

Mentorship Program Level 1

- I) **Review: Orientation**
- A) **Explore Website:** scukes.org
 - 1) Download :
 - a) Mentorship Program
 - b) Handout Materials (HO)
 - B) **Tuning:** G C E A
 - C) **Strings** (HO-2)
 - 1) Name
 - 2) Number
 - D) **Finger #** (HO-3) and **Fret #** (HO-2)
 - 1) Usually go together
 - 2) Finger Placement
 - a) Just above the fret wire
 - b) Goal: Clear Sound
 - E) **Chords and Tab** (HO-2-3)
- II) **Let's Play!**
- A) **Holding the Ukulele**
 - 1) Hold Ukulele at 45-degree angle (HO-2)
 - 2) Strap
 - 3) Left arm down at side...slap hand on hip...then slowly lift arm straight up to neck of uke...gently let the neck of the ukulele rest in the 'v' of left hand
 - 4) Done properly the third finger should be able to drop down at the first string of the 3rd fret = 'C' chord (HO-2)
 - 5) Notice that the wrist has not moved from original position
 - 6) Do not be lax (at home) and rest arm on a chair's arm-rest. Bad habits will inhibit ability to play properly
 - B) **Left Hand: Responsibilities**
 - 1) Chords & Notes (Finger placement, pressure, developing muscle-memory
 - 2) Muting - Muffle sound - light pressure over string
 - C) **Right Hand: Responsibilities**
 - 1) Picking and strumming
 - 2) Melody (notes), Harmony (chords), Tempo (fast or slow)
Dynamics (loud or soft), Rhythm (goal = consistent beat)
- III) **Let's Play Together!**
- A) **Learn Strum #1** (HO 7) (Mute with left-hand)
 - 1) **D D D D**
1 2 3 4 (count out loud - brain and muscle memory)
 - 2) Use Thumb
 - 3) Use Index finger
 - a) Brush down with nail
 - b) 'Finger Flick' (Like shaking off water)
 - c) Note: Wrist rotation

- d) Note: Index finger pointing up then down
 - e) 'Finger Curl' - Like holding a tennis ball
 - f) How hard to press string? - play air then string
 - g) Buzzing? (stop, look, fix, listen)
- B) **Learn: 'C' chord** (0003) (HO-2-3)
- 1) Chord Diagram (cd#1) Note: Black dots are for the primary chord and Circles are for the Prep Positions - usually Mental
 - 2) Strum
 - 3) **Play: Song #1** (HO 5) "Row your Boat" - Progression #1 (Progression #1 = One-chord songs)
- C) **Learn 'F' chord** (2010) (cd #3)
- 1) Review Orientation: 'F9' chord (0010)
 - 2) Play 'C <> F9' (cd #2)
 - 3) 'F' - (2010) (cd#3)
 - a) Note: Slight wrist turn (WT)
 - b) Now: If needed: exaggerate (WT) and let middle finger drop onto String-4 on Fret-2
 - c) Slowly lift fingers off strings; this is your 'Prep Position' for the 'F' chord
 - d) Prep Position (PP) can be done physically or mentally depending if a wrist turn (WT) is needed
 - e) Some students, due to injury, may need to have a greater wrist turn, this is OK. Goal is to minimize wrist turn as much as possible
 - f) Press and release 'F' chord = muscle memory
 - g) Avoid lifting fingers any more than necessary
 - 3) **Play Song #1 in (F)** with Progression #1 (One-chord)
 - 4) **Practice 'F<>C'**
 - a) (cd #3)
 - b) Requires (WT)
- D) **Learn 'G7' chord** (0212)
- 1) (cd #4) ('F' to 'G7')
 - 2) May require slight (WT)
 - 3) Note: (PP)
 - a) Index finger already on 'F note' = keep it there
 - b) Middle finger - easy move to (String-3 Fret-2)
 - c) Third finger drop down to (String-1 Fret-2)
 - 4) **Practice: 'F'<> 'G7'** (cd #4)
- E) **Learn: 'G7' chord** (0212) (To 'C')
- 1) No (WT) (cd #5)
 - 2) Lift Index and middle fingers
 - 3) Slide ring finger to Fret 3 'C' (0003)
 - 4) **Practice: 'C'<>'G7'** (cd #5)
- F) **Review 'C7' chord** (0001) (Orientation)
- 1) Slight (WT) from "F" chord (cd #6)
 - 2) **Practice: 'F'<>'C7'**

IV) **Practice Goals**

- A) Since there are **NO Reviews** in classes going forward it is highly recommended that the student be comfortable with the material in Level 1 before going to Level 2.
- B) The successful student should be able to:
 - 1) Know how to use the Website
 - 2) Know how to hold the Ukulele and understand the responsibilities for each hand
 - 3) Know the Finger, String and Fret numbers (Basic Tab)
 - 4) Know the chords: C / F / G7 (Wrist Turns & Prep Positions) (Always think ahead!)
 - 5) Play Song #1 in C & F. Always start SLOW! Do not increase speed until a consistent beat is achieved

Congratulations!!

You have now learned the 3 most important Ukulele chords!

LEVEL 2

- I) **Learn: 'B flat' Chord** (From 'F') (cd #10) (WT)
 - A) **Different positions**
 - 1) (0011) (Diagram #10a)
 - 2) (0211) (Diagram # 10b)
 - 3) (3211) (Diagram # 10c)
 - 4) It might help to:
 - a) Start with fingers 2 and 3...before laying down finger 1
 - b) Move thumb to back of Uke neck
 - c) Move thumb higher
 - d) Use Uke as a fulcrum
 - B) **Practice: 'F' <> 'B flat'** (cd #11)

- II) **Learn Strum # 2**
 - A) **D - U - D - U - D - U - D - U**
1 & 2 & 3 & 4 & (Count out loud)
 - B) Down with nail and Up with fleshy part of index finger
 - C) **Practice: Strum # 2**
 - D) **Practice: Strum # 2 - with (Progression #2 = 2-chord songs)**
 - 1) C -G7 (cd #7)
 - 2) F - C7 (cd #8)
 - E) **Practice: Strum # 2 - with (Progression # 3 = 3-Chord Songs)**
 - 1) C - F - G7 (cd #9)
 - 2) F / Bfl - C7 (cd #12)

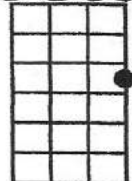
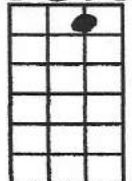
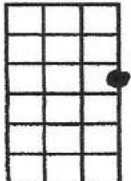
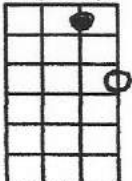
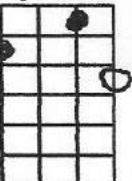



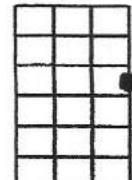

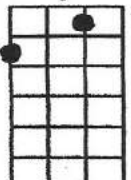
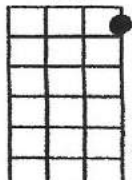
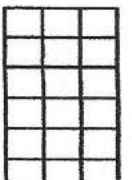
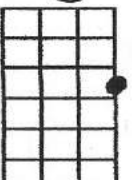





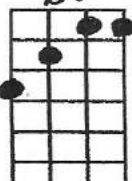

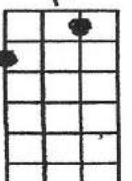

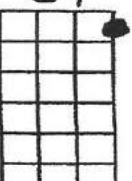


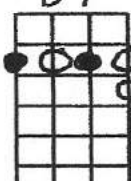

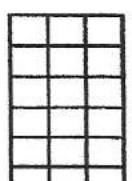
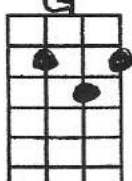
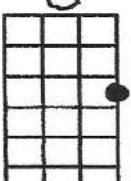


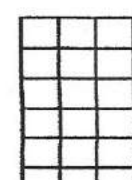
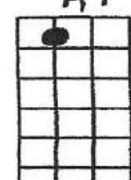
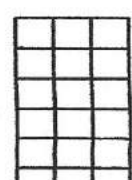

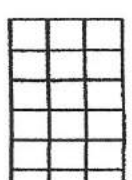
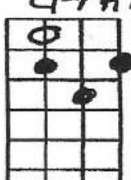
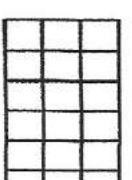
- III) **Learn: 'G' Chord** (0232) (cd # 13)
 - A) Often goes with 'C' chord
 - B) (Slight WT)
 - C) **Practice: 'G' <> 'C'** (cd# 14)

- IV) **Learn 'D7' Chord** (2020)
- A) (cd # 15)
 - B) Note: either (Index and middle fingers) or (middle and ring finger) Depends on the following chord (PP)
 - C) **Practice:** 'G' <> 'D7' (cd #16)
 - D) **Practice:** Progression # 3 in (G) (G - C - D7) (cd #17)
- V) **Learn: 'D' Chord** (2220) (How to Play?)
- A) Often goes with 'G' chord
 - B) **Practice:** 'D' <> 'G' (cd #18)
- VI) **Learn: 'A7' Chord** (0100) (cd #19)
- A) Often goes with 'D' chord
 - 1) **Practice:** 'D' <> 'A7' (cd # 20)
 - B) Often goes with 'G' chord
 - 1) (cd #21)
 - 2) **Practice:** 'G' <> 'A7' (cd #21)
- VII) **Learn: Strum # 3 - Touch Strum** (Popular) (Country) (HO #7)
- A) **T - _ - D - U - D - U - D - U**
1 2 & 3 & 4 &
 - B) **T = Touch** Bass string (4) (Count out loud)
 - C) **Practice: Strums # 2 & # 3 with:**
 - 1) **Songs # 2 & # 3** (HO-5-6)
 - 2) **Keys: C / F / G / D**
- VIII) **Practice Goals:**
- A) The successful student should be able to:
 - 1) Play Songs # 2 (Jambalaya) & # 3 (Happy Birthday)
 - a) In Keys C / F / G / D
 - b) With Progressions #1,#2 and #3
 - c) With Strums #1-#3
 - B) Songs should be played with a consistent beat with little to no hesitation between chords
 - C) Understand that a Progression is a series of common repeating chords used to make a song. A majority of songs have similar, repeating progressions.

Congratulations!!

You have now learned 4 of the 5 Uke-friendly keys! You have also learned 3 of the most basic Strums! You are ready for Jams!

LEVEL - 1 & 2

<p>C</p> <p>0 0 0 3</p> 	<p>F9</p> <p>0 0 1 0</p> 	<p>①</p> <p>C</p> 	<p>②</p> <p>F9 → C</p> 	<p>③</p> <p>F → C</p> 	<p>④</p> <p>F → G7</p> 	<p>⑤</p> <p>G7 → C</p> 	<p>⑥</p> <p>F → C7</p> 
<p>⑦</p> <p>C</p> 	<p>G7</p> 	<p>⑧</p> <p>F</p> 	<p>C7</p> 	<p>⑨</p> <p>C</p> 	<p>F</p> 	<p>G7</p> 	<p>G7</p> 
<p>⑩-a</p> <p>F → Bb</p> 	<p>a</p> <p>Bb</p> 	<p>b</p> <p>Bb</p> 	<p>c</p> <p>Bb</p> 	<p>⑪</p> <p>F → Bb</p> 	<p>⑫</p> <p>F</p> 	<p>Bb</p> 	<p>C7</p> 
<p>⑬</p> <p>G</p> 	<p>⑭</p> <p>G → C</p> 	<p>⑮</p> <p>D7</p> 	<p>⑯</p> <p>G → D7</p> 	<p>⑰</p> <p>G</p> 	<p>C</p> 	<p>D7</p> 	<p>D7</p> 
<p>⑱</p> <p>D → G</p> 	<p>⑲</p> <p>A7</p> 	<p>A7</p> 	<p>⑳</p> <p>D → A7</p> 	<p>㉑</p> <p>G → A7</p> 	<p>G → A7</p> 	<p>A7</p> 	<p>A7</p> 

Level 3

- I) **Learn: 'Am' Chord (1000)**
- A) Often goes with 'C' chord
- 1) (cd #22)
 - 2) **Practice:** 'Am'<>'C'
- B) Often goes with 'F' chord
- 1) (cd #23)
 - 2) **Practice:** 'Am'<>'F'
- II) **Learn: 'Dm' Chord (0210) (2210)**
- A) Often goes with 'F' chord
- 1) (cd #24)
 - 2) **Practice:** 'Dm'<>'F'
- B) Often goes with 'B flat'
- 1) (cd #25)
 - 2) **Practice:** 'Dm'<>'B flat'
- C) Often goes with 'G7' Chord
- 1) (cd # 26)
 - 2) **Practice:** 'Dm'<>'G7'
- III) **Learn: 'Em7' Chord (0202) = (G6)**
- A) Often goes with 'G' chord
- 1) (cd #27)
 - 2) **Practice:** 'Em7'<>'G'
- B) Often goes with 'C' chord
- 1) (cd #28)
 - 2) **Practice:** 'Em7'<>'C'
- IV) **Learn: 'Em' Chord (0432) often goes with B7 (cd # 29)**
- V) **Learn: 'Bm7' Chord (2222)**
- A) Often goes with 'D' chord
- 1) **Practice:** 'D'<>'Bm7' (cd #30)
- VI) **Learn: Progression # 4 (Doo Wop)**
- A) **Play:** Progression # 4 in 4 learned keys
- 1) C - Am - F - G7 (cd #31a)
 - 2) F - Dm - B flat - C7 (cd #31b)
 - 3) G - Em7 - C - D7 (cd #31c)
 - 4) D - Bm7 - G - A7 (cd #31d)
- VII) **Learn: Song # 4 (26 Miles) (HO 6)**
- A) **Play** in 4 learned keys

- VIII) **Learn: Strum # 4 (Shuffle)** (HO - 7)
- A) Note: rhythm notation
 - B) Make strum strokes short
 - C) Common Strum
- IX) **Following the Leader**
- A) Watch and Listen
 - B) Leader will provide Arrangement of song, Tempo, Dynamics, When to begin song, Turnarounds, Tags, End song, etc.
 - C) If don't know a certain chord(s), keep strumming (air or mute)
- X) **Practice Goals:**
- A) Understand and play 5 new chords (**Am, Dm, Em7, Em, Bm7**)
 - B) Be able to play Song #4 (26 Miles) in 4 Keys (C F G D) with little to no hesitation between chords
 - C) Be able to play Strum # 4 (Shuffle) with above
 - D) Understand how to Follow the Leader

Congratulations!!

You have learned 20 of the 23 most used Ukulele chords including the most important minor chords. You have also learned 4 of the 5 most used strums. You are really ready to jam!

Level 4

- I) **Learn: 'A' Chord** (2100) (cd #32)
- II) **Learn 'E7' Chord** (1202) (cd #33)
- A) Practice 'A' <> 'E7'
- III) **Learn: 'F#m' Chord** (2120) (cd # 34)
- Practice 'A' <> 'F#m'
- IV) **Learn Strum # 5 (Calypso)** (HO-7)
- A) **Play: Song # 2**
 - B) **Incorporate** 'Fan' or 'Roll'
- V) **Learn: Strum Variations** (Intro) (HO-7)
- A) Dynamics (loud - soft)
 - B) Drive the Beat - Back Beat (Strum Pattern # 6)
 - C) Accents (Syncopation) (Strum Pattern # 8)
 - D) Chunking (Percussive Techniques) (Strum Patterns # 7)

- VI) **How to Practice:**
- A) Identify short / long term **goals**
 - B) **4 - Part Technique** (set own time -15min - 30-min - 60min)
 - 1) **Part 1**
 - a) **Relieve Tension:** shake hands - stretch fingers
 - b) Have **FUN** with something you know
 - 2) **Part 2** - Develop **attitude** of curiosity and **challenge** self with a **new skill**
 - 3) **Part 3** - Have **FUN** arranging or playing a song already known with new or old skills
 - 4) **Part 4** - Learn a new song or have **FUN** with an old one

- VII) **New Song Checklist:**
- A) **Listen** to become familiar with song
 - B) **Determine** Key
 - C) **Study** chords and progression
 - D) **Decide** on an Arrangement
 - 1) Key (transpose? - why?)
 - 2) Decide tempo
 - 3) Decide strum
 - 4) Decide dynamics, accents, etc.
 - E) **Always:**
 - 1) Break everything down to smallest element
 - 2) Re-build slowly
 - 3) Only increase speed when can play smoothly, without hesitation and with a constant, consistent beat

VIII) **Practice Major 7 Progression** in 'C' (cd-#35) **C CM7 C6 CM7**

- IX) **Tab**
- A) 8 notes = Scale (Finger Count - for Different Keys)
 - B) Progressions
 - 1) Progression # 1 = 1 -chord songs = (I)
 - 2) Progression # 2 = 2 -chord songs = (I-V7)
 - 3) Progression # 3 = 3 -chord songs = (I-IV-V7)
 - 4) Progression # 4 = 4 -chord (Doo Wop) = (I-vi-IV-V7)

X) **Questions ?**

Congratulations!!

- 1) You now have the basics for understanding and playing the Ukulele!
- 2) Once you can (fluidly and easily) do all in this Program, you are probably equal to 80% of all club Ukulele players.
- 3) You are encouraged to move forward with your Ukulele experience with classes, private instruction, and workshops.
- 4) Remember...what you do in the future is your **Choice**...the main thing is... **Have Fun!**

Thank You for being a part of THE SUN CITY UKULELE CLUB!!!

LEVEL 3 & 4

(22) Am → C	Am → F			(24) Dm → F	(25) Dm → Bb	(26) Dm → G7	QUICK Dm → G7
(27) Em7 → G	(28) Em7 → C	(29) Em7 → B7	(30) D → Bm7	(32) A	(33) E7	A → E7	(34) A → F#m

#31 'DOO WOP' - PROG.#4

(A) C	Am	F	G7	F	Dm	Bb	C7
G	Em7	C	D7	D	Bm7	G	A7
A	F#m	D	E7		C (35)	CM7	C6