



**3c - Pure Interval Exercise (descending with lifted notes)**

*F just - F/C drone*

Musical notation for exercise 3c, consisting of two staves of music. The first staff contains eight measures of descending eighth notes with lifted notes. The second staff contains eight measures of descending eighth notes with lifted notes, ending with a whole note F.

Move your fingers in between notes quickly  
Predict and center the second note immediately!

**3d - Pure Interval Exercise (ascending with lifted notes)**

*F just - F/C drone*

Musical notation for exercise 3d, consisting of two staves of music. The first staff contains eight measures of ascending eighth notes with lifted notes. The second staff contains eight measures of ascending eighth notes with lifted notes, ending with a whole note F.

The second note should be the same volume and quality as the outer notes  
Predict and center the second note immediately!

**4 - Melodic Blend Exercise (F major)**

*F just - F/C drone*

Musical notation for exercise 4, a single staff of music showing a melodic line with a drone sound indicated by a wavy line underneath.

Relate the sound of the drone to your pitch while moving note to note  
Keep someone else's sound in your ears at all times!

**5 - Harmonic Training (F Major)**

*F just - F/C drone*

*Triad by "Tessitura Balance"*

Musical notation for exercise 5, showing a triad by "Tessitura Balance" with a wavy line underneath.

*Triad by "Harmonic Balance"*

*Simple Triad*

Musical notation for exercise 5, showing a triad by "Harmonic Balance" with a wavy line underneath.