

andrea and trevor  
**DOW'S**



# TECHNICAL EXERCISES FOR NOTE READING SUCCESS

BOOK 1

46

**UNIT 4**

**SET 01**

Color in one lettered box each time you practice a line of music.  
After all of the boxes are colored, you will be one AMAZING piano player.

**STEP-UP STRUT** A M A Z I N G

**CURL WHIRL** S T E L L A R

73

**SIGHT READING TWO**

97

W I N N I N G

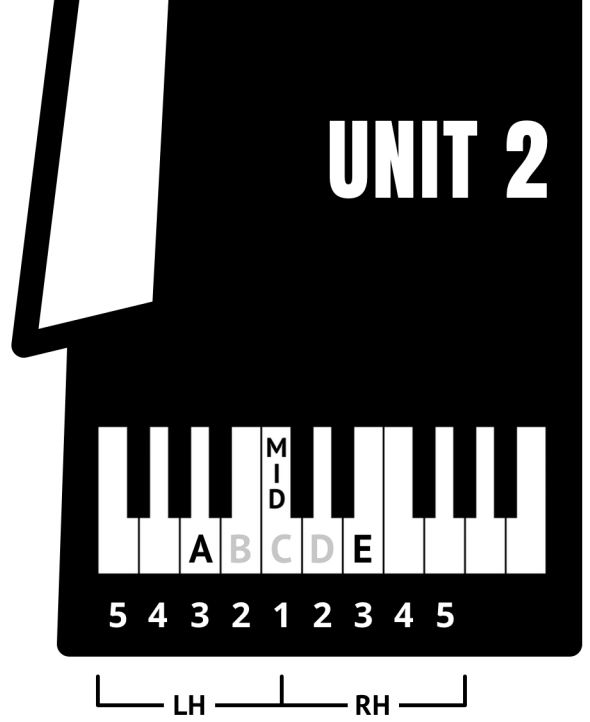
A W E S O M E

This is a preview (33 of 103 pages).  
Pages have been removed from  
various sections.



# AN INTRO

Let's get started! In each box, draw a note that matches the first note.



**B**

**D**

**A**

**E**

Sample

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## PRESS PLAY

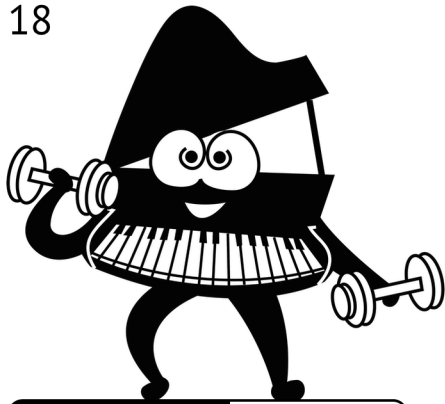
A W E S O M E

## SIDE TO SIDE

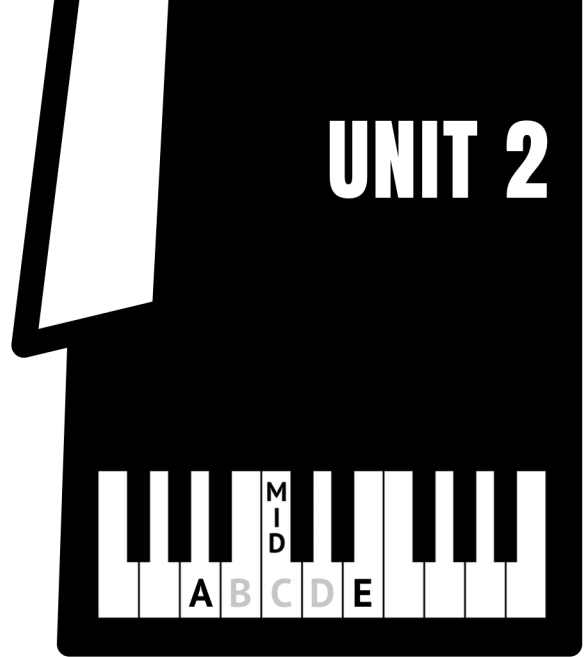
P E R F E C T

## REVERSE FLY

A M A Z I N G



**SET 01**



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**BENCH PRESS**

A M A Z I N G



**CLIMB TIME**

S T E L L A R



## STEP-UP STRUT

W	I	N	N	I	N	G
---	---	---	---	---	---	---

Musical notation for "STEP-UP STRUT" in 4/4 time. The piece consists of four measures. The right hand (treble clef) plays a sequence of quarter notes: C4, D4, E4, F4 in the first measure, G4, A4, B4, C5 in the second measure, D5, E5, F5, G5 in the third measure, and A5, B5, C6, D6 in the fourth measure. The left hand (bass clef) plays a sequence of quarter notes: C3, D3, E3, F3 in the first measure, G3, A3, B3, C4 in the second measure, D4, E4, F4, G4 in the third measure, and A4, B4, C5, D5 in the fourth measure. A finger number '1' is written above the first note in the right hand, and a '3' is written below the first note in the left hand. The piece ends with a double bar line and repeat dots.

## WOODCHOP

P	E	R	F	E	C	T
---	---	---	---	---	---	---

Musical notation for "WOODCHOP" in 4/4 time. The piece consists of four measures. The right hand (treble clef) plays a sequence of quarter notes: C4, D4, E4, F4 in the first measure, G4, A4, B4, C5 in the second measure, D5, E5, F5, G5 in the third measure, and A5, B5, C6, D6 in the fourth measure. The left hand (bass clef) plays a sequence of quarter notes: C3, D3, E3, F3 in the first measure, G3, A3, B3, C4 in the second measure, D4, E4, F4, G4 in the third measure, and A4, B4, C5, D5 in the fourth measure. A finger number '1' is written above the first note in the right hand, and a '1' is written below the first note in the left hand. The piece ends with a double bar line and repeat dots.

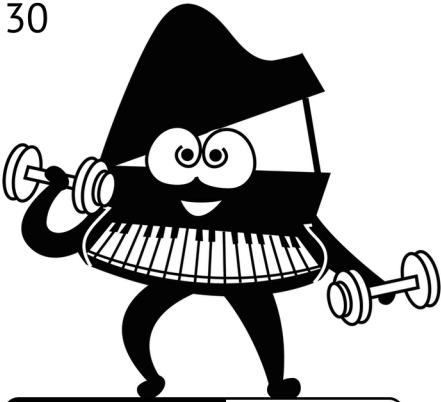
## POWER PLAY

A	W	E	S	O	M	E
---	---	---	---	---	---	---

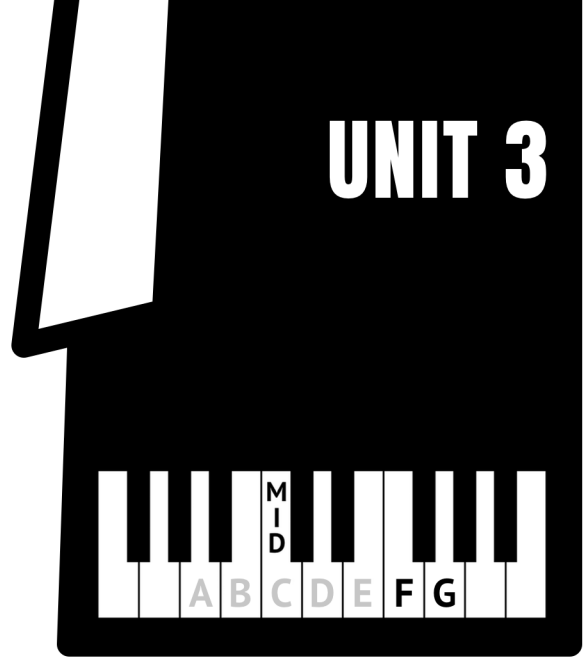
Musical notation for "POWER PLAY" in 4/4 time. The piece consists of four measures. The right hand (treble clef) plays a sequence of quarter notes: C4, D4, E4, F4 in the first measure, G4, A4, B4, C5 in the second measure, D5, E5, F5, G5 in the third measure, and A5, B5, C6, D6 in the fourth measure. The left hand (bass clef) plays a sequence of quarter notes: C3, D3, E3, F3 in the first measure, G3, A3, B3, C4 in the second measure, D4, E4, F4, G4 in the third measure, and A4, B4, C5, D5 in the fourth measure. A finger number '1' is written above the first note in the right hand, and a '3' is written below the first note in the left hand. The piece ends with a double bar line and repeat dots.







**SET 01**



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### CURL WHIRL

A M A Z I N G



### BENCH PRESS

S T E L L A R



## PUMP UP

W	I	N	N	I	N	G
---	---	---	---	---	---	---

Musical score for 'PUMP UP' in 4/4 time. The score consists of two staves: a treble clef staff and a bass clef staff. The treble staff begins with a 5-finger fingering above the first note. The bass staff has a 1-finger fingering below the first note. The piece concludes with a double bar line and repeat dots.

## KICKBACK TRACK

P	E	R	F	E	C	T
---	---	---	---	---	---	---

Musical score for 'KICKBACK TRACK' in 4/4 time. The score consists of two staves: a treble clef staff and a bass clef staff. The treble staff begins with a 1-finger fingering above the first note. The bass staff has a 1-finger fingering below the first note. The piece concludes with a double bar line and repeat dots.

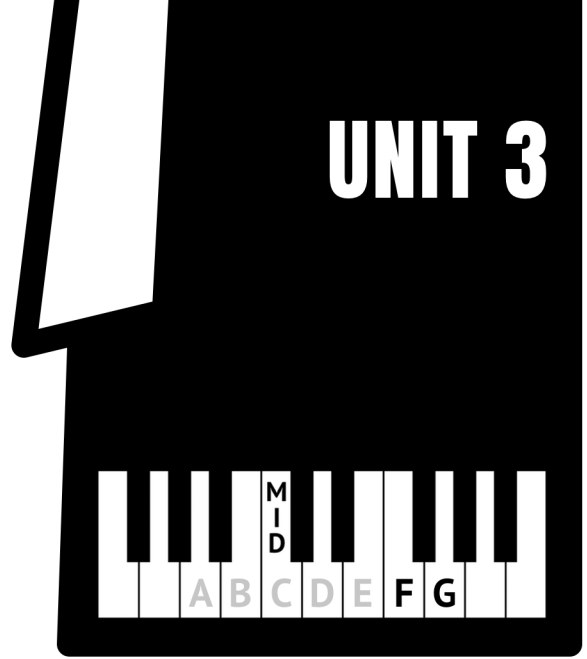
## POWER PLAY

A	W	E	S	O	M	E
---	---	---	---	---	---	---

Musical score for 'POWER PLAY' in 4/4 time. The score consists of two staves: a treble clef staff and a bass clef staff. The treble staff begins with a 5-finger fingering above the first note. The bass staff has a 1-finger fingering below the first note. The piece concludes with a double bar line and repeat dots.



**SET 02**



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**CLIMB TIME**

S T E L L A R

**OUT AND BACK**

A M A Z I N G

**ROLLOUT**

W I N N I N G

Musical score for 'ROLLOUT' in 4/4 time. The piece consists of four measures. The right hand (treble clef) starts with a quarter rest followed by a quarter note G5 (fingered 5), then a quarter note A5, and a quarter note B5. The left hand (bass clef) starts with a quarter note G3, then a quarter note A3, and a quarter note B3. The final measure contains a quarter note G5 in the right hand and a quarter note G3 in the left hand. A fermata is placed over the final G5. A '3' is written below the first three notes of the left hand.

**PUSHDOWNS**

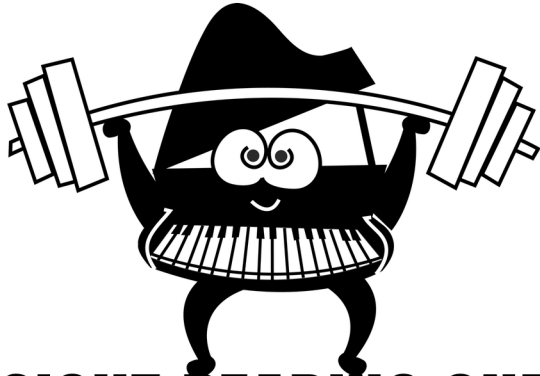
P E R F E C T

Musical score for 'PUSHDOWNS' in 4/4 time. The piece consists of four measures. The right hand (treble clef) starts with a quarter rest followed by a quarter note G5 (fingered 5), then a quarter note A5, and a quarter note B5. The left hand (bass clef) starts with a quarter note G3, then a quarter note A3, and a quarter note B3. The final measure contains a quarter note G5 in the right hand and a quarter note G3 in the left hand. A fermata is placed over the final G5. A '1' is written below the final note of the left hand.

**CRUNCH BUNCH**

A W E S O M E

Musical score for 'CRUNCH BUNCH' in 4/4 time. The piece consists of four measures. The right hand (treble clef) starts with a quarter note G4, then a quarter note A4, and a quarter note B4. The left hand (bass clef) starts with a quarter note G3, then a quarter note A3, and a quarter note B3. The final measure contains a quarter note G4 in the right hand and a quarter note G3 in the left hand. A fermata is placed over the final G4. A '1' is written below the final note of the left hand.



# SIGHT READING ONE

## SET 3 | PART 1

Look at **Sight Reading One**. Beginning at the **START** and ending at the **FINISH**, play the four measures that rest on the path. Use a colored crayon to draw a new four-measure path. Play again.

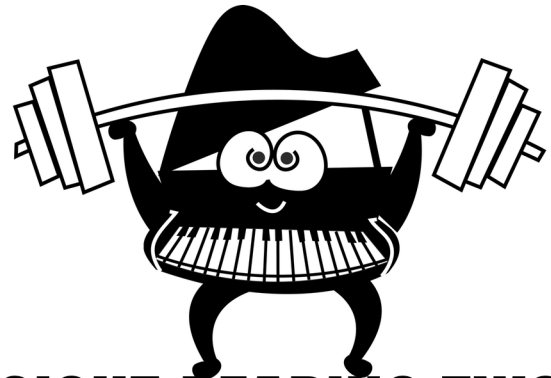
**START**

**FINISH**

Sample

# SET 3 | PART 2

Look at **Sight Reading Two**. Beginning at the **START** and ending at the **FINISH**, play the four measures that rest on the path. Use a colored crayon to draw a new four-measure path. Play again.



## SIGHT READING TWO

3

**START**

3

**FINISH**

Sample



**SET 04**

**UNIT 4**

**NEW!**

SKIPPING CONTINUED

Color in one lettered box each time you practice a line of music.  
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**SKIER**

A M A Z I N G

**BEL HOP**

A W E S O M E

**STRADDLE CROSS**

W I N N I N G

Musical notation for "Straddle Cross" in 4/4 time. The piece consists of two staves: a treble clef staff and a bass clef staff. The treble staff begins with a treble clef, a 4/4 time signature, and a fermata over the first measure. The melody consists of quarter notes: G4, A4, B4, C5, D5, E5, F5, G5. The bass staff begins with a bass clef and a 4/4 time signature. The bass line consists of quarter notes: G2, F2, E2, D2, C2, B1, A1, G1. A fermata is placed over the final measure of the bass line. A large, faint watermark "Sample" is overlaid diagonally across the page.

**KICK SWING**

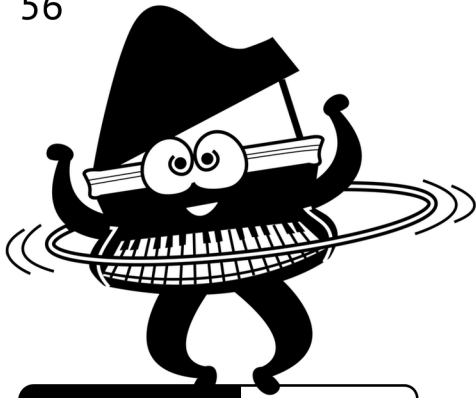
P E R F E C T

Musical notation for "Kick Swing" in 3/4 time. The piece consists of two staves: a treble clef staff and a bass clef staff. The treble staff begins with a treble clef, a 3/4 time signature, and a fermata over the first measure. The melody consists of quarter notes: G4, A4, B4, C5, D5, E5, F5, G5. The bass staff begins with a bass clef and a 3/4 time signature. The bass line consists of quarter notes: G2, F2, E2, D2, C2, B1, A1, G1. A fermata is placed over the final measure of the bass line. A large, faint watermark "Sample" is overlaid diagonally across the page.

**FULL TURN**

S T E L L A R

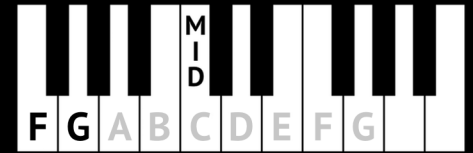
Musical notation for "Full Turn" in 4/4 time. The piece consists of two staves: a treble clef staff and a bass clef staff. The treble staff begins with a treble clef, a 4/4 time signature, and a fermata over the first measure. The melody consists of quarter notes: G4, A4, B4, C5, D5, E5, F5, G5. The bass staff begins with a bass clef and a 4/4 time signature. The bass line consists of quarter notes: G2, F2, E2, D2, C2, B1, A1, G1. A fermata is placed over the final measure of the bass line. A large, faint watermark "Sample" is overlaid diagonally across the page.



**SET 06**

**UNIT 4**

**OUT OF POSITION**



In the box above Exercise 1, write the name of the first note. Next, use the finger number to find your starting position. Repeat with Exercises 2 and 3.

**MOVE AND GROOVE**

S T E L L A R



**SPACE TRAVEL**

A M A Z I N G











The following cross-staff exercises are intended for older beginners and students who want to test their skills.

**BOUNCE BACK**

A W E S O M E

**REBOUND**

S T E L L A R

## HOMeward BOUNCE

W	I	N	N	I	N	G
---	---	---	---	---	---	---

Musical score for 'Homeward Bounce' in 4/4 time. The piece consists of four measures. The right hand (treble clef) starts with a quarter note G4 (labeled '5'), followed by quarter notes A4, B4, C5, and D5. The left hand (bass clef) plays a steady eighth-note accompaniment: G3, A3, B3, C4, D4, E4, F4, G4. The piece ends with a repeat sign.

## BOUND TOWN

P	E	R	F	E	C	T
---	---	---	---	---	---	---

Musical score for 'Bound Town' in 4/4 time. The piece consists of four measures. The right hand (treble clef) starts with a quarter note G4 (labeled '3'), followed by quarter notes A4, B4, C5, and D5. The left hand (bass clef) plays a steady eighth-note accompaniment: G3, A3, B3, C4, D4, E4, F4, G4. The piece ends with a repeat sign.

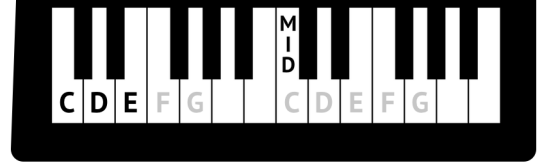
## BOUNCE PASS

A	M	A	Z	I	N	G
---	---	---	---	---	---	---

Musical score for 'Bounce Pass' in 4/4 time. The piece consists of four measures. The right hand (treble clef) starts with a quarter note G4 (labeled '1'), followed by quarter notes A4, B4, C5, and D5. The left hand (bass clef) plays a steady eighth-note accompaniment: G3, A3, B3, C4, D4, E4, F4, G4. The piece ends with a repeat sign.



## SET 03



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### SHUFFLE SKIP

A W E S O M E



### SCISSOR SKIP

A M A Z I N G



## HIGH KNEES

W	I	N	N	I	N	G
---	---	---	---	---	---	---

Musical notation for 'HIGH KNEES' in 4/4 time. The piece consists of two staves: a treble clef staff and a bass clef staff. The bass clef staff begins with a finger number '5' under the first note. The treble clef staff begins with a finger number '1' above the first note. The music is written in a simple, rhythmic style with quarter notes and rests.

## DOUBLE UNDER

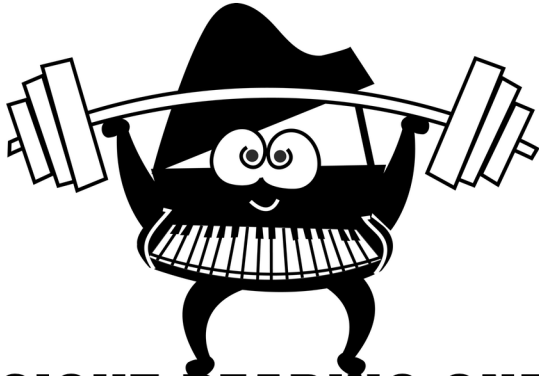
P	E	R	F	E	C	T
---	---	---	---	---	---	---

Musical notation for 'DOUBLE UNDER' in 3/4 time. The piece consists of two staves: a treble clef staff and a bass clef staff. The treble clef staff begins with a finger number '5' above the first note. The music is written in a simple, rhythmic style with quarter notes and rests.

## CROSS CROSS

S	T	E	L	L	A	R
---	---	---	---	---	---	---

Musical notation for 'CROSS CROSS' in 4/4 time. The piece consists of two staves: a treble clef staff and a bass clef staff. The bass clef staff begins with a finger number '5' under the first note. The treble clef staff begins with a finger number '1' above the first note. The music is written in a simple, rhythmic style with quarter notes and rests.



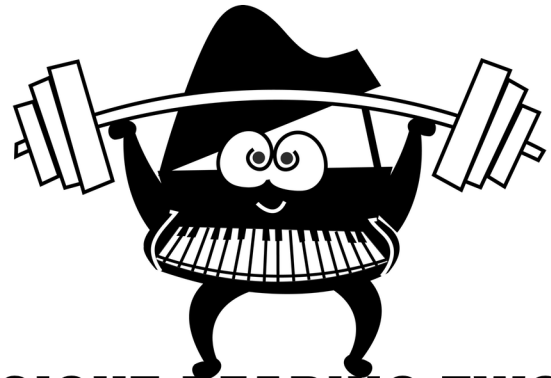
## SIGHT READING ONE

## SET 5 | PART 1

Look at **Sight Reading One**. Beginning at the **START** and ending at the **FINISH**, play the four measures that rest on the path. Use a colored crayon to draw a new four-measure path. Play again.

# SET 5 | PART 2

Look at **Sight Reading Two**. Beginning at the **START** and ending at the **FINISH**, play the four measures that rest on the path. Use a colored crayon to draw a new four-measure path. Play again.



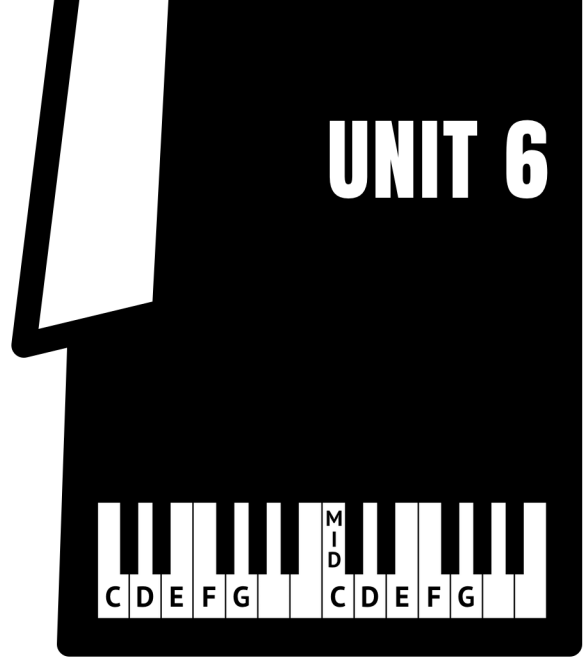
## SIGHT READING TWO

5

**START**

**FINISH**

Sample



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**LADDER STACK**

P E R F E C T

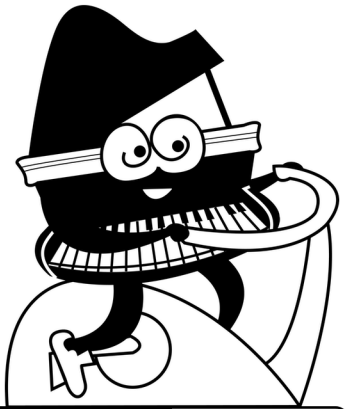


**PUSH DOWN**

A M A Z I N G



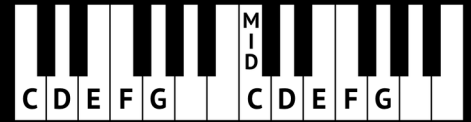




**SET 05**

**UNIT 6**

**QUARTER RESTS**



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**SPROCKET ROCKET**

A W E S O M E

**SADDLE UP**

A M A Z I N G

## HIGH GEAR

W	I	N	N	I	N	G
---	---	---	---	---	---	---

Musical score for 'HIGH GEAR' in 4/4 time. The piece consists of four measures. The first measure is marked with a '1' above the treble clef and a '5' below the bass clef. The melody in the treble clef starts on a quarter note, followed by eighth notes, and ends with a quarter rest. The bass line in the bass clef starts on a quarter note, followed by eighth notes, and ends with a quarter rest. The final measure contains a whole note in the treble clef and a whole note in the bass clef. A repeat sign is at the end of the piece.

## HOP AND HOVER

P	E	R	F	E	C	T
---	---	---	---	---	---	---

Musical score for 'HOP AND HOVER' in 4/4 time. The piece consists of four measures. The first measure is marked with a '1' above the treble clef and a '5' below the bass clef. The melody in the treble clef starts on a quarter note, followed by eighth notes, and ends with a quarter rest. The bass line in the bass clef starts on a quarter note, followed by eighth notes, and ends with a quarter rest. The final measure contains a whole note in the treble clef and a whole note in the bass clef. A repeat sign is at the end of the piece.

## PEDAL POWER

S	T	E	L	L	A	R
---	---	---	---	---	---	---

Musical score for 'PEDAL POWER' in 4/4 time. The piece consists of four measures. The first measure is marked with a '5' above the treble clef and a '1' below the bass clef. The melody in the treble clef starts on a quarter note, followed by eighth notes, and ends with a quarter rest. The bass line in the bass clef starts on a quarter note, followed by eighth notes, and ends with a quarter rest. The final measure contains a whole note in the treble clef and a whole note in the bass clef. A repeat sign is at the end of the piece.



# UNIT 6

# NEW!

## HELD WHOLE NOTES

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### TOP HOP

P	E	R	F	E	C	T
---	---	---	---	---	---	---

### SIDE SWING

A	M	A	Z	I	N	G
---	---	---	---	---	---	---

## STRADDLE CROSS

W	I	N	N	I	N	G
---	---	---	---	---	---	---

Musical notation for the Straddle Cross exercise. It is written in 4/4 time on a grand staff. The right hand starts with a quarter note G5 (labeled '5') followed by a sequence of eighth notes: A5, B5, C6, D6, E6, F6, G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8. The left hand plays a single bass note G2 (labeled '1') in the first measure, which is held throughout the piece.

## REBOUND

A	W	E	S	O	M	E
---	---	---	---	---	---	---

Musical notation for the Rebound exercise. It is written in 4/4 time on a grand staff. The right hand starts with a quarter note G5 (labeled '5') followed by a sequence of eighth notes: A5, B5, C6, D6, E6, F6, G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8. The left hand plays a single bass note G2 (labeled '1') in the first measure, which is held throughout the piece.

## BOUNCE PASS

S	T	E	L	L	A	R
---	---	---	---	---	---	---

Musical notation for the Bounce Pass exercise. It is written in 4/4 time on a grand staff. The right hand starts with a quarter note G5 (labeled '1') followed by a sequence of eighth notes: A5, B5, C6, D6, E6, F6, G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8. The left hand plays a single bass note G2 (labeled '5') in the first measure, which is held throughout the piece.



The following contrary motion exercises are intended for older beginners and students who want to test their skills.

**SIDE BY SIDE**

A W E S O M E



**POWER DOWN**

S T E L L A R



## HURDLE HOPS

W	I	N	N	I	N	G
---	---	---	---	---	---	---

Musical score for 'Hurdle Hops' in 4/4 time. The piece consists of four measures. The first measure has a treble clef with a quarter note G4 (fingered 5) and a bass clef with a quarter note G2 (fingered 5). The second measure has a treble clef with quarter notes A4, B4, and C5, and a bass clef with quarter notes A2, B2, and C3. The third measure has a treble clef with quarter notes D5, E5, and F5, and a bass clef with quarter notes D3, E3, and F3. The fourth measure has a treble clef with a whole note G4 and a bass clef with a whole note G2. The piece ends with a double bar line and repeat dots.

## WOODCHOP

P	E	R	F	E	C	T
---	---	---	---	---	---	---

Musical score for 'Woodchop' in 3/4 time. The piece consists of four measures. The first measure has a treble clef with a quarter note G4 (fingered 5) and a bass clef with a quarter note G2 (fingered 5). The second measure has a treble clef with quarter notes A4, B4, and C5, and a bass clef with quarter notes A2, B2, and C3. The third measure has a treble clef with quarter notes D5, E5, and F5, and a bass clef with quarter notes D3, E3, and F3. The fourth measure has a treble clef with a whole note G4 and a bass clef with a whole note G2. The piece ends with a double bar line and repeat dots.

## DOUBLE NO TROUBLE

A	M	A	Z	I	N	G
---	---	---	---	---	---	---

Musical score for 'Double No Trouble' in 4/4 time. The piece consists of four measures. The first measure has a treble clef with a quarter note G4 (fingered 3) and a bass clef with a quarter note G2 (fingered 3). The second measure has a treble clef with quarter notes A4, B4, and C5, and a bass clef with quarter notes A2, B2, and C3. The third measure has a treble clef with quarter notes D5, E5, and F5, and a bass clef with quarter notes D3, E3, and F3. The fourth measure has a treble clef with a whole note G4 and a bass clef with a whole note G2. The piece ends with a double bar line and repeat dots.

Thank you for previewing  
**Andrea And Trevor Dow's  
Technical Exercises For Note  
Reading Success, Book 1.**