

Introduction.

Practice - house foundation, pyramid.

Parents - help and take notes.

Bass/Bow - Parts, give chart. Cleaning, care, in and out of case

Holding Bass	Left Hand	Right Hand	Ear Training	Note Reading	MISC
Foot Chart	Hand on Face	Bow hold	Twinkle rhythms	Twinkle Cards D - 1 - 4 - 1 - G - 4 - 1 - D	Tuning the bass Lowest to highest G - D - A - E
Balance bass	Pull hand away/ spot elbow	Bow rhythms with support	Sing open strings		
Hold bass while sit- ting	Hide Fingers	Bow rhythms w/o support	Sing twinkle w/ finger names		
	Finger twinkle on baseball or wiffle bat	Bow rhythms on open strings			
	Finger twinkle on bass not pressing	Bow rhythms on open strings in twin- kle pattern (no LH)			