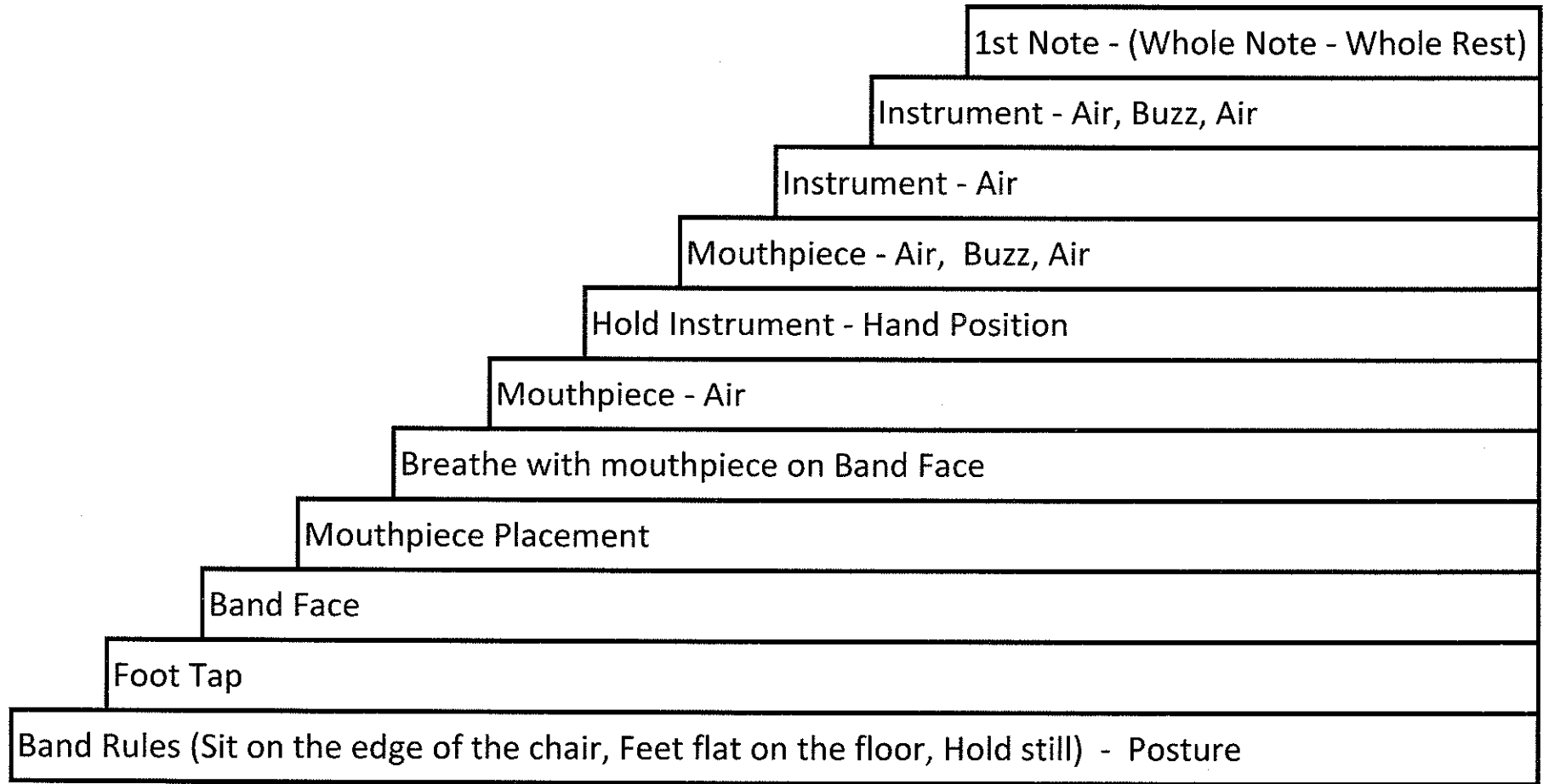


Steps to First Note



Chair Test

Name _____

Date _____

Band Rules

Sit on the edge of the chair
Feet flat on the floor
Hold still

Posture

Hand Position
Body

Band Face

Flat Chin
Corners set
Lips
Hold Still

Foot Tap

Steady
Down
Up

Breath

Corners
Mouthpiece on face
Tummy out

Tone

Start
Sustain
Release

Grade _____