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Fiddle First Part 2 Unit 2
American Reels: Seneca Square Dance and Polly Wolly Doodle

Lesson 2.1: Learn Seneca Square Dance

- As a square dance, this tune is usually played a little slower than other reels
- Ever wonder the difference between 4/4, 2/2, and Cut Time is? (0:49)
- Learn Part A (6:11)
    - Practice that awkward string crossing in Bar 6 (11:40)
- IMPORTANT NOTE: Do not copy the way I EXAGERRATE my finger lifts. I am doing it to show you which fingers move. When I really play, I barely move my fingers. (15:58)
- Learn Part B (17:25)
    - Use 4th finger to avoid the string crossing in Bar 6 of the B part
    - Also another awkward string crossing in that same bar

Lesson 2.2: Learn Polly Wolly Doodle

- This tune is in G Major, which uses a Low 2 Tetrachord
- G Major tends to use more strings, so it presents a string crossing challenge
- Demo of tune (1:36)
    - I play this tune AB (without repeating each section)
- Learn Part A (2:27)
- Learn Part B (7:22)
- SLOW BOW on the long notes! (11:56)

Lesson 2.3a: Rhythm, Note Values, and Metronome Work (PART 1)

- Understanding rhythm must happen whether you read music or not. This lesson will help you organize it in your mind.
- Whole Notes are 4 quarter notes (4 beats) (3:10)
- Half Notes are 2 quarter notes (2 beats) (2:56)
- Quarter Notes are like GROUND LEVEL at an airport. There are higher levels, and lower levels. Quarter notes are worth 1 beat each, generally. (0:51)
- Quarter notes are most often “the beat” in songs. (review time signatures Part 1, Unit 7)
- Eighth Notes are half of a quarter note (2 eighths = 1 quarter) A single 8th note alone has a curly little flag on the stem. But multiple 8th notes are BEAMED together with a single beam. (3:32)

- Sixteenth Notes: it takes 4 sixteenth notes to make up 1 quarter note. Or 2 sixteenths to make up an 8th note. Sixteenth notes alone have 2 curly little flags on the stem. But multiple 16th notes are BEAMED together with 2 beams. (4:28)
- Dotted Note Values: When a note has a dot added, it adds HALF of that note's value onto it. For example, a quarter note is worth 2 eighth notes. Half of 2 is 1. Two plus one=3. So a dotted quarter note is worth 3 eighth notes. (6:42)

Lesson 2.3b: Rhythm, Note Values, and Metronome Work (PART 2)

- Metronome Drills
  - Metronome speeds are defined by how many beats per minute they click. (BPM's)
  - Clap and Count drills with Metronome (2:40)
    - ✓ Use the word "Pizza" for 8th notes, and "Pepperoni" for 16th notes (6:38)
    - ✓ Best Option: Count 8th notes: "one and two and three and four and"
    - ✓ Best Option: Count 16th notes: "One e and a Two e and a Three e and a" Etc.

Lesson 2.4A: Form and Structure of Fiddle Tunes

- As you recall from Unit 7 of Part 1:
  - Fiddle tunes usually have an A and B part. (sometimes C, D, and more)
  - Each part usually repeats
  - Each part is usually 8 bars long (if not, it's called a "Crooked Tune"
  - Each part contrasts in some way with the other parts
- This lesson will show you how you can dissect fiddle tunes to help you (1:14)
  - Learn tunes faster
  - Memorize tunes faster
  - Keep tunes memorized
  - Have a map to guide you
  - Communicate with others about your tunes
- Dissecting the tune (2:14)
  - Each 8-bar part can be broken up into smaller parts
    - ✓ Call these "snippets", "segments", "bricks"
    - ✓ Whatever we call them, let's identify them with ARABIC NUMERALS
    - ✓ Bricks that are similar, but not identical will be differentiated with the word "PRIME". (4:47)
  - Because each PART is usually 8 bars long, we can usually break each part into 4 smaller parts of 2 bars each.
  - These parts often get re-used in a tune!
- Example 1: John Ryan's Polka (6:03)
  - Part A Structure is: Brick 1, 2, 1', 3
  - Part B Structure is: Brick 4, 5, 4', 3 (8:45)
- Example 2: Seneca Squaredance (10:44)

- Part A Structure is: Brick 1, 2, 1', 3
- Part B Structure is: Brick 4, 5, 6, 3 (13:09)

Lesson 2.4B: Call and Response/Question and Answer

- Call and Response is used to label things that aren't necessarily Call and Response (0:17)
  - Call and Response is a very specific type of work song, from plantations, field work, chain gangs, sea shanties, and that type of thing.
  - A leader sings a verse in rhythm, and the chorus responds with a rhythmic chorus
  - But we can use the term "Call and Response", or "Question and Answer"
  - You can almost imagine a question or answer in ANY piece of music, and it's great fun!
- Example Seneca Squaredance (2:10)
- Example John Ryan's Polka (4:02)

Lesson 2.5 Scales: Stackin' Octaves

- Review G Major, starting on Open G; Use the "STOP BOW" technique (0:58)
  - Notice your High 2 Tetrachord!
  - **Pearl of Wisdom**: A great trick when practicing is to use SHORT bow strokes, with a "stop" between each bow. This halts you, and gives time to prepare the left hand.
- Review G Major starting 3rd finger on D string (2:38)
  - Notice your Low 2 Tetrachord!
- Stack the octaves: Play both octaves together non-stop (3:50)
  - Repeat the middle tonic, and the top tonic
- Arpeggio: (6:34)
- Introduction to GALAMIAN SCALES (9:20)
  - This concept is SO HANDY for fiddlers!!!
  - It helps you map your fingerboard
  - Play all 4 fingers on all 4 strings in every key
  - Use the "left-over" notes that go past the tonic
  - 17 notes in every key, if you include Open G
- Open String vs. Pinky (11:23)
  - In normal fiddle playing, you will often use open strings
  - Let's agree to use 4th finger instead of open strings when practicing GALAMIAN
  - It's FINE to test with your open strings! (in fact, it's a great idea)

Lesson 2.6 Fiddle Tricks

- Standard Potatoes: "Grasshopper Grasshopper Grasshopper Pop!" (0:43)

- Play on 2 strings: bottom note should be your TONIC; Upper string should be a 5th above Tonic
- Try Potatoes in D and G Major (1:50)
- Shave and a Haircut review (3:12)
- Shave and a Haircut in D and G (4:31)

Lesson 2.7 Huntin' Wabbits (Ringy 3 Target Practice)

- No bow on this exercise
- Start with excellent posture and good Left Hand Starting Position (as taught in Part 1)
- "Ringy Notes" occur when you play A, D, G, or E perfectly in tune and it causes sympathetic vibrations with an open string, making it resonate. (0:45)
- Demonstration of VISUAL sympathetic vibration (1:56)
- Tapping sympathetic open string with my pinky (4:44)
- Start with Target Practice on THIRD FINGER only
- Exercise 1: Here Comes the Bride (7:43)
    - Do this exercise on all 4 strings
    - "Bride" is short, and stop the bow ON THE STRING (kill it)
    - Give yourself 5 tries; Bonus #6 is when you drop your hand and try to hit it cold.
    - Learn to "Fix it on the Fly" (adjust your finger as you play) (11:21)
- Exercise 2: Pepperoni Pizza (14:37)
    - Play the rhythm "Pep-per-o-ni" as you try to dial in your ringy pitch
    - PIZ-ZA! Is SHORT BOW STROKES, kill the string each time, and listen for the ring!

Lesson 2.8 Calesthenics #2: "Left Hand Exercises"

- Exercise 3: Arm Swing (pizzicato sweeps) (1:02)
    - This exercise will keep your shoulder healthy! It feels GREAT!
- Exercise 4: The Shuttle (5:30)
    - Establish Left Hand Starting Position
    - Straight up the neck, straight wrist
- Exercise 5: Bout Taps (7:45)
    - This exercise is extreme for fiddling. Have fun with the challenge, but it's not strictly necessary for fiddling.
- Exercise 6: Twinkle Whoosh! (this is verging on technique only needed for classical playing. Try it just for fun, but it's not a deal breaker if you skip it.

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Lesson / Video	Part 2 Unit 2 Practice Assignments
Ear Training	• Just learn your new tunes by ear • As you learn, try to recognize whether the pitch is going up or down. NOTICE when it changes direction! • Try to play ANY tune of your choice by ear

Scales & Arpeggios	• Practice your 2 octave G Major scale and arpeggio; watch string crossings! (2 min)
	• Practice G Major with the GALAMIAN treatment (this will take 10 minutes a day at first)
	• Review all your One Octave Scales and Arpeggios 3x per week: (3 min)
	  ○ KNOW the TETRACHORDS on every string!
	  ○ Always follow a scale with the matching arpeggio

Rhythm Work	• Study the note values lesson and memorize basic values • Practice the rhythm clapping drills until they feel easy
Technique:	• Combine High 2 Tetrachord with the John Ryan rhythm exercises (5-8 min) • Practice Arm Swing, Shuttle, Bout Taps, and if you like, Twinkle Whoosh (2-3 min) • Practice Ringy 3's (pledge 5 minutes for this EVERY DAY)
Old Fiddle Tricks	• Review Potatoes in A, D, and G • Review Shave and a Haircut in A, D, and G
New Tunes	• Seneca Square Dance (note the structure and Question/Answer on both tunes) • Polly Wolly Doodle
New Fiddle Tricks	• **N/A**
Review Tunes	• Use the play-along videos and audio tracks to drill your songs until they feel EASY! • Learn to control speeds and repeat the videos on "loop" to drill drill drill! • Speed your tunes up, push yourself to go just a bit faster • Use LOTS of time on reviewing your tunes. You now know almost 20 songs and that takes maintenance!