



RATING Sample

By: Josh Ellis

Featuring the “Breathing Box System”

The RATING Track of the Good Vibrations Method features exercises that are design to help all students become musically literate. Students that arrive to your band without a musical background will struggle to read in a traditional method book because there is too much information for them to decipher and once. These exercises help the teacher break that information down into the smallest parts necessary while also giving the opportunity to create a variety of 4-32 bar phrase. The numbered design also will help the teacher properly identify core reading problems without the concern of a student learning it by ear.

In the Good Vibrations Method, new rhythms can be introduced in the RATING System, which uses just the first five notes (Bb-F) for basic rhythms up to  notes.

Tips:

- Follow the Breathing Box System above the notes to reinforce that a note means “sound” and a rest is where you are supposed to take a breath.
- Vary the order: Play odds only or evens only. Change the order. This will keep the students reading and give the teacher a clear method of rehearsal and recall for the student, even if literacy is an issue.
- Teach students to segment their practice sessions: Play 1-4 and have students pick the one they did worst. Practice just that one and then play it again as an unbroken exercises. Analyze the improvements.
- Play these as duets or trios: Many of these end on chordal scale degrees (1-3-5) and can be used to teach harmony and playing poly-rhythmic pieces in an accessible way.
- Vary the articulation on each exercise by having the students draw in slurs.
- Find the lip slurs, especially for the Horn book.
- The Snare parts are flexible throughout the method. Combine and mix-up the orders based on which leveling best fits your student’s progression.

F

Teacher Tips

Planning Notes:

Rotate the snare parts between the Rhythm Pages, Snare Pages, and Rudiment Pages.

The goal is to develop the percussionist's snare skills at an appropriate pace with mallet skills.

Next on Track

8th Notes

8 Time

Dotted Quarter

Page 40

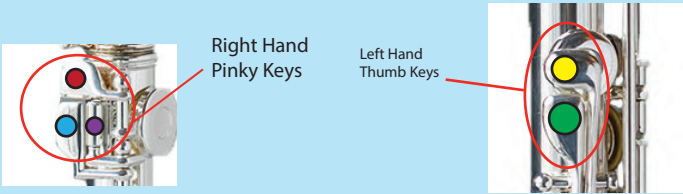
Page 42

Page 43

All use the first 5 notes
Bb, C, D, Eb, and F

Flute

Rating Notes 1 to 5



Bb (Bflat)

C

D

Eb (Eflat)

F

Breathe In With mouth

BLOW OUT

1)

IN

BLOW OUT

2)

IN

BLOW OUT

3)

IN

BLOW OUT

4)

IN

BLOW OUT

5)

IN

BLOW OUT

6)

IN

BLOW OUT

7)

IN

BLOW OUT

8)

IN

BLOW OUT

9)

IN

BLOW OUT

10)

IN

BLOW OUT

11)

IN

BLOW OUT

12)

IN

BLOW OUT

13)

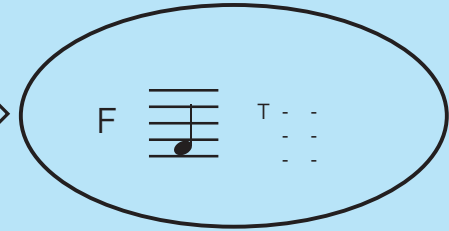
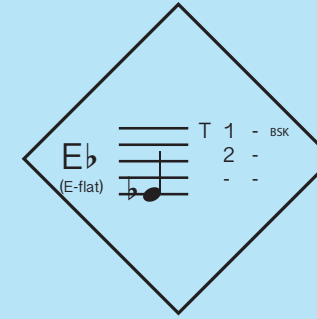
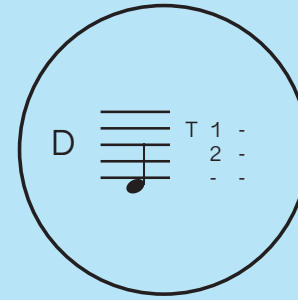
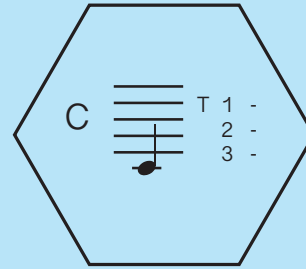
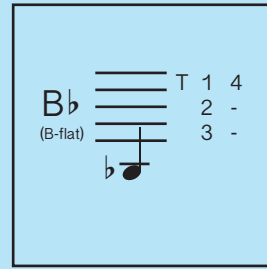
IN

BLOW OUT

14)

Clarineo (In C)

Rating Notes 1 to 5



1) Breathe In With mouth BLOW OUT Breathe In With mouth

2) IN BLOW OUT IN

3) IN BLOW OUT IN

4) IN BLOW OUT IN

5) IN BLOW OUT

6) IN BLOW OUT IN

7) IN BLOW OUT IN

8) IN BLOW OUT IN

9) IN BLOW OUT IN

10) IN BLOW OUT IN

11) IN BLOW IN IN

12) IN BLOW OUT IN

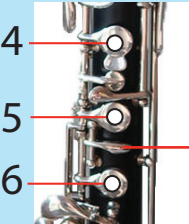
13) IN BLOW OUT IN

14) IN

The exercises are written on musical staves with various time signatures (4/4, 3/4, 2/4) and key signatures (one flat). They include notes, rests, and breath marks. Exercises 1-4 are in 4/4 time with one flat. Exercises 5-8 are in 4/4 time with one flat. Exercises 9-10 are in 3/4 time with one flat. Exercises 11-14 are in 4/4 time with one flat. Exercise 11 has a complex rhythm with multiple breath marks. Exercise 12 is in 2/4 time with one flat. Exercise 13 is in 2/4 time with one flat. Exercise 14 is in 4/4 time with one flat.

Oboe

Rating Notes 1 to 5



Sliver Key **F**
Play with 6

B \flat
(B-flat)
1 4
2 -
- -
(No Half Hole)

C
1 4
- -
- -
(No Half Hole)

D
1 4
2 5
3 6
Use Half Hole

E \flat
(E-flat)
1 4
2 5
3 6
Use Half Hole

F
1 4
2 5
3 **F**
Use Octave Key

F
1 4
2 -
3 6
Use Octave Key

1) Breathe In With mouth BLOW OUT

2) IN BLOW OUT IN

3) IN BLOW OUT IN

4) IN BLOW OUT IN

5) IN BLOW OUT

6) IN BLOW OUT IN

7) IN BLOW OUT IN

8) IN BLOW OUT IN

9) IN BLOW OUT IN

10) IN BLOW OUT IN

11) IN BLOW IN IN

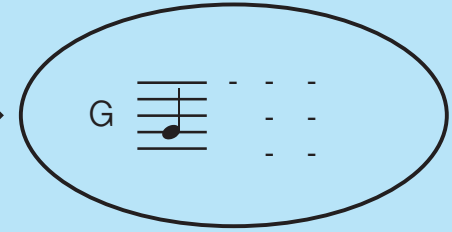
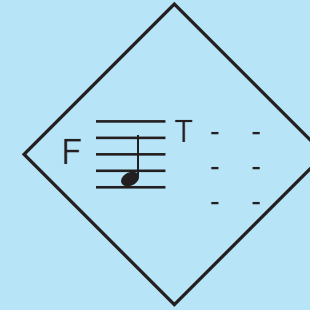
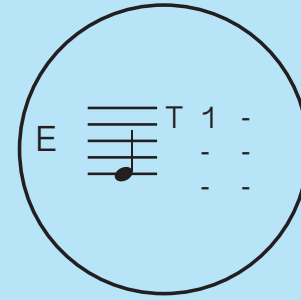
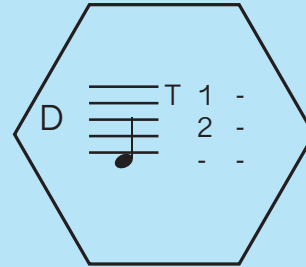
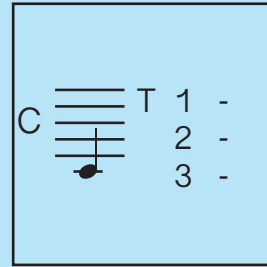
12) IN BLOW OUT IN

13) IN BLOW OUT IN

14) IN

Clarinet (In Bb)

Rating Notes 1 to 5



1) Breathe In With mouth, BLOW OUT

2) IN BLOW OUT IN

3) IN BLOW OUT IN

4) IN BLOW OUT IN

5) IN BLOW OUT

6) IN BLOW OUT IN

7) IN BLOW OUT IN

8) IN BLOW OUT IN

9) IN BLOW OUT IN

10) IN BLOW OUT IN

11) IN BLOW IN IN

12) IN BLOW OUT IN


13) IN BLOW OUT IN

14) IN

Alto Sax


Rating Notes 1 to 5

G




1 -
2 -
3 -

A




1 -
2 -
- -

B




1 -
- -
- -

C



- -
2 -
- -

D



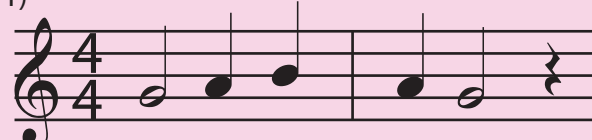
1 4
2 5
3 6
Use Octave Key

Breathe In
With mouth

BLOW OUT

Breathe In
With mouth

1)




IN

BLOW OUT

IN

2)

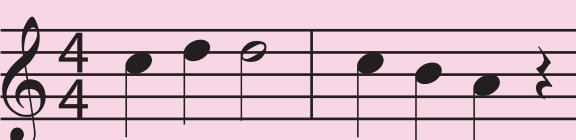


IN

BLOW OUT

IN

3)



IN

BLOW OUT

IN

4)



IN

BLOW OUT

5)




IN

BLOW OUT

IN

6)

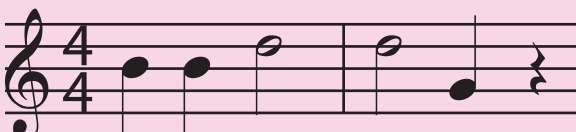


IN

BLOW OUT

IN

7)




IN

BLOW OUT

IN

8)



IN

BLOW OUT

IN

9)




IN

BLOW OUT

IN

10)



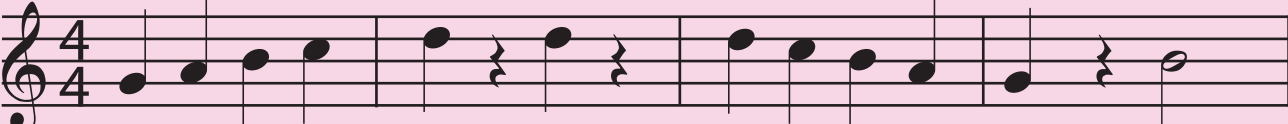
IN

BLOW

IN

IN

11)

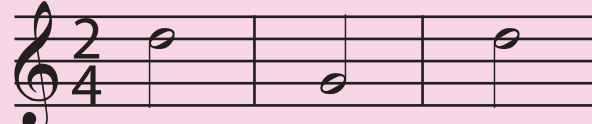


IN

BLOW OUT

IN

12)




IN

BLOW OUT

IN

13)



IN

BLOW

IN

BLOW

IN

BLOW

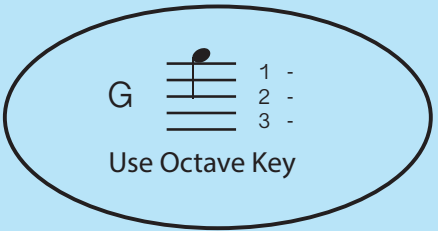
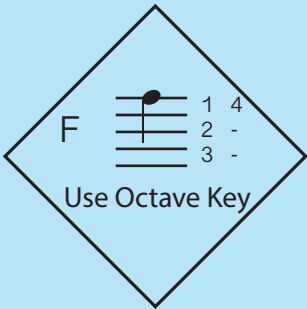
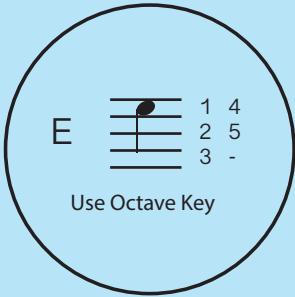
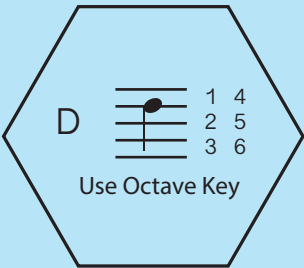
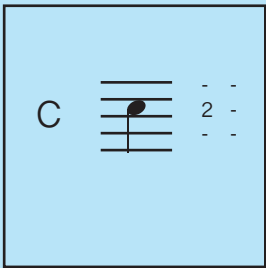
IN

14)



Tenor Sax

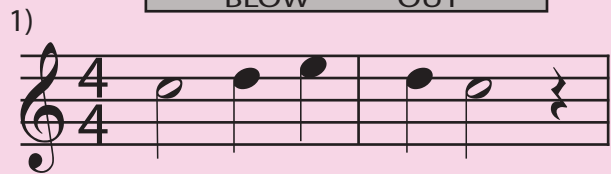
Rating Notes 1 to 5



Breathe In
With mouth

BLOW OUT

Breathe In
With mouth



IN

BLOW OUT

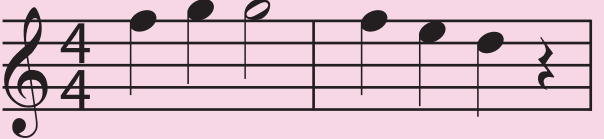
IN



IN

BLOW OUT

IN



IN

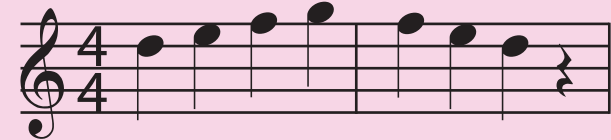
BLOW OUT

IN



IN

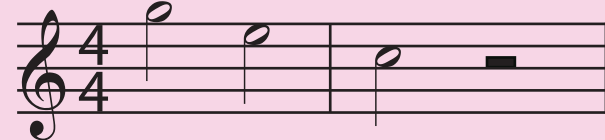
BLOW OUT



IN

BLOW OUT

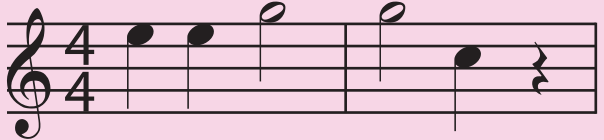
IN



IN

BLOW OUT

IN



IN

BLOW OUT

IN



IN

BLOW OUT

IN



IN

BLOW OUT

IN



IN

BLOW OUT

IN

IN



IN

BLOW OUT

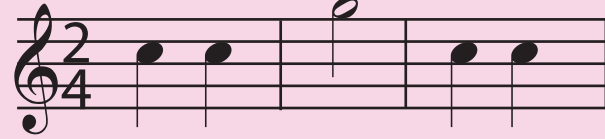
IN



IN

BLOW OUT

IN



IN

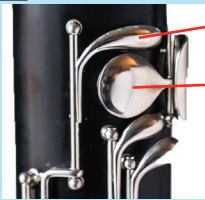
BLOW OUT

IN



Bassoon

Rating Notes 1 to 5



UP
Pancake Key

Bb (Bflat)

1 4
2 5
3 -

Whisper Key
Add UP Key

C

1 -
2 -
3 -

Whisper Key

D

1 -
2 -
- -

Whisper Key

Eb (Eflat)

1 -
- -
3 -

Whisper Key

F

- -
- -
- -

Whisper Key

1) Breathe In With mouth BLOW OUT Breathe In With mouth

2) IN BLOW OUT IN

3) IN BLOW OUT IN

4) IN BLOW OUT IN

5) IN BLOW OUT

6) IN BLOW OUT IN

7) IN BLOW OUT IN

8) IN BLOW OUT IN

9) IN BLOW OUT IN

10) IN BLOW OUT IN

11) IN BLOW IN IN

12) IN BLOW OUT IN

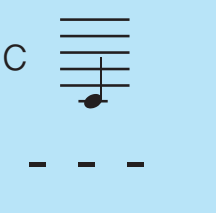
13) IN BLOW OUT IN

14) IN

Trumpet (In Bb)

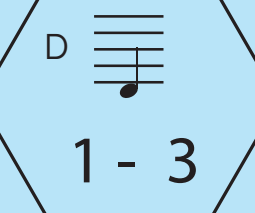
Rating Notes 1 to 5

C




- - -

D



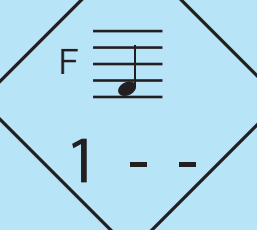
1 - 3

E



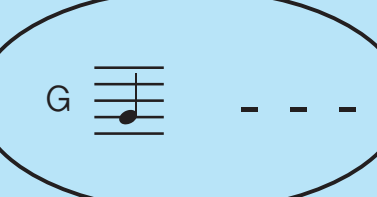
1 2 -

F



1 - -

G



- - -

Breathe In
With mouth

BLOW OUT

Breathe In
With mouth

1)



IN

BLOW OUT

IN

2)



IN

BLOW OUT

IN

3)




IN

BLOW OUT

IN

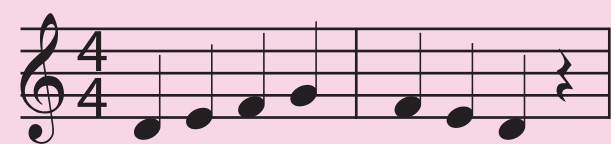
4)



IN

BLOW OUT

5)




IN

BLOW OUT

IN

6)

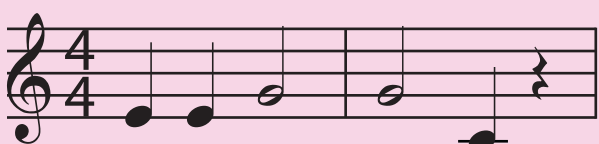


IN

BLOW OUT

IN

7)




IN

BLOW OUT

IN

8)

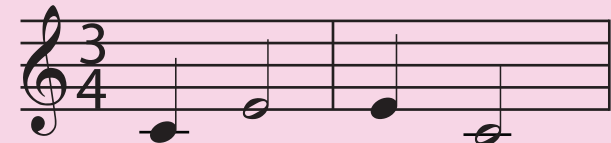


IN

BLOW OUT

IN

9)

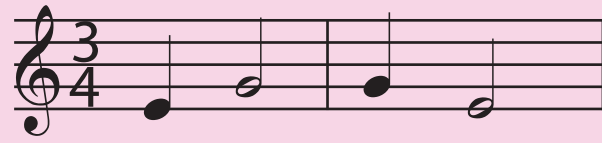


IN

BLOW OUT

IN

10)




IN

BLOW

IN

IN

11)




IN

BLOW OUT

IN

12)

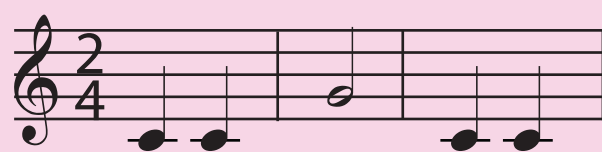


IN

BLOW OUT

IN

13)

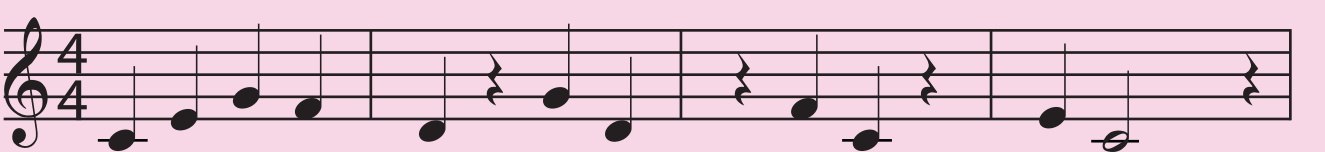


IN

IN

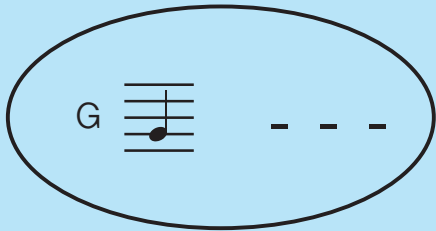
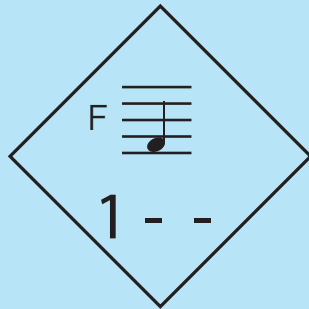
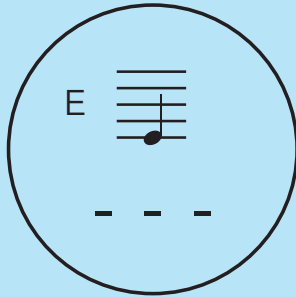
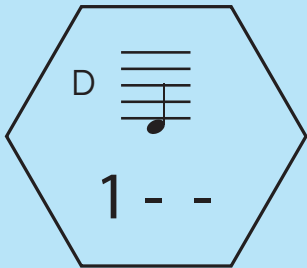
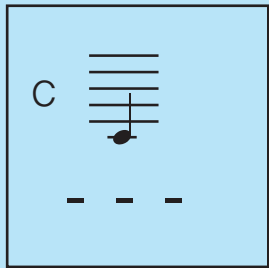
IN

14)



Horn (in F)

Rating Notes 1 to 5



Breathe In
With mouth

BLOW OUT

Breathe In
With mouth

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)

11)

12)


13)

14)

Trombone


Rating Notes 1 to 5

Bb
(Bflat)




1

C




6

D




4

Eb
(Eflat)



3

F



1

Breathe In
With mouth

BLOW OUT

Breathe In
With mouth

1)



IN

BLOW OUT

IN

2)

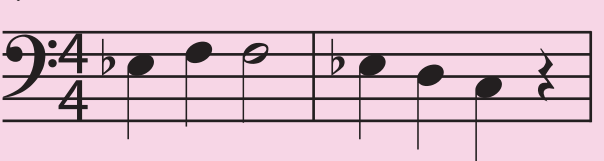


IN

BLOW OUT

IN

3)



IN

BLOW OUT

IN


4)



IN

BLOW OUT

5)




IN

BLOW OUT

IN

6)



IN

BLOW OUT

IN

7)



IN

BLOW OUT

IN

8)



IN

BLOW OUT

IN

9)



IN

BLOW OUT

IN

10)




IN

BLOW

IN

IN

11)




IN

BLOW OUT

IN

12)



IN

BLOW OUT

IN

13)




IN

BLOW OUT

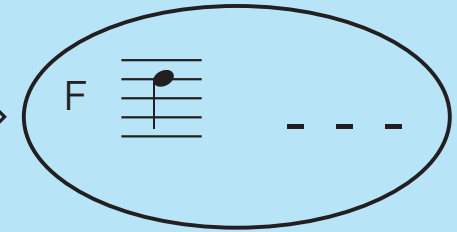
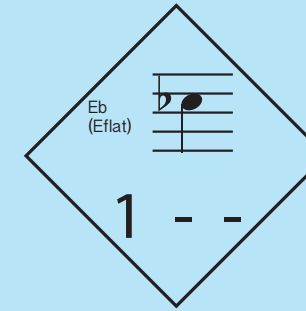
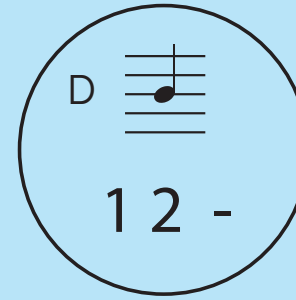
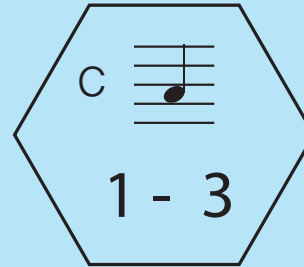
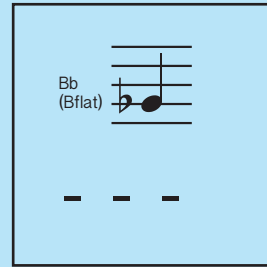
IN

14)



Euphonium/Baritone

Rating Notes 1 to 5

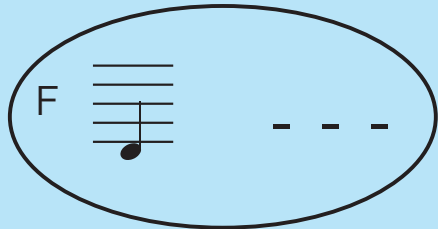
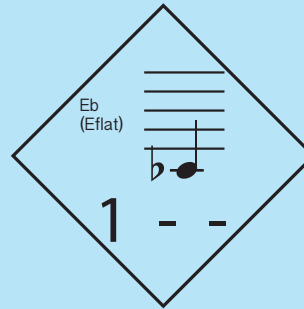
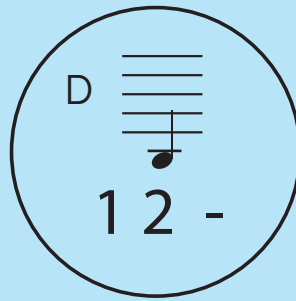
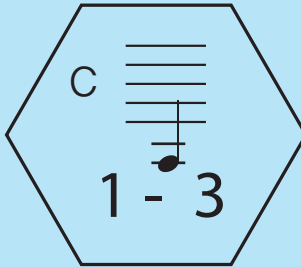
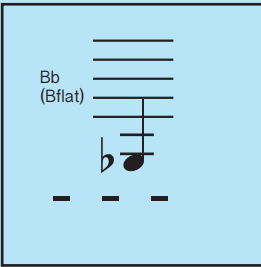


The image displays 12 musical exercises for bass clef instruments, arranged in a 3x4 grid. Each exercise consists of a musical staff and a corresponding breathing diagram above it. The breathing diagrams use 'IN' and 'OUT' boxes to indicate when to breathe. Exercises 1-8 are in 4/4 time, 9-10 are in 3/4 time, and 11-12 are in 2/4 time.

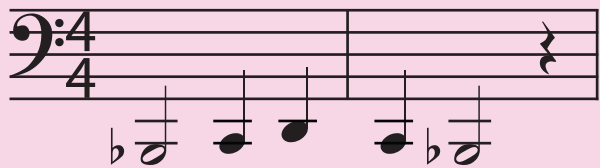
- 1) 4/4 time. Notes: G2, A2, B2, C3, D3, E3, F3, G3. Breathing: IN (before G2), BLOW OUT (during A2-F3).
- 2) 4/4 time. Notes: G2, A2, B2, C3, D3, E3, F3, G3. Breathing: IN (before G2), BLOW OUT (during A2-F3), IN (before G3).
- 3) 4/4 time. Notes: G2, A2, B2, C3, D3, E3, F3, G3. Breathing: IN (before G2), BLOW OUT (during A2-F3), IN (before G3).
- 4) 4/4 time. Notes: G2, A2, B2, C3, D3, E3, F3, G3. Breathing: IN (before G2), BLOW OUT (during A2-F3), IN (before G3).
- 5) 4/4 time. Notes: G2, A2, B2, C3, D3, E3, F3, G3. Breathing: IN (before G2), BLOW OUT (during A2-F3).
- 6) 4/4 time. Notes: G2, A2, B2, C3, D3, E3, F3, G3. Breathing: IN (before G2), BLOW OUT (during A2-F3), IN (before G3).
- 7) 4/4 time. Notes: G2, A2, B2, C3, D3, E3, F3, G3. Breathing: IN (before G2), BLOW OUT (during A2-F3), IN (before G3).
- 8) 4/4 time. Notes: G2, A2, B2, C3, D3, E3, F3, G3. Breathing: IN (before G2), BLOW OUT (during A2-F3), IN (before G3).
- 9) 3/4 time. Notes: G2, A2, B2, C3, D3, E3, F3, G3. Breathing: IN (before G2), BLOW OUT (during A2-F3), IN (before G3).
- 10) 3/4 time. Notes: G2, A2, B2, C3, D3, E3, F3, G3. Breathing: IN (before G2), BLOW OUT (during A2-F3), IN (before G3).
- 11) 4/4 time. Notes: G2, A2, B2, C3, D3, E3, F3, G3. Breathing: IN (before G2), BLOW OUT (during A2-F3), IN (before G3), IN (before G3).
- 12) 2/4 time. Notes: G2, A2, B2, C3, D3, E3, F3, G3. Breathing: IN (before G2), BLOW OUT (during A2-F3), IN (before G3).

Tuba

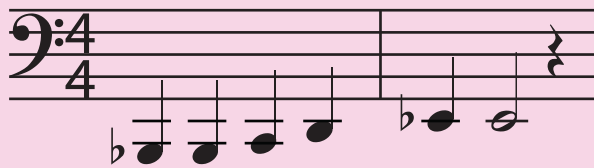
Rating Notes 1 to 5



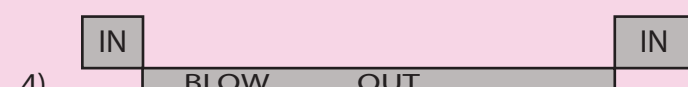
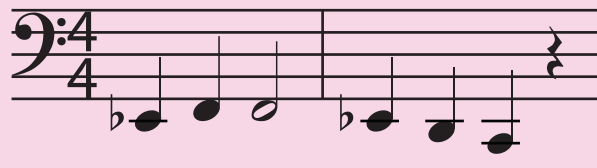
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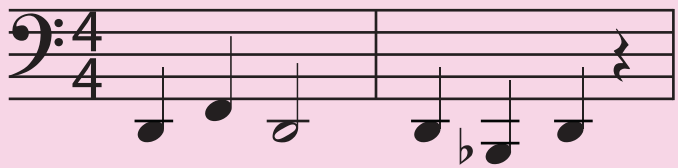
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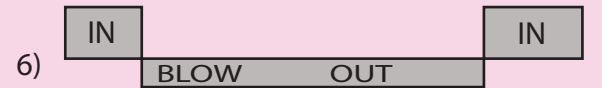
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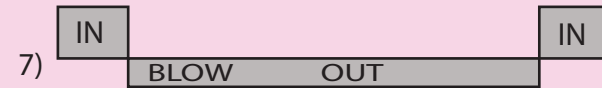
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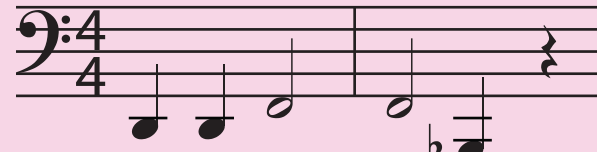
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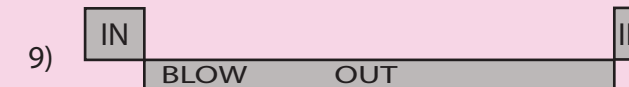
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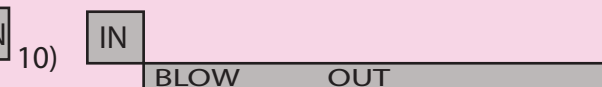
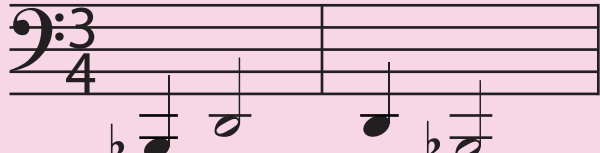
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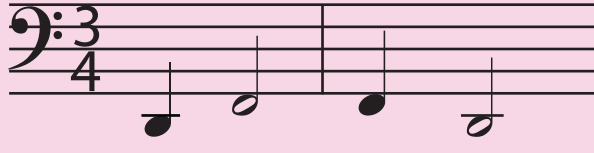
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9)



10)



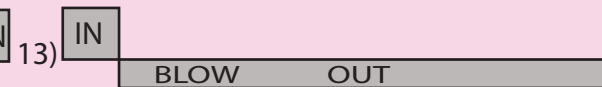
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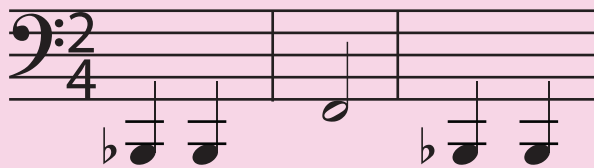
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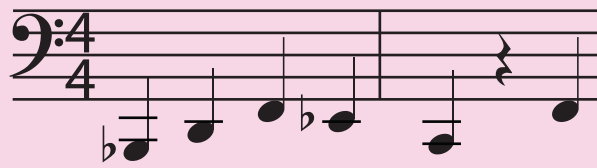
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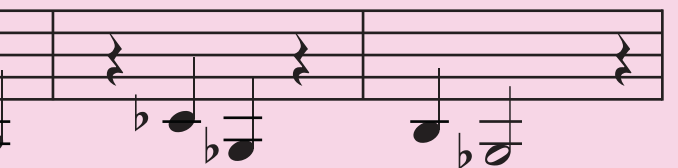
14)



15)



16)



Mallets

Rating Notes 1 to 5

B \flat
(B-flat)

C

D

E \flat
(E-flat)

F

B \flat
(B-flat)

D \flat
(D-flat)

E \flat
(E-flat)

G \flat
(G-flat)

A \flat
(A-flat)

B \flat
(B-flat)

B

C

D

E

F

G

A

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)

11)

12)

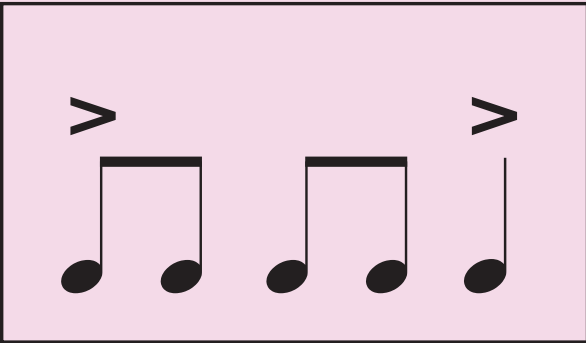
13)

14)

Snare

Rudiment: Single Paradiddle

- Alternate Sticking on PARA
- Play a double stroke on the DIDDLE
- Practice with Right and Left hand lead.
- Keep a steady beat.



Sticking Pattern:

$\overset{>}{R}\downarrow L\uparrow R R \overset{>}{L} :||$
 $\overset{>}{L}\downarrow R\uparrow L L \overset{>}{R} :||$

DABBLER

H) $\frac{4}{4}$ $\overset{>}{R}\downarrow L\uparrow$ $\overset{>}{L}\downarrow R$ || J) $\frac{4}{4}$ $\overset{>}{R}\downarrow L\uparrow R R$ $\overset{>}{L}\downarrow R L L$ || K) $\frac{4}{4}$ $\overset{>}{R}\downarrow L\uparrow R R L\uparrow$ $\overset{>}{L}\downarrow R\uparrow L L R\downarrow$ ||

APPRENTICE

L) $\frac{4}{4}$ $\overset{>}{R} L R R L$ $\overset{>}{L} R L L R$ || M) $\frac{4}{4}$ $\overset{>}{R} L R R L$ $\overset{>}{L} R L L R$ || N) $\frac{4}{4}$ $\overset{>}{R} L R R L R L L$ $\overset{>}{R}$ ||

HERO

Q) $\frac{4}{4}$ $\overset{>}{R} \overset{>}{L} \overset{>}{R} \overset{>}{L}$ $\overset{>}{R} \overset{>}{L} \overset{>}{R} \overset{>}{L}$ || R) $\frac{4}{4}$ $\overset{>}{R} \overset{>}{L} \overset{>}{R} \overset{>}{L}$ $\overset{>}{R} \overset{>}{L} \overset{>}{R} \overset{>}{L}$ || S) $\frac{4}{4}$ $\overset{>}{R} \overset{>}{L} \overset{>}{R} \overset{>}{L}$ $\overset{>}{R} \overset{>}{L} \overset{>}{R} \overset{>}{L}$ ||