

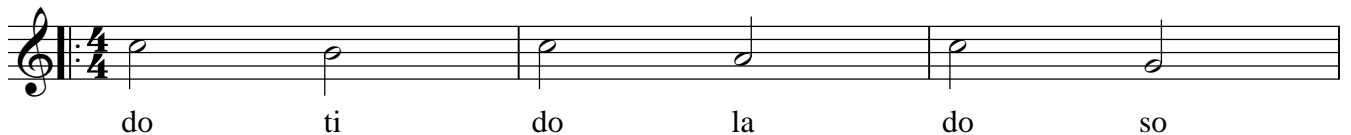
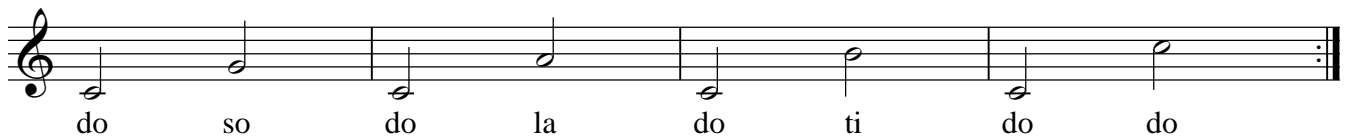
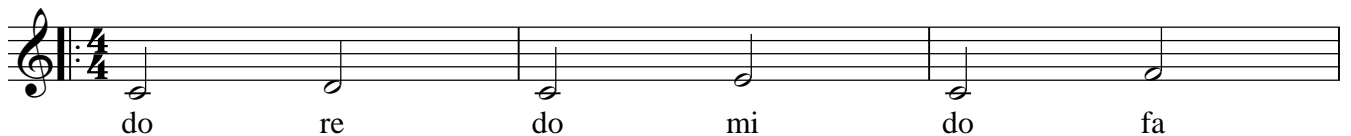
# An Introduction to Tonic Sol-fa for Instrumentalists

1. Play this scale, very slowly, thinking the sol-fa syllable as you sound each note.  
Repeat a number of times.

C major



2. When you are sure of the sol-fa name for each degree of the major scale, play the first two bars. Next, imagine the sound of the ascending scale. Alternate many times. Each time you try to imagine the scale, stop on a different note and check the pitch by playing it on your instrument.
3. Repeat stage 2 for the descending scale in bars 3-4.
4. Play each of the following intervals. Hear it in your imagination.  
Then, sing, using the appropriate sol-fa syllables.



5. Play, think and sing these arpeggios (Always sing the exercises to sol-fa syllables).

do mi so do so mi do

mi so do mi do so mi

so do mi do so mi do

6. Play each of these fragments, pausing to sing the pitch indicated. Check your pitch by playing the note you you have just sung. If it was inaccurate, try again.

Play do re mi (do) mi fa so (do) so la ti do (so) Sing  
Sing Play Sing Play Sing

do ti la so (do) so fa fa so (mi)

do mi so (do) mi re so (do) do mi so (do) mi so do (do)

7. Play, think and sing this scale in thirds. Practice it, at first, a bar at a time.

do mi re fa mi so fa la so ti do la

ti so la fa so mi fa re do

8. Now, do the same with these interrupted scales.

do re mi do re mi fa re mi fa so mi fa so la fa so la ti so

la ti do la ti do re ti do ti la do ti la so ti

la so fa la so fa mi so fa mi re fa mi re do mi re do

do re mi re mi fa mi fa so fa so la so la ti la ti do

re do ti do do ti la ti la so

la so fa so fa mi fa mi re do