

# MR. DICKSON'S METHOD FOR BAND

## Book One

**Trombone**  
**Baritone**

[www.JustinDickson.com/Band](http://www.JustinDickson.com/Band)  
revised June 23, 2018

--- While You Are Playing ---

Tap your foot with the beat, during all notes and rests.

Count 1-2-3-4-1-2-3-4 in your mind while you play each measure (notes and rests).

Breathe on the beat before you start playing. Breathe together to play together.

Look ahead and get ready for the next measure when you can.

Sit up straight, take a big and relaxed breath every time, don't tense up.

--- Practice ---

Practice your instrument every day. Really. Every day.

Every day you practice, you will get stronger and better;

every day you don't practice, you will get weaker and worse.

It's not about how hard you try; it's about how often you try.

If you want to get good at something, you have to do it over and over and over again slowly.

Practice with a metronome, to help you count and keep a steady beat.

Practice with the Bandmate Chromatic Tuner app to check your notes.

--- Strategies For Learning New Music ---

Slowwwwwww Dooooowwwwnnnnnnn.

Slow down the tempo until you can play it without any mistakes, then play it correctly at that tempo 5-10 times before trying to speed up. Slow down again if you make mistakes.

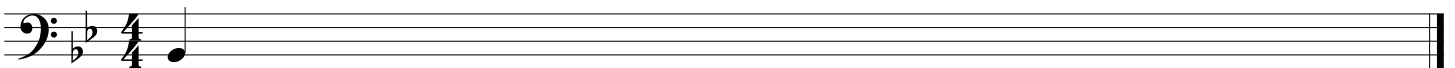
If you make mistakes, stop and fix them! Do not just keep going.

Say the note letter names out loud before you try to play the melody.

Tizzle, count, and/or clap the rhythm before you try to play the melody.

**CHAPTER 1: The band will be able to read, count, and play melodies with the pitches concert Bb, C, and D; and rhythms with quarter notes and quarter rests.**

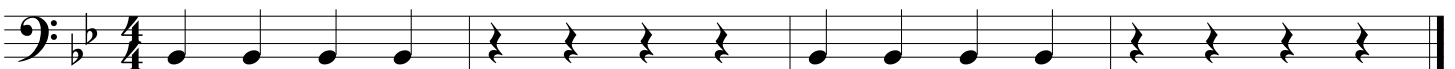
1.01 Your first note



Bb

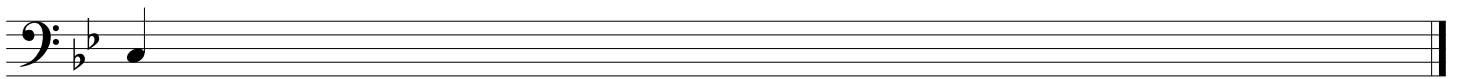
1.02 Quarter notes and quarter rests

*tap your foot with the beat while you play!*



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

1.03 Your next note



C

1.04 Quarter notes and quarter rests



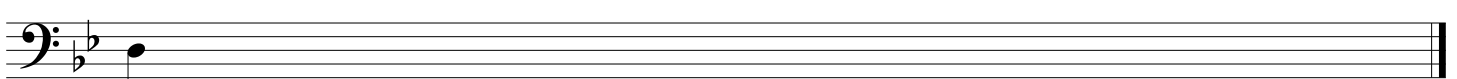
1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

1.05 Think fast



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

1.06 Another new note



D

1.07 Quarter notes and quarter rests

*look ahead -->*



1.08 Think fast



1.09 Two at a time



1.10 "Mary Had A Little Lamb"

continue down to  
the next line >>>>

Musical notation for "Mary Had A Little Lamb" in bass clef, 4/4 time, with a key signature of two flats. The melody consists of quarter notes and quarter rests.

**CHAPTER 2: The band will be able to read, count, and play melodies with the pitches concert Eb and F.**

2.01 New note!

Musical notation for exercise 2.01 showing a single bass clef staff with a note on the Eb line.

2.02 Counting to one

Musical notation for exercise 2.02 in bass clef, 4/4 time, showing a sequence of quarter notes and quarter rests.

2.03 Quarter notes and quarter rests

Musical notation for exercise 2.03 in bass clef, 4/4 time, showing a sequence of quarter notes and quarter rests.

2.04 New note!

Musical notation for exercise 2.04 showing a single bass clef staff with a note on the F line.

2.05 Quarter notes and quarter rests

Musical notation for exercise 2.05 in bass clef, 4/4 time, showing a sequence of quarter notes and quarter rests.

2.06 Keep going



2.07 Five note scale



2.08 Leaping up



2.09 Leaping down

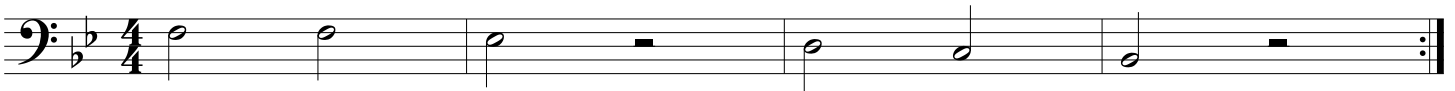


### CHAPTER 3: The band will be able to read, count, and play melodies with half notes and half rests.

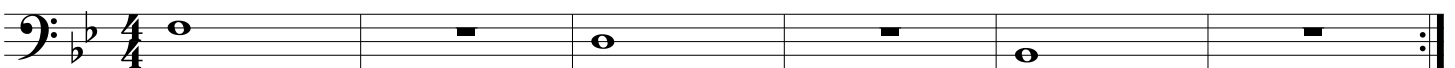
3.01 Half notes and half rests



3.02 Half notes and half rests

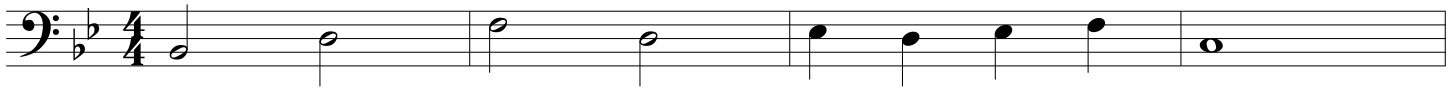


3.03 Whole notes and whole rests

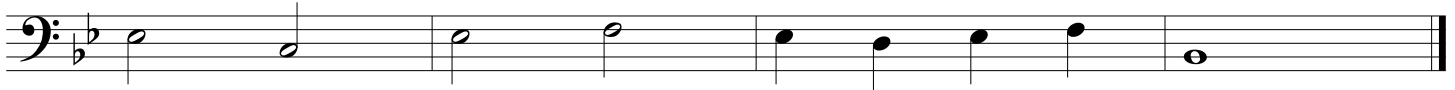




3.09 "March Of The Stinky Kids" - Dickson

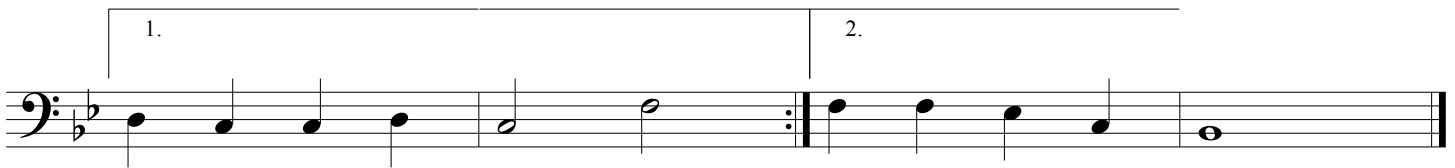


I'm so stink - y think I'll go to band,



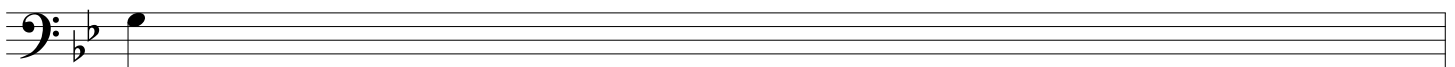
Make the room stink as much as I can!

3.10 "Jingle Bells" with first and second endings



**CHAPTER 4: The band will be able to read, count, and play melodies with the pitch concert G.**

4.01 New note!



G

4.02 Three note scale



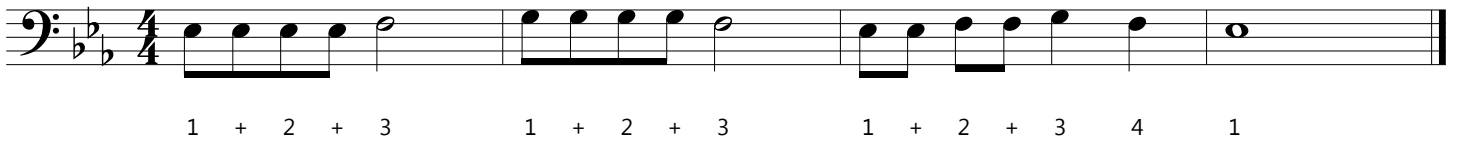


5.03 Eighth notes



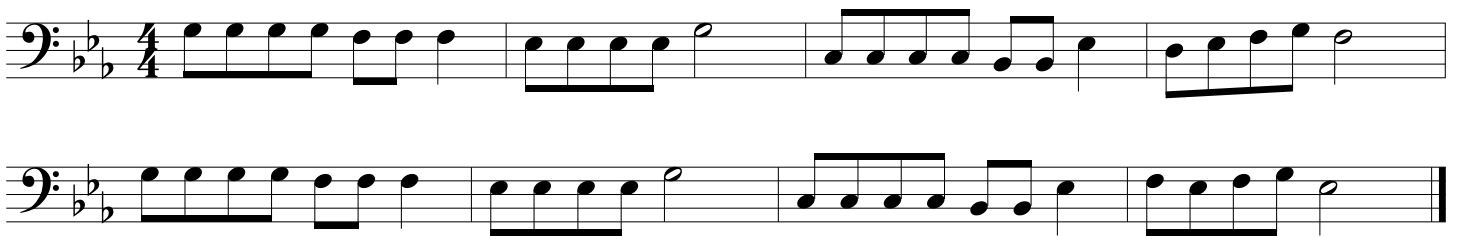
Musical notation for exercise 5.03, featuring eighth notes in a 4/4 time signature. The exercise consists of four measures. The first measure contains a quarter rest followed by eighth notes G2, A2, B2, C3, D3, E3, F3, G3. The second measure contains eighth notes G3, A3, B3, C4, D4, E4, F4, G4. The third measure contains eighth notes G4, A4, B4, C5, D5, E5, F5, G5. The fourth measure contains eighth notes G5, A5, B5, C6, D6, E6, F6, G6. Fingerings are indicated below the notes: 1 + 2 3 + 4 1 2 3 1 + 2 3 + 4 1 2 3.

5.04 Eighth notes



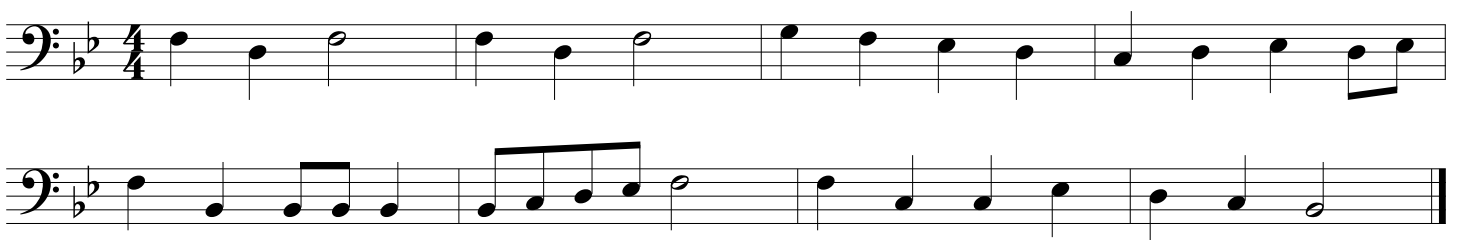
Musical notation for exercise 5.04, featuring eighth notes in a 4/4 time signature. The exercise consists of four measures. The first measure contains eighth notes G2, A2, B2, C3, D3, E3, F3, G3. The second measure contains eighth notes G3, A3, B3, C4, D4, E4, F4, G4. The third measure contains eighth notes G4, A4, B4, C5, D5, E5, F5, G5. The fourth measure contains eighth notes G5, A5, B5, C6, D6, E6, F6, G6. Fingerings are indicated below the notes: 1 + 2 + 3 1 + 2 + 3 1 + 2 + 3 4 1.

5.05 "Jolly Old St. Nicholas"



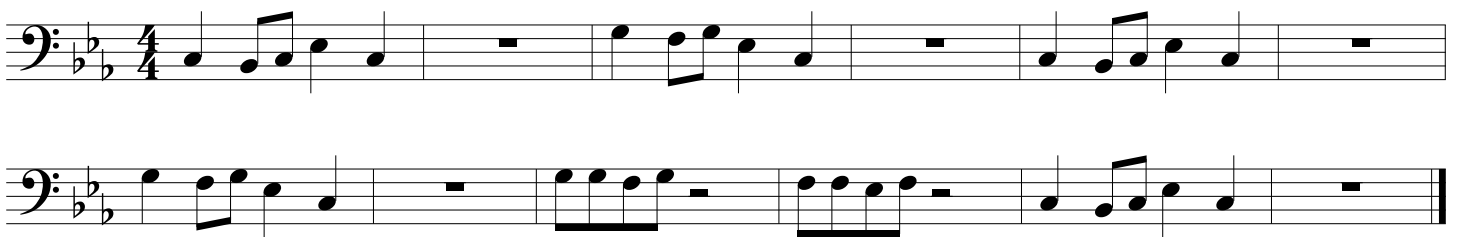
Musical notation for exercise 5.05, featuring eighth notes in a 4/4 time signature. The exercise consists of two staves, each with four measures. The first staff contains eighth notes G2, A2, B2, C3, D3, E3, F3, G3. The second staff contains eighth notes G3, A3, B3, C4, D4, E4, F4, G4. The third staff contains eighth notes G4, A4, B4, C5, D5, E5, F5, G5. The fourth staff contains eighth notes G5, A5, B5, C6, D6, E6, F6, G6.

5.06 "This Old Man"



Musical notation for exercise 5.06, featuring eighth notes in a 4/4 time signature. The exercise consists of two staves, each with four measures. The first staff contains eighth notes G2, A2, B2, C3, D3, E3, F3, G3. The second staff contains eighth notes G3, A3, B3, C4, D4, E4, F4, G4. The third staff contains eighth notes G4, A4, B4, C5, D5, E5, F5, G5. The fourth staff contains eighth notes G5, A5, B5, C6, D6, E6, F6, G6.

5.07 "Cafeteria Food Doesn't Seem Like Actual Food Blues" - Dickson

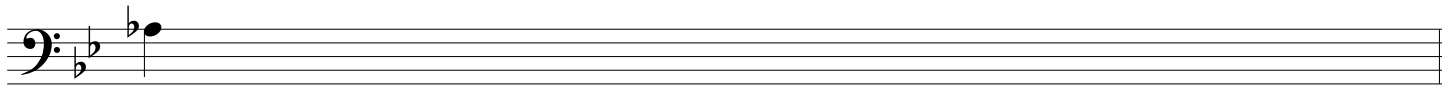


Musical notation for exercise 5.07, featuring eighth notes in a 4/4 time signature. The exercise consists of two staves, each with four measures. The first staff contains eighth notes G2, A2, B2, C3, D3, E3, F3, G3. The second staff contains eighth notes G3, A3, B3, C4, D4, E4, F4, G4. The third staff contains eighth notes G4, A4, B4, C5, D5, E5, F5, G5. The fourth staff contains eighth notes G5, A5, B5, C6, D6, E6, F6, G6.



**CHAPTER 6: The band will be able to read, count, and play melodies with the pitch Ab, and dotted-half notes.**

6.01 New note!

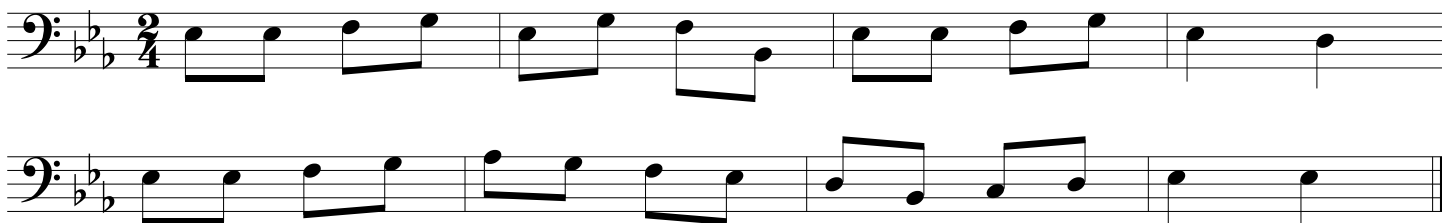


Ab

6.02 Three note scale



6.03 "Yankee Doodle"

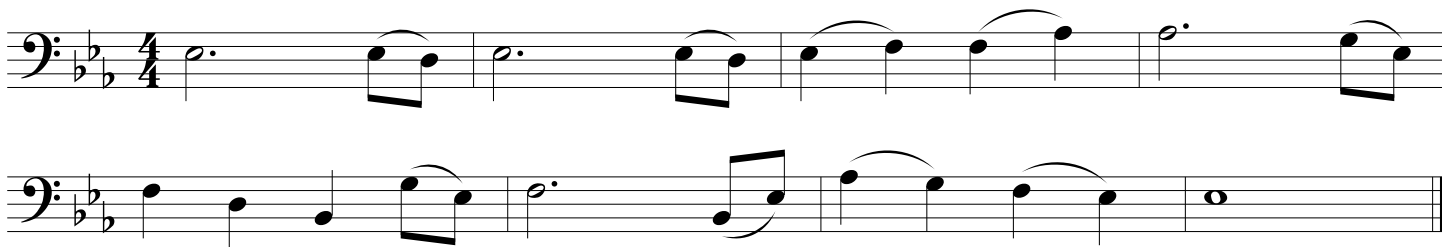


6.04 Dotted-half notes

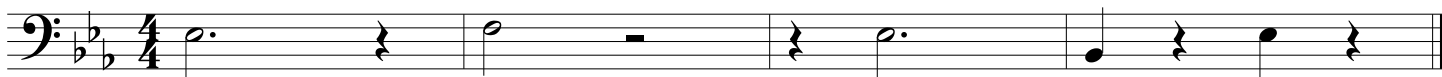
*tap your foot with the beat while you play!*



6.05 "Jurassic Park" with slurs



6.06 Etude



**CHAPTER 7: The band will be able to read, count, and play melodies in 3/4 meter.**

7.01 3/4 meter

Musical notation for exercise 7.01 in 3/4 meter. The piece is in bass clef with a key signature of two flats (Bb and Eb). The melody consists of quarter notes on the notes G2, A2, Bb2, C3, D3, E3, F3, G3, A3, Bb3, C4, and D4. The notes are grouped into four measures: the first measure has G2, A2, Bb2; the second has C3, D3, E3; the third has F3, G3, A3; and the fourth has Bb3, C4, D4. Below the staff, the numbers 1, 2, 3 are written under each note to indicate counting.

7.02 "The Pirates Of The Instrument Storage Room" - Dickson

Musical notation for exercise 7.02 in 3/4 meter. The piece is in bass clef with a key signature of two flats (Bb and Eb). The melody consists of quarter notes on the notes G2, A2, Bb2, C3, D3, E3, F3, G3, A3, Bb3, C4, and D4. The notes are grouped into four measures: the first measure has G2, A2, Bb2; the second has C3, D3, E3; the third has F3, G3, A3; and the fourth has Bb3, C4, D4. The piece ends with a repeat sign.

7.03 "We Wish You A Merry Christmas"

Musical notation for exercise 7.03 in 3/4 meter. The piece is in bass clef with a key signature of two flats (Bb and Eb). The melody consists of quarter notes on the notes G2, A2, Bb2, C3, D3, E3, F3, G3, A3, Bb3, C4, and D4. The notes are grouped into four measures: the first measure has G2, A2, Bb2; the second has C3, D3, E3; the third has F3, G3, A3; and the fourth has Bb3, C4, D4. The piece ends with a repeat sign.

7.04 "There's A Hole In The Bucket"

Musical notation for exercise 7.04 in 3/4 meter. The piece is in bass clef with a key signature of two flats (Bb and Eb). The melody consists of quarter notes on the notes G2, A2, Bb2, C3, D3, E3, F3, G3, A3, Bb3, C4, and D4. The notes are grouped into four measures: the first measure has G2, A2, Bb2; the second has C3, D3, E3; the third has F3, G3, A3; and the fourth has Bb3, C4, D4. The piece ends with a repeat sign.

7.05 Etude

Musical notation for exercise 7.05 in 3/4 meter. The piece is in bass clef with a key signature of two flats (Bb and Eb). The melody consists of quarter notes on the notes G2, A2, Bb2, C3, D3, E3, F3, G3, A3, Bb3, C4, and D4. The notes are grouped into four measures: the first measure has G2, A2, Bb2; the second has C3, D3, E3; the third has F3, G3, A3; and the fourth has Bb3, C4, D4. The piece ends with a repeat sign.



8.07 "Ode To Joy" - Ludwig Van Beethoven

*notes with the Accent mark > should stand out,  
so blow a little more air at the beginning of the note.*

8.08 "Accent Blues"

**CHAPTER 9: The band will be able to read, count, and play melodies with the pitch concert G, and rhythms with ties across the bar line.**

9.01 New note!

G

9.02 Five note scale

9.03 Ties

