



The Twelve Step Program

This is a 12-Step Program to assist you in learning your music. It is only a suggestion until you develop your own system that is best for you.

The success of this program is contingent upon the effective listening skills of the learner -- much more than upon the musical background or ability to read music.

Any of the 12 steps may be repeated before continuing on to the next step. Remember -- EACH STEP is important to the overall successful results of learning ALL the right notes, words, and timing of the new song.

DO NOT eliminate any of the steps even though they may appear to be insignificant to you.

Here we go.....

STEP # 1	Listen to the music on the learning CD while you close your eyes. <i>(This will familiarize you with notes and timing and general flavour of the song.)</i>
STEP # 2	Watch the notes on your music while you listen to the CD. DO NOT SING YET!!!
STEP # 3	Again ... watch the notes on your music while you listen to the CD. Please ... no singing yet!
STEP # 4	Watch the words on your music while you listen to the CD. Please ... no singing yet!
STEP # 5	On a separate piece of paper (or on the back of your music) write down all the lyrics to the new song. Now ... watch your own paper while you listen to the CD. No ... not yet ... don't sing please!
STEP # 6	Watch the notes again while you listen to the CD. Remember ... no singing!!
STEP # 7	Watch the words on your music while you listen to the CD. Be careful ... not a sound!

STEP # 8	<p>Try to write down all the words again on a separate piece of paper without looking at your printed music.</p> <p>If you have trouble, listen to the CD again.</p> <p>Watch the words and then try writing it again without looking.</p> <p>Stay on this step until you have all the right words written without looking back at the printed music.</p> <p>Now proceed to Step. # 9.</p>
STEP # 9	<p>Hooray! Finally you can add YOUR voice!</p> <p>Now ... watch the notes on your music while you hum along with the CD.</p> <p>Hum .. hum ...! Singing is next!</p>
STEP # 10	<p>Watch the words on your music while you SING along with the CD. CAN YOU BELIEVE THIS? YOU ARE REALLY GOING TO SING THIS SONG FOR THE FIRST TIME!</p> <p>However ... if you have any difficulty ... circle the spot on your music as you go all the way through. Then go back and listen to (don't sing) those parts again. Happy singing!</p>
STEP # 11	<p>Put your own practice tape in your tape recorder. Now, on your own tape, SING the new part all the way through without looking at your music. Bet you can hardly wait to hear this step!</p>
STEP # 12	<p>VERY IMPORTANT STEP ... YOU ARE ABOUT TO GRADUATE!</p> <p>Watch your music and listen to your own tape to see if you are correct. You should be wonderful. Should you have any doubt, go back and check your part again on the learning CD.</p> <p>Concentrate on listening to the parts you circled earlier to be sure you have made corrections.</p> <p>CONGRATULATIONS!</p> <p>With a little bit of luck plus all your hard work, you are now the proud possessor of one more selection of music made beautiful by your addition of ... all the correct notes, words and timing!</p>

(Source: "A Membership Program That Works!" by G. Headen and Sandra Nason.)