

Mentorship Program with Teacher's Guide: Beginners

Teachers: The Teacher's Guide is in Red Print and in a Different font.

Mission Statement: This is a Mentorship Program designed to provide the beginning student with the basics of understanding and playing the Ukulele.

This program consists of Step-By-Step "Group Lessons" arranged to provide you the minimum standard requirements for basic Ukulele playing. At the successful completion of this Program, you should be able to play as well as up to 80% of all Ukulele players and may consider yourself an Advanced Beginner (Level 2), or a Beginning Intermediate (2-3).

Afterwards, some players may decide to seek further education or delay further education. Some players may delay further instruction and just have fun playing the ukulele. This is a personal preference.

After completion of this course, please check the internet for advanced material designed to provide further instruction. You can find lessons on You Tube, private teachers and many ukulele workshops.

Practicing the Ukulele:

Remember...this is supposed to be FUN!

So...be Patient!

If you get frustrated, STOP and take a break!

Then, of course, pick up the Uke and start having fun again!

Program Times: The fun begins each October through May (Check the website: scukes.org/ for exact timing. Please watch for emails as we do have to make changes occasionally.

Oct.-May Jams: Thursdays 3:00 – 5:00

Group Mentoring for Beginner Mentorship Program: every 1st and 3rd Thursday of the Month from 1:30 – 2:30

Mentorship Program: Beginners

Level 1

Explain that “MH” means “Mentorship Handout”. Use MH 1 & 2

101 Basic information concerning Ukulele:

A. Types: Soprano, Concert, Tenor, Baritone. Cases, Strings, Straps, Parts of the ukulele. See MH1 and MH2

Have students refer to Resources Tab on Website under Tuning

B. Tuning: Digital Tuners (GCEA) High G or Low G (a personal preference)

Use bottom of MH 3

Emphasize importance of getting these things right in the beginning. Review at the beginning of every class. Better not to get into unhealthy habits and must break them later.

C. See bottom of MH3. How to hold the Ukulele / Body Posture (Feet flat on ground, Spine straight, Arms free to move, Relax, Comfort.

Use middle of MH3. Very important. Review at the beginning of every class.

D. See middle of MH3. Strings: names of strings, numbers of strings

Use top of MH3 to introduce tablature. Explain that C chord is 0003.

E. Tablature. See top of MH3.

Use bottom of MH4 to explain Finger Numbering. Very important! Review at beginning of every class.

F. See MH4. Finger numbering

This was presented at Orientation. Review. **It is mandatory that you have materials ready before each class.**

102 Website: scukes.org/

A. Explore all tabs.

B. Download: Mentorship Program Materials

103 Let's Play!

Teach them how to mute strings with left hand and strum with right. Start with "air" strumming first then move to strings.

A. Vamp with teacher – Mute strings

1. Right hand: used for Strumming. Can use Thumb or Index Finger. Use a relaxed, flexible wrist. Do not use arm.

Introduce C Chord: C (0003) Use MH3 and MH4. Show them how to place third finger on third fret on the first string, close to the fret wire. Be sure to explain that the "name" of the chord is "C", and the number is "0003".

2. Left hand: Discuss hand and finger placement, pressure, no buzzing.
3. Learn First Chord: C (0003). See MH3 and MH4.

Use MH5. Play "Row Row Row Your Boat" and "Are You Sleeping" using C Chord. Have fun playing it as a round.

B. First Song:

1. Play "Row Row Row Your Boat" and "Are You Sleeping" using only the C Chord. Use MH5.

Introduce the G7 Chord: G7 (0212). From C Chord, show them how to slide finger down one fret, then (together) drop other 2 fingers into place. To go to C - slide third finger up to third fret while lifting other two fingers. Try to avoid lifting fingers as much as possible.

C. Learn Second Chord: G7 (0212)

Introduce First Progression: Work it out together on white board. Start with “C” then have them say the musical alphabet, (some may not know we only have 7 letters). Then use Roman Numerals to show Chord numbers as follows:

C - D - E - F - G - A - B - C

I - ii - iii - IV - V7 - vi - vii- I

Explain that Capital Roman Numerals are used for Major Chords and small roman numerals are used for minors. Explain the use of 7th Chords.

D. First Progression: A Progression is a series of chords used to make a song.

1. First Progression: C – G7 – C (I – V7 – I) You use the Root Chord (C), then the V7 Chord (G7), then back to Root (C).
2. Practice until you can go back and forth smoothly. Say the chords out loud as you play.

104. Let’s Play together!

- A. How to follow Leader: Watch the leader for: Tempo, Beginning and Ending of Songs, Turnarounds, Tags, Rhythm, Dynamics etc.
- B. If you don’t know chord(s) while playing songs, mute the strings but still strum with right hand.

Use MH6 and MH7. Call their attention to the fact that for some of the songs there are two kinds of sheets, one with only chords and the other with regular sheet music. Tell them that some people prefer to use regular sheet music and that is why we are including it here. We won’t spend a lot of time on the details now. If they have questions, please ask after class. We use the chord sheets during jams with the club. Explain that on MH6, we first use the chord names along with the chord numbers (i.e. (I/C), then we use only the numbers, then on the

last verse, we use “Xs” where the chords are played. This is to get them used to hearing where the chord changes are, playing by ear vs. written music.

C. Play: “Jambalaya” MH6 and MH7

D. Other fun songs using the C – G7 – C Progression are:

Clementine, Down in the Valley, Mary Had a Little Lamb, Over and Over, Frere Jacque, Three Blind Mice, Yellow Rose of Texas, Row Row Row Your Boat, The Itsy-Bitsy Spider, Aloha Oe, Skip to My Lou, The Hokey Pokey Song, How Much is That Doggie in the Window, Deep in the Heart of Texas, Singin’ in the Rain.

Level 2

Use MH8. Explain this is just an introduction to the C Scale.

201 The C Scale:

A. See MH8. This is the C Scale. We are just introducing this to you now. We will go into it in more depth in advanced classes. It is good to familiarize yourself with it and review it often.

Use MH9 and MH10. Again, this is just an introduction. We won't spend a lot of time on this now. Demonstrate different strums and pulses.

See MH9 and MH10 Here are some basic strumming patterns. There will be advanced classes offered on strumming.

Use MH11 – Chord Chart

202 See Chord Chart MH11.

A. Review “Uke-friendly” keys of C, G and F

B. CGF = 3 keys x 7 chords = 21 chords

C. Notice the “easy fingering” on bottom row for D7, Em7, Bb, Gm7

D. Remember: move thumb, wrist, and left arm to make different chords. Practicing good technique = better playing.

Work out 2nd Progression (C-F-G7-C) (I -IV -V7-I) on White Board with them.

203 Left Hand: Chords

A. Review chords C (0003), G7 (0212)

B. Learn Chord F (2010)

C. Learn Second Progression: (C – F – G7- C) - (I – IV- V7-I)

Use MH 12 for “Jamaica Farewell”. Explain that “SC” means “Santa Cruz” books and “HO” means “Handout”.

D. Play “Jamaica Farewell” MH-12

E. Other C – F – G7 – C songs include:

1. You are My Sunshine – SC24

2. Surfin’ USA – SC 64

3. Happy Birthday to You - HO

Congratulations! You now know enough chords to play thousands of songs!!!!

Level 3

Explain how 7th chords need to resolve to root chord (i.e., G7 to C)

301 Improve your Ear: Listen

A. Can you hear why G7 (V7) needs to resolve to C (I)?

Teach the G Chord (0232)

B. Learn Chord G (0232)

1. Can you hear the difference between G7(V7) to C(I) and G (0232) to C(I)? G(V) does not resolve to C(I) Why?

Introduce Am chord. Introduce 3rd progression (I-vi-IV-V7-I) (C-Am-F-G7-C)

302 Progression #3

A. Learn chord Am (2000)

B. Third Progression: (C-Am-F-G7-C) (I-vi-IV-V7-C)

Introduce Dm Chord (2210)

C. Learn Dm Chord (2210) From F Chord just put ring finger down.

Introduce D7 Chord (2020) or (2223)

D. Learn D7 Chord.

Use MH13 and MH14 for “26 Miles Across the Sea”

E. Play “26 Miles Across the Sea” MH13 and MH14.

F. Other songs with this progression are:

Goodnight Sweetheart, Dream, Blue Moon, Who Put the Bomp, Let’s Twist Again, Teenager in Love, Unchained Melody.

Introduce 4th Progression: (I-ii-V7-I) (C-Dm-G7-C)

303 Progression #4

A. Progression #4: (C-Dm-G7-C) (I-ii-V7-I)

Use MH15 and MH16 for “Mack the Knife”

B. Play Fourth Song “Mack the Knife” MH15 and MH16

C. Practice all 4 songs and Progressions. (Say chords aloud) Notice that different songs use different strums and rhythms.

D. Songs that use this progression include:

Don't Be Cruel, All About the Bass, All My Loving

Use MH17 for “Go to Songs”

304 See MH 17. Here are some “Go to Songs” that we often use for performances and jams.

Use MH18 and MH18.5 for lists of Progressions

305 See MH18 and MH18.5. Here you will find lists of all the progressions we have learned. Know that there are many more progressions, but these are some of the most common ones.

Level 4

401 Review

A. Review learned Chords, C, G7, F, Am, G, Dm, D7. Check your finger placement and wrist movement.

B. Practice all 4 Progressions using different strum patterns, accents, dynamics and tempos (4/4 time, 2/4 time, $\frac{3}{4}$ time)

C. Practice all 4 songs (at home).

403 Practice Progression #1 in keys C – F – G (say chords aloud)

- A. I – V7 – I
- B. C – G7 – C
- C. F - C7 - F
- D. G – D7-G

404 Play Jambalaya in keys C – F – G. Practice these at home.

This is very important! Students should have this progression memorized and be able to recognize this progression for the following 4 keys.

405 Practice Progression #2 in keys: C – F – G (say chords aloud)

- A. I - IV- V7 - I
- B. C – F – G7 – C
- C. F – Bb - C7 – F
- D. G – C – D7 –G
- A. A – D – E7 – A

The rest of this program is self-explanatory.

406. Play “Jamaica Farewell” in keys C– F – G. Practice these at home.

407. Practice Progression #3 in keys: C – F – G (say chords aloud)

- A. I – vi- IV – V7 – I
- B. C –Am-F-G7-C
- C. F-Dm-Bb-C7-F
- D. G-Em-C-D7-G

408. Play “26 Miles” in keys of C – F – G. Practice these at home.

409. Practice Progression #4 in keys C – F – G (say chords aloud)

- A. I – ii – V7 – I

B. C –Dm-G7-C

C. F –Gm-C7-F

D. G-Am-D7-G

410: Play “Mack the Knife” in keys C – F – G. Practice these at home.

Level 5

501: Progression #5: Major Seventh Progression: C(0003) – CM7 (0002), C6 (0000), CM7 (0002) C(00003)

502: Check out Keys D and A

A. I – IV – V7 – I

B. D – G –A7-D

C. A - D – E7 –A

D. What are the ii and vi chords for D and A? (Home assignment)
(Can you play them in all 4 Progressions?)

Level 6

601 New Song Checklist:

When you see a new song, check out the following:

Key

Any new chords?

Decide on a strum / Arrangement?

Break everything down into small elements. Practice and then slowly put it all together.

Always start slowly. Only speed up when you can play smoothly.

602 Class follows leader: Playing all four songs in learned 3 keys: C – F – G.

603 Final Questions

604 Congratulations!!!

You now have the basics for understanding and playing the Ukulele!!!

Once you can (fluidly and easily) do all in this Program, you are probably equal to 80% of all ukulele players.

The main thing is to HAVE FUN!!!

Thank you for being a member of The Sun City Ukulele Club!!!!