

Table of Contents

| | |
|------------------------------------|-----------|
| About This Book | 7 |
| 1 Walking | 15 |
| <i>Warm-Ups with Scales</i> | |
| Hexachord | 16 |
| Two Steps Forward, One Step Back | 17 |
| Thirds and Seconds | 18 |
| Sixteenth Notes | 19 |
| Sequence of Scales | 20 |
| Gentle Steps | 21 |
| Floating Down | 22 |
| Slowly Increasing | 23 |
| Dissonant Scale | 24 |
| 2 Jumping | 25 |
| <i>Warm-Ups with Intervals</i> | |
| The Octave | 26 |
| Sequence with Octaves | 27 |
| The Sixth I | 28 |
| Sequence with Sixths | 29 |
| The Sixth II | 30 |
| The Fifth I | 31 |
| The Fifth II | 32 |
| The Fourth I | 33 |
| Sequence with Fourths | 34 |
| The Fourth II | 35 |
| Ever-Increasing Jumps | 36 |
| 3 Stacking | 37 |
| <i>Warm-Ups with Triads</i> | |
| Shifting Harmonies | 38 |
| Sequence of Triads | 39 |
| Two Thirds Forward, One Third Back | 40 |
| Chain of Harmonies | 41 |
| Chords with Four Notes | 42 |

| | | |
|----------|--|-----------|
| 4 | Crawling | 43 |
| | <i>Warm-Ups with Half and Whole Steps</i> | |
| | Three Minor Seconds | 44 |
| | Descending and Ascending Chromatics | 45 |
| | Octatonic Scale | 46 |
| | Whole Tone Scale | 47 |
| | Dissonant Minor Seconds | 48 |
| 5 | Old and New | 49 |
| | <i>Warm-Ups Using Existing Melodies</i> | |
| | Extra Voices in Minor | 50 |
| | Extra Voices in Major I | 51 |
| | Extra Voices in Major II | 52 |
| 6 | Happy and Sad | 53 |
| | <i>Warm-Ups Switching Between Major and Minor</i> | |
| | Scales | 54 |
| | Sequence of Scales | 55 |
| | Jumps | 56 |
| | Mediants | 57 |
| | Broken Chords | 58 |
| 7 | Together and Apart | 59 |
| | <i>Warm-Ups Switching Between Unison and Harmonies</i> | |
| | From One to Two | 60 |
| | From One to Three | 61 |
| | Descending Diverging Lines | 62 |
| | From One to Four | 63 |
| | Diverging Lines in Minor | 64 |
| 8 | Hand in Hand | 65 |
| | <i>Warm-Ups with Parallels</i> | |
| | I-III-V-VI | 66 |
| | Parallels for Four Voices | 67 |
| | Shifting Major Chords | 68 |
| | Series of Major Chords I | 69 |
| | Series of Major Chords II | 70 |
| | Major Chords with Extensions | 71 |

| | |
|--------------------------------|-----------|
| 9 Taking Turns | 73 |
| <i>Warm-Ups with Arpeggios</i> | |
| Triads with Three Notes | 74 |
| Triads with Four Notes | 75 |
| Descending Triads | 76 |
| Added Ninth | 77 |
| Seventh | 78 |
| | |
| Index of Exercises | 79 |
| | |
| Regards | 83 |

LAYOUT

On each page of this book, one type of exercise is described. The pages all have more or less the same layout.

The basic melody of the exercise is on top of the page.

Below the basic melody is a typical example of how the exercise may be performed with multiple parts. In most instances, just a couple of bars are shown as a demonstration.

The rest of the page is filled with ideas for variations. Sometimes alternative ways to perform it are shown. For example, it may show a possible alternative voicing. Otherwise, variations of the basic melody are shown, such as a longer or mirrored version. The example on the right shows a variation in minor.

Notice that in all of the musical examples, sounds are written below the notes. These are only meant as suggestions.

Thirds and Seconds

Two staves of music in G major (one sharp) and 2/4 time. The top staff has a melody of quarter notes: G4, A4, B4, C5. The bottom staff has a melody of quarter notes: G4, F4, E4, D4. Both staves have the syllable 'voo' written below each note.

CANON IN TWO PARTS

Two staves of music in G major (one sharp) and 2/4 time. The top staff (labeled '1') has a melody of quarter notes: G4, A4, B4, C5. The bottom staff (labeled '2') has a whole rest followed by a quarter note G4. Both staves have the syllable 'vee' written below the notes.

VERSION IN MINOR

Two staves of music in G minor (two flats) and 2/4 time. The top staff has a melody of quarter notes: G4, A4, B4, C5. The bottom staff has a melody of quarter notes: G4, F4, E4, D4. Both staves have the syllable 'vay' written below each note.

CANON IN TWO PARTS

Two staves of music in G minor (two flats) and 2/4 time. The top staff (labeled 'F') has a melody of quarter notes: G4, A4, B4, C5. The bottom staff (labeled 'M') has a whole rest followed by a quarter note G4. Both staves have the syllable 'vah' written below the notes.

Floating Down

Musical score for 'Floating Down' in 2/2 time, key of D major. The score consists of two staves. The top staff has lyrics 'noh noh noh noh' and 'noh noh noh noh'. The bottom staff has lyrics 'noh noh noh noh' and 'noh'. There are two downward-pointing arrows above the first and second measures of the top staff.

CANON IN TWO

Musical score for 'Canon in Two' in 2/2 time, key of D major. It features two parts: F (Female) and M (Male). The F part has lyrics 'nay nay nay nay' and 'nay nay nay nay'. The M part has lyrics 'nay nay nay nay' and 'nay nay nay nay'.

Alternatively, sing the canon with imitations after a full bar or after a half bar:

Musical score for canon with imitations in 2/2 time, key of D major. It features two parts: 1 (Treble clef) and 2 (Bass clef). Part 1 has lyrics 'nah nah nah nah' and 'nah nah nah nah'. Part 2 has lyrics 'nah nah nah nah' and 'nah nah nah nah'.

PARALLEL FIFTHS

Musical score for 'Parallel Fifths' in 2/2 time, key of D major. It features a single staff with lyrics 'noo noo noo noo' and 'noo noo noo noo'. There are two downward-pointing arrows above the first and second measures.

PARALLEL FIFTHS IN CANON

Musical score for 'Parallel Fifths in Canon' in 2/2 time, key of D major. It features two parts: S (Soprano) and T (Tenor). The S part has lyrics 'nee nee nee nee' and 'nee nee nee nee'. The T part has lyrics 'nee nee nee nee' and 'nee nee nee nee'.

Two Thirds Forward, One Third Back

Musical score for 'Two Thirds Forward, One Third Back' in 3/2 time, key of B-flat major. The score consists of two staves. The top staff has two downward-pointing arrows above the first and second measures. The lyrics are: *noh noh noh noh noh noh noh noh noh*. The bottom staff has the lyrics: *noh noh noh noh noh noh noh noh noh*.

CANON IN THREE

Musical score for 'CANON IN THREE' in 3/2 time, key of B-flat major. It features three parts: Soprano (S), Alto (A), and Bass (M). The Soprano part begins in the third measure with the lyrics *nay nay nay nay nay nay*. The Alto part begins in the first measure with the lyrics *nay nay nay nay nay nay nay nay*. The Bass part begins in the first measure with the lyrics *nay nay nay nay nay nay nay nay*.

The imitations may also come in after a half bar:

Musical score showing imitations in a 3/2 time signature, key of B-flat major. It features three parts: Soprano (S), Alto (A), and Bass (M). The Soprano part begins in the third measure with the lyrics *nee nee nee nee nee nee nee nee nee*. The Alto part begins in the first measure with the lyrics *nee nee nee nee nee nee nee nee*. The Bass part begins in the first measure with the lyrics *nee nee nee nee nee nee nee nee*.