

"In the fields and forests - music for creativity"

The project aims to strengthen human capital in rural areas by increasing the security of rural populations. To promote the emotional, creative, intellectual and spiritual development of the rural population of Jaunpils municipality and the surrounding area, and to promote interest in the music of Latvian performers. To promote interest in and opportunity to learn to play musical instruments regardless of age. There is a wealth of research available on the positive effects of music on wellbeing, both in terms of listening to music and learning to play a musical instrument.

1. Six two-hour guitar workshops were prepared and conducted in the tablature method, during which part of the Latvian lullaby "Aijā žūžu lāča dēti" was learnt on the guitar.
 - hand warm-up exercises
 - finger warm-up exercises
 - guitar tuning
 - reading tablature for easy melody
2. Information on the event is prepared and published, and registration of participants is organised.
3. Guitar workshops were given a specific date, but participants could choose the time of the workshop.
4. Guitar sessions took place over two Saturdays, with three two-hour workshops on each Saturday.
5. The main target audience was adults. Young people and children with their parents, grandparents and guardians were also invited to participate. Children and young people sometimes also motivate parents to learn new knowledge.
6. The project includes an educational video "Guitar Lesson 1". Youtube.com, Jaunpils RAC Rats



Video lesson text

First guitar lesson | First guitar lesson

Greetings to all who are learning to play the guitar. Let's have a look at some warm-up exercises we can do before we pick up the guitar, it will help to loosen up our hands and make them less tense. The first exercise is very simple- put your palms together, fingers like this. In a circular motion we do the exercise from one side to the other, there is no specific time how long we should do it. It is up to each person. Some people have a more physically demanding day job, others sit more in the office in front of the computer. Hands and wrists are stiff, we need to warm up before we start playing guitar. Afterwards we can leave the fingers in the same position. And repeat the exercise at your discretion. Straighten your arms out in front of you, cover your fingertips with your other hand and turn them towards you. Feel the stretch in the muscle. Do the same with the other hand. Then the downward movement will also help the wrist to become more supple. Do the same for the other arm. Now we can stretch each finger separately. Do not stretch so far that you start to feel pain, we will each feel for ourselves how far the limit is. And the thumb is also stretched in and out in this way. Do the same for the other arm. And the same for the thumb.

Then we can do it like this: we curl each finger one way, one way, in a circular motion. We do the same for the other hand. And we move the thumb as well. Then we can use the thumb of the opposite hand to massage the palm. Both the palm and the pad of the thumb. Often these are the places that get more tired for beginners. And also the forearm from the elbow to the wrist. And the wrist. Then once these exercises have been done, we can just blow out the hands so that they are fully relaxed. If our hands are more relaxed, it will be easier to play the guitar and we won't feel tired and tight in our hands. These were the most elementary warm-up exercises, of course there are many more. But these are the ones I do myself before I pick up the guitar.

Now let's look at how to hold the instrument correctly in your hands, as well as the position of your right and left hands on the instrument.

First, we hold the acoustic guitar with this bend on the right thigh, we try to hold the instrument very close to the belly to keep it straight, because as soon as we hold the guitar like that, it makes it difficult to play with the left hand. The instrument should be held straight, close to the body. In the right hand, we try to keep the elbow on the cant of the guitar body, with the forearm slightly touching the body. And the palm itself is above the cutaway of the acoustic guitar body. Left hand, we put our hand on top of the fretboard. We try to keep the elbow close to the body, the thumb on the fretboard, not over, not under, but on, with a little pressure. And the fingers work accordingly in this position.

Guitar tuning

Before you start playing guitar, it's important to tune the instrument. To make it sound good to the ear. Therefore, a standard six-string guitar should be tuned from the first string MI, SI, SOL, RE, LA, MI and alphabetically as in most tuners E B G D A E. In this particular instrument, the tuner is already built into the guitar. So when I switch it on, I can immediately tune in. Guitars that don't have a built-in tuner have externally mounted tuners. When it comes to tuning an instrument, the next level to aim for is the ability to tune by ear. If there is another instrument nearby that is tuned, then take that instrument as an example. This guitar is tuned in the first string MI and if we look at this guitar we can hear that it is not in the right key. And accordingly after this tuned instrument we can tune this guitar. I myself already feel how the tone should sound to the ears whether it is right or not. For this purpose we can use phone apps that are good, that work on the microphone itself. The phone shows what tone we are in. The apps also have the possibility to feed the tone. We choose a string or a note MI or butra E and the phone plays that note. Of course there are also videos available on youtube saying "tuning notes".

Exercise 1, Fingers and Hand Exercise (Watch video)

Exercise 2, Finger coordination exercise (Watch video)

The third exercise, Finger Flexibility Exercise. (See video)

First finger on the seventh lade, second on the ninth, third on the tenth, fourth on the twelfth. And we play.

Next, we look at the tablatures. Let's try to understand how to read them correctly and the notations that are denoted by numbers. Tablature is a very popular, modern way of writing down the tunes of a particular guitar part or. In this case, let's look at the Latvian folk song "Aijā žūžū lāča dēti". The melody is very simple, but you don't need anything more complicated to start with. The main point is how to read and play the tablature correctly. We see that there are six lines. The lines are used to paint the strings of the guitar. In the tablature, looking from the first line, it will be the first string on the guitar. I remind you that the numbering of the guitar strings is from the bottom.

It is important to remember the position of the hand on the fretboard before we start playing the melody. Each finger is responsible for its own line. Playing in this way will help us to play the melody more easily. Easier, because if you play with one finger you jump around the tuning more. When each finger is responsible for its own lade, it makes the process easier. This melody is simple using the first three staves and a lot of open strings. So let's see, the first action is on the third string, so the 3rd string, the Sol on the guitar string marked ""o" is an open string, which means there's nothing to press. Next we play o 2 01 on the same string on the second stave.

7. The participants had the task to record different sounds of nature and to use them in a melody.
8. Arrangement of a learned melody using "field sound" recordings. Youtube.com Jaunpils RAC Rats



9. The programme is suitable for beginners of all ages. For children under 6 years of age, a two-hour workshop is too long.
10. Twenty-seven participants aged between six and seventy-five years learned to play the guitar at the Guitar Workshop.
11. At the end of the guitar workshop, participants received a certificate of participation in the project and acquired basic guitar skills.

Learning programme

Programme name	"Guitar workshop for beginners"
Programme addressees	Young people and adults of compulsory school age with no previous knowledge of guitar playing
Sources of funding for the programme	Course participants
Programme applicant	Association "Jaunpils regional development center "Wheel""
Contact	October 2020 - December 2020 Jaunpils
Time	6 academic hours or (4 astronomical hours) face-
Location	to-face lessons
Programme scope	4-6
Number of participants	Tutorials in guitar playing using the tablature method.
Brief annotation of the programme	An understanding of what guitar playing is. Raised interest in learning to play the guitar.

Teacher

1. Objectives of the Programme

- 1.1 Develop creative thinking;
- 1.2 To stimulate interest in guitar playing and music of different genres;
- 1.3 Know how to play easy-level music and the tablature method.

2. Objectives for implementing the Programme

- 2.1 To teach the tablature method in guitar playing;
- 2.2 To develop an understanding of different styles of music;
- 2.3 To teach to play easy-level music.

3. Content of programme implementation

- 3.1 Attendance once a week and independent work;

4. Implementation plan for the interest education programme

4.1 The target audience of the programme is: children and young people of compulsory education age, adults;

4.2 Total duration of the programme Two workshops

4.3 Number of children/adults per session - 4 - 6, plus individual sessions

4.4 Duration of the lesson - 120 min,

4.5 Methods used in the programme -

4.5.1 The reproductive method of teaching with its cognitive modes - verbal, visual and practical methods.

5. Resources needed to implement the Programme

5.1 Teacher's salary support - participant payment, co-financing of project funds

5.2 The material and technical basis of the programme - guitars, printer, paper.

5.3 Literature and sources used

1. www.imusic-school.com

2. Latvian Folk Songs for Classical Guitar Part 1 (arranged by Andris Grīnbergs)

3. www.gitarspele.lv

6. Assessment criteria and procedures for evaluating education

6.1 Praise and encouragement for the adult's future development;

6.2 Receipt of a certificate of mastery of basic guitar playing skills in fulfillment of the programme requirements.

7. Expected results of the programme

7.1 Guitar Acceleration;

7.2 Ability to play easy-level pieces;

7.3 Develop creative thinking and the ability to realise creative projects;

7.4 Promotes the development of a sense of rhythm, coordination and harmonic hearing.

N.p. k.	Lesson description	Desired result	Workshop duration
1.	1) Introduction to the instrument, its construction.	Get to know the instrument.	3 academic hours, or 2 astronomical hours

	<p>2) Learning the correct posture for playing an instrument.</p> <p>3) Tuning the instrument. Demonstration by the teacher. Developing harmonic hearing.</p> <p>4) Warm-up exercises for hands and fingers; finger and hand placement on guitar</p> <p>5) Warm-up exercises while playing an instrument - for the development of coordination, sense of rhythm, better and more dexterous use of both hands</p> <p>6) Learning the tabulation method</p> <p>7) Learning the easy melody "Aijā žūžu" using the tablature method, reading from the page</p>	<p>Develops finger dexterity, independence, joint flexibility and freedom.</p> <p>Ability to read chords from a page and play them</p>	
2.	<p>1) Tuning an instrument with the tuner app (learn to listen to notes for tuning)</p> <p>2) Warm-up exercises for hands and toes</p> <p>3) Warm-up exercises while playing an instrument - for the development of coordination, sense of rhythm, better and more dexterous use of both hands</p> <p>4) Learning the melody of the Latvian lullaby "Aijā žūžu bearča dēti", reading the tablature from the page</p> <p>5) Demonstration by the trainer. Reading chords (A; Am; Em,C; D;G,Dm; E7;D7;A7;C7) from the page in tablature method and playing</p> <p>6) Chord playing</p> <p>7) Teacher demonstration. Playing the chords of the Latvian swing song "Aijā žūžu bearča dzeici" from the page.</p>	<p>Ability to read tablature, melody and chords from the page.</p>	<p>3 academic hours, or 2 astronomical hours</p>

Curriculum to be used and republished with reference to "Jaunpils regional development centre "Wheel"", "Guitar workshop for beginners" "Jaunpils regional development centre "Wheel"" "Guitar workshop for beginners", 2021.

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