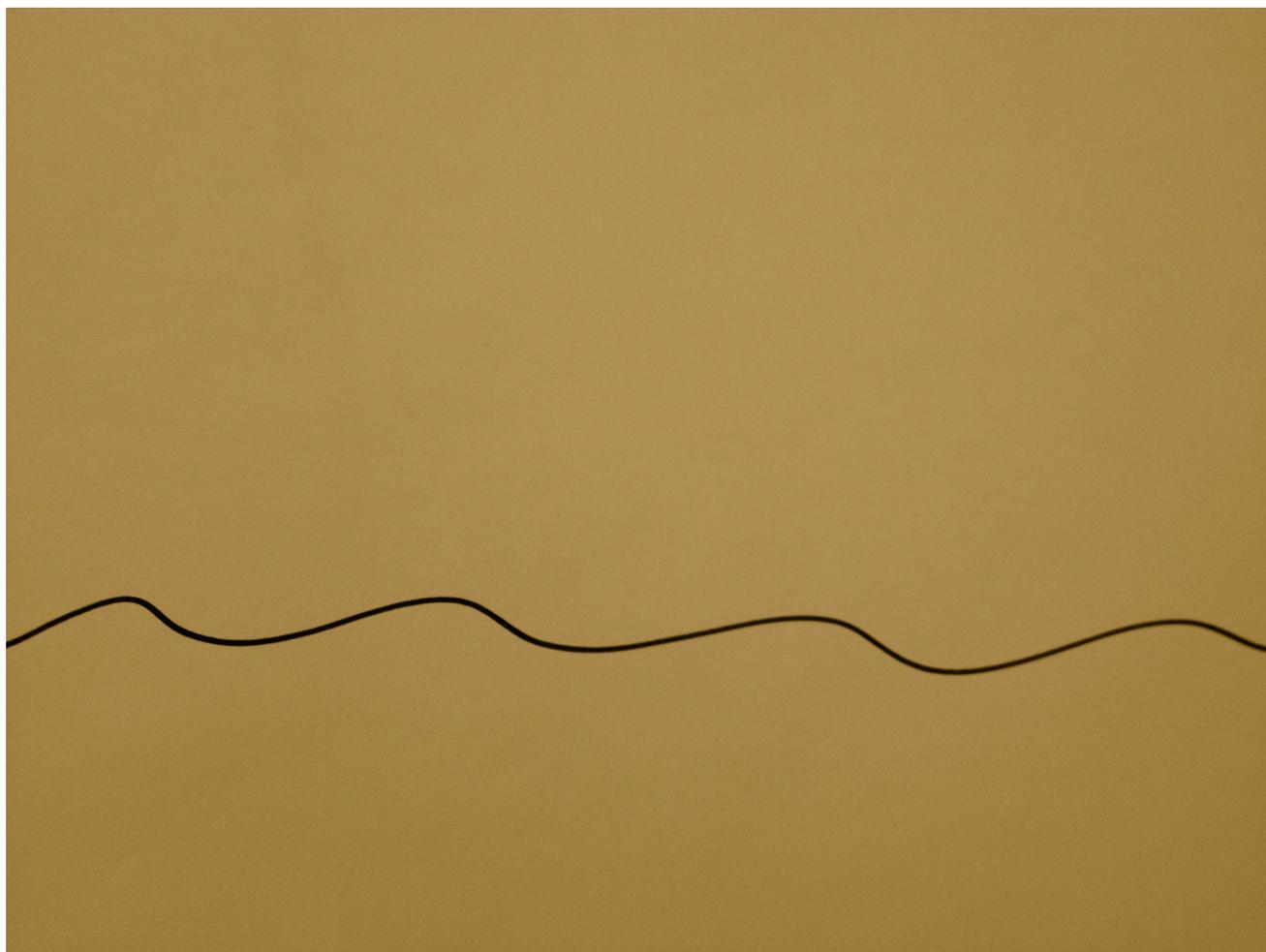
⑦

Musical staff 7: A treble clef staff with a circled 7 above it. It contains seven measures of music. The first measure has a half note G4. The second has a half note A4. The third has a half note B4. The fourth has a half note C5. The fifth has a half note B4. The sixth has a half note A4. The seventh has a half note G4. There are various accidentals and slurs throughout.

⑧

Musical staff 8: A treble clef staff with a circled 8 above it. It contains seven measures of music. The first measure has a half note G4. The second has a half note A4. The third has a half note B4. The fourth has a half note C5. The fifth has a half note B4. The sixth has a half note A4. The seventh has a half note G4. There are various accidentals and slurs throughout.

TRUMPET DIATONICS



JC HEISLER