BEAT'ABOX

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CAJON BEGINNERS COURSE FOR THE ELDERLY

LESSON 1

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LESSON 1

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Duration (mins)	Topic		Objective
20	**Introduction**		Creating an environment where students feel comfortable to embark on a new journey.
	History of Cajon		To understand the history behind the cajon and how it has become a versatile & popular percussion instrument in the world today.
5	**Posture**		To show the proper sitting posture that prevents injuries.
	2 Main Tones		Allow students to hear how the BASS & SLAP tones sound like.
	Hand Placement		To show which parts of the cajon produce good BASS & SLAP tones.
15	**BASS Technique**		Getting a good BASS tone without feeling pain on the student's palm.
	BASS Rhythm Practice		To develop rhythmic skill & awareness of keeping a steady pulse, through active listening. To learn about simple time signatures, bars and cajon notation.
15	**SLAP Technique**		Getting a good SLAP tone without feeling pain on the student's fingers.
	SLAP Rhythm Practice		To develop rhythmic skill & awareness of keeping a steady pulse, through active listening. To learn about simple time signatures, bars and cajon notation.
15	**Breaktime**		
25	**5BX**	1) **Running Man**	To train students on the strength, speed and power on the BASS.
		2) **Alternate**	To train students on the speed, precision and alternating between right and left hands.
		3) **Roti Prata**	To train students on the speed and flexibility.
		4) **Heel-Tip**	To train students on the speed and technique in using heel and tip of the hands to play the tones.
		5) **Finger Roll**	To train students on the strength, speed and flexibility of the fingers. A technique that can be incorporated when playng cajon to give the rhythms more dynamics.
15	**Rock Rhythms 1**		To improve students' ability to apply tonal techniques consistently, by combining both BASS & SLAP tones. To develop rhythmic skill & awareness of keeping a steady pulse, through active listening. To learn about simple time signatures, bars and cajon notation.
10	**Summarize Lesson 1 & Q&A Session**		To help them remember what they have learnt so far and see if they understand the lesson.

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LESSON 2

Duration (mins)	Topic	Objective
5	**Engagement**	To have some small talks to continue to build more bonding with the students.
5	**RECAP** Techniques	To highlight main points of tonal techniques for BASS & SLAP.
5	**RECAP & PRACTICE** 5BX	To continue to practice and train hands and fingers muscles. 1 min for each technique.
10	**RECAP** Rhythms	Getting students to be familiar with what they have learnt in the previous lesson.
20	**Repertoire**	To explore the rhythms above with different styles of music. To improve students' ability to apply tonal techniques consistently, by combining both BASS & SLAP tones. To develop rhythmic skill & awareness of keeping a steady pulse, through active listening. To learn about simple time signatures, bars and cajon notation.
15	**Rock Rhythms 2**	To explore more rhythms and how the dynamics of a song can change by adding more BASS accents.
15	**Breaktime**	
20	**Repertoire**	To explore the rhythms above with different styles of music. To improve students' ability to apply tonal techniques consistently, by combining both BASS & SLAP tones. To develop rhythmic skill & awareness of keeping a steady pulse, through active listening. To learn about simple time signatures, bars and cajon notation.
15	**Rock Rhythms 3**	To explore more rhythms and how the dynamics of a song can change by adding more BASS accents.
10	**Summarize Lesson 2 & Q&A Session**	To help them remember what they have learnt so far and see if they understand the lesson.

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LESSON 3

Duration (mins)	Topic	Objective
5	**Engagement**	To have some small talks to continue to build more bonding with the students.
5	**RECAP** Techniques	To highlight main points of tonal techniques for BASS & SLAP.
5	**RECAP & PRACTICE** 5BX	To continue to practice and train hands and fingers muscles. 1 min for each technique.
15	**RECAP** Rhythms	Getting students to be familiar with the 3 Rock Rhythms and keeping a consistent timing.
20	**Repertoire**	To explore the rhythms above with different styles of music. To improve students' ability to apply tonal techniques consistently, by combining both BASS & SLAP tones. To develop rhythmic skill & awareness of keeping a steady pulse, through active listening. To learn about simple time signatures, bars and cajon notation.
15	**Breaktime**	
15	**Cajon Fill A**	The purpose of a cajon fill is to make the song more engaging. It is a rhythm pattern that's not part of the main rhythms for that particular section of the song.
15	**Cajon Fill B**	To introduce students to another variation of a fill.
15	**Fill A + Fill B**	To help students be more confident in playing transitions between the 2 Fill patterns.
10	**Summarize Lesson 3 & Q&A Session**	To help them remember what they have learnt so far and see if they understand the lesson.

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LESSON 4

Duration (mins)	Topic	Objective
5	**Engagement**	To have some small talks to continue to build more bonding with the students.
5	**RECAP & PRAC-TICE** 5BX	To continue to practice and train hands and fingers muscles. 1 min for each technique.
20	**RECAP** Rhythms & Fills	Getting students to be familiar with the 3 Rock Rhythms and keeping a consistent timing. To remind students the function of a fill. Practice transiting between rhythms and fill.
30	**Repertoire**	To help students better understand when a Fill should be played. To develop an appreciation for music & cajon across different styles of music, with various rhythm patterns. To improve students' ability to apply tonal techniques consistently, by combining both BASS & SLAP tones. To develop rhythmic skill & awareness of keeping a steady pulse, through active listening. To learn about simple time signatures, bars and cajon notation.
15	**Breaktime**	
15	**Rock Rhythms 4**	To explore more rhythms and how the dynamics of a song can change by adding more BASS accents.
20	**Repertoire**	To explore the rhythms above with different styles of music. To improve students' ability to apply tonal techniques consistently, by combining both BASS & SLAP tones. To develop rhythmic skill & awareness of keeping a steady pulse, through active listening. To learn about simple time signatures, bars and cajon notation.
10	**Summarize Lesson 4 & Q&A Session**	To help them remember what they have learnt so far and see if they understand the lesson.

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LESSON 5

Duration (mins)	Topic	Objective
5	**Engagement**	To have some small talks to continue to build more bonding with the students.
5	**RECAP & PRACTICE** 5BX	To continue to practice and train hands and fingers muscles. 1 min for each technique.
15	**RECAP** Rhythms & Fills	Getting students to be familiar with what they have learnt in Lesson 4.
15	**Rock Rhythms 5**	To explore more rhythms and how the dynamics of a song can change by adding more BASS accents.
20	**Repertoire**	To explore the rhythms above with different styles of music. To improve students' ability to apply tonal techniques consistently, by combining both BASS & SLAP tones. To develop rhythmic skill & awareness of keeping a steady pulse, through active listening. To learn about simple time signatures, bars and cajon notation.
15	**Breaktime**	
15	**Rock Rhythms 6**	To explore more rhythms and how the dynamics of a song can change by adding more BASS accents.
20	**Repertoire**	To explore the rhythms above with different styles of music. To improve students' ability to apply tonal techniques consistently, by combining both BASS & SLAP tones. To develop rhythmic skill & awareness of keeping a steady pulse, through active listening. To learn about simple time signatures, bars and cajon notation.
10	**Summarize Lesson 5 & Q&A Session**	To help them remember what they have learnt so far and see if they understand the lesson.

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LESSON 6

Duration (mins)	Topic	Objective
5	**Engagement**	To have some small talks to continue to build more bonding with the students.
5	**RECAP & PRACTICE** 5BX	To continue to practice and train hands and fingers muscles. 1 min for each technique.
15	**RECAP** Rhythms & Fills	Getting students to be familiar with what they have learnt in Lesson 5.
15	**Rock Rhythms 7**	To explore more rhythms and how the dynamics of a song can change by adding more BASS accents.
20	**Repertoire**	To explore the rhythms above with different styles of music. To improve students' ability to apply tonal techniques consistently, by combining both BASS & SLAP tones. To develop rhythmic skill & awareness of keeping a steady pulse, through active listening. To learn about simple time signatures, bars and cajon notation.
15	**Breaktime**	
15	**Rock Rhythms 8**	To explore more rhythms and how the dynamics of a song can change by adding more BASS accents.
20	**Repertoire**	To explore the rhythms above with different styles of music. To improve students' ability to apply tonal techniques consistently, by combining both BASS & SLAP tones. To develop rhythmic skill & awareness of keeping a steady pulse, through active listening. To learn about simple time signatures, bars and cajon notation.
10	**Summarize Lesson 6 & Q&A Session**	To help them remember what they have learnt so far and see if they understand the lesson.

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LESSON 7

Duration (mins)	Topic	Objective
5	**Engagement**	To have some small talks to continue to build more bonding with the students.
5	**RECAP & PRACTICE** 5BX	To continue to practice and train hands and fingers muscles. 1 min for each technique.
15	**RECAP** Rhythms & Fills	Getting students to be familiar with what they have learnt in Lesson 6.
15	**Pop Rhythms 1**	To explore more rhythms and how the dynamics of a song can change by playing BASS accents on off-beats.
20	**Repertoire**	To help students be more confident in playing transitions between all the rhythm patterns. To develop an appreciation for music & cajon across different styles of music, with various rhythm patterns. To develop rhythmic skill & awareness of keeping a steady pulse, through active listening.
15	**Breaktime**	
15	**Pop Rhythms 2**	To explore more rhythms and how the dynamics of a song can change by playing BASS accents on off-beats.
20	**Repertoire**	To help students be more confident in playing transitions between all the rhythm patterns. To develop an appreciation for music & cajon across different styles of music, with various rhythm patterns. To develop rhythmic skill & awareness of keeping a steady pulse, through active listening.
10	**Summarize Lesson 7 & Q&A Session**	To help them remember what they have learnt so far and see if they understand the lesson.

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LESSON 8

Duration (mins)	Topic	Objective
5	**Engagement**	To have some small talks to continue to build more bonding with the students.
5	**RECAP & PRACTICE** 5BX	To continue to practice and train hands and fingers muscles. 1 min for each technique.
15	**RECAP** Rhythms & Fills	Getting students to be familiar with what they have learnt in Lesson 7.
35	**Group Performance Song**	To help students be more confident in playing transitions between all the rhythm patterns. To engage the students to work together for a specific purpose, such as performance. To improve the student's ability to work cooperatively as part of a team, give them a sense of achievement & increase their self-confidence.
15	**Breaktime**	
25	**Group Performance Song**	Continue to choreograph the performance song.
10	**Planning of Individual Performance Songs**	To inspire exploration and composition with various rhythm patterns. Each of them shall perform in front of their classmates in Lesson 9 and 10.
10	**Summarize Lesson 8 & Q&A Session**	To help them remember what they have learnt so far and see if they understand the lesson.

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LESSON 9

Duration (mins)	Topic	Objective
5	**Engagement**	To have some small talks to continue to build more bonding with the students.
50	**Presentation: Individual Performance Songs**	To showcase their progress in learning a new instrument and their greater appreciation for music. To give them a sense of achievement & increase their self-confidence.
15	**Breaktime**	
20	**Feedbacks and Improvisation for the Presentation**	To encourage students and give feedbacks for them to improve. To be presented next lesson again with improvisation.
30	**RECAP** Group Performance Song	Getting students to be familiar with the performance song to be presented next lesson.

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LESSON 10

Duration (mins)	Topic	Objective
5	**Engagement**	To have some small talks to continue to build more bonding with the students.
50	**Presentation: Individual Performance Songs**	To showcase their progress with the improvise version. To give them a sense of achievement & increase their self-confidence.
15	**Breaktime**	
20	**Feedbacks and Celebrations for Individual Achievements**	To encourage students and celebrate them.
5	**Presentation: Group Performance Song**	To improve students' ability to work cooperatively as part of a group. To develop a sense of achievements within their group & increase self-confidence.
25	**Feedbacks, Celebrations and Sharing Time**	To encourage students and celebrate them. A time where the students can share what they have learnt for the 10-weeks sessions, their thoughts and feelings.

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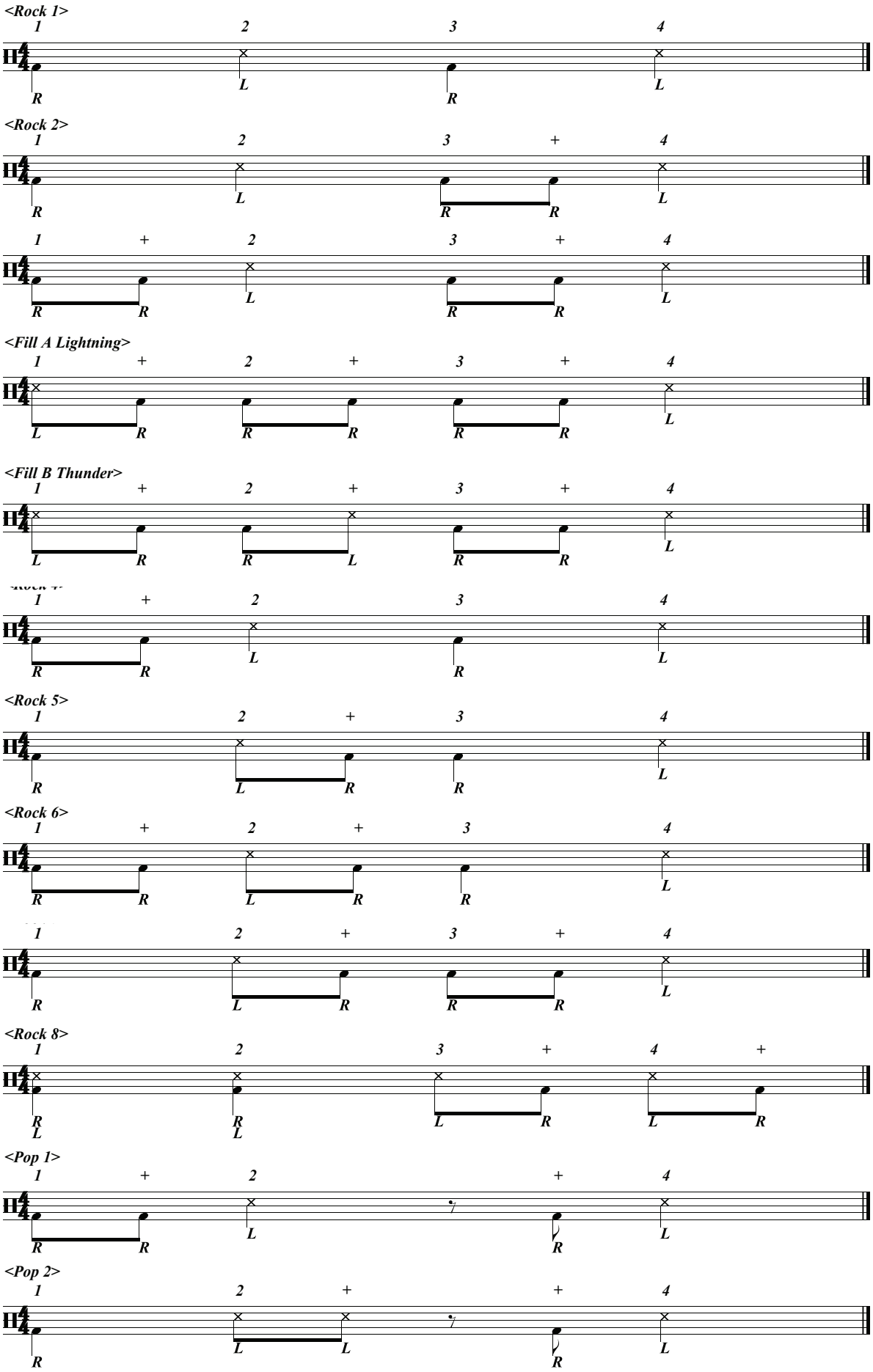
RHYTHM CHARTS


<Rock 1>
1 2 3 4
R L R L
<Rock 2>
1 2 3 + 4
R L R R L
1 + 2 3 + 4
R R L R R L
<Fill A Lightning>
1 + 2 + 3 + 4
L R R R R R L
<Fill B Thunder>
1 + 2 + 3 + 4
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1 + 2 3 4
R R L R L
<Rock 5>
1 2 + 3 4
R L R R L
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1 + 2 + 3 4
R R L R R L
1 2 + 3 + 4
R L R R R L
<Rock 8>
1 2 3 + 4 +
R L R L L R L R
<Pop 1>
1 + 2 + 4
R R L R L
<Pop 2>
1 2 + + 4
R L L R L

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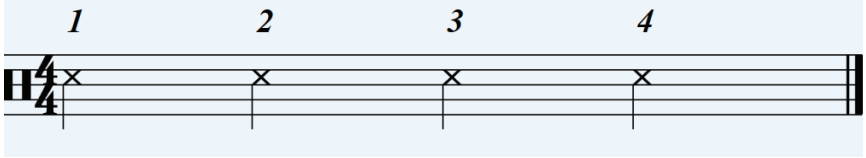
FUNDAMENTALS

SLAP Technique & Rhythm Practice

1



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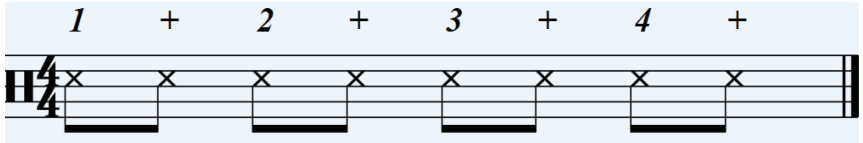

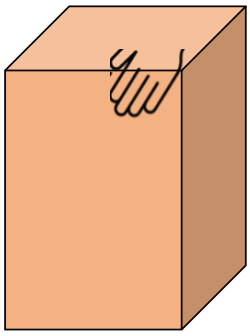

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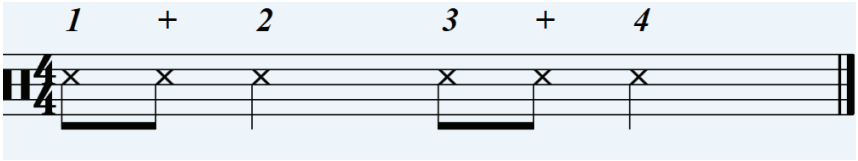

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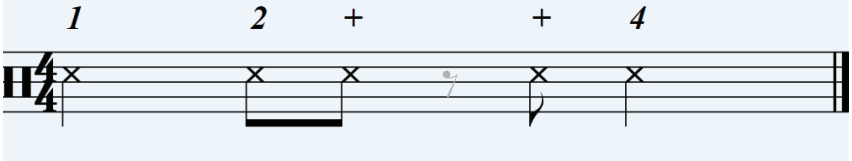
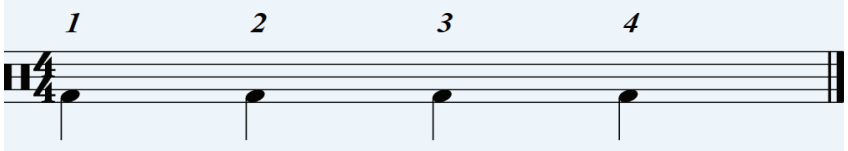


BASS Technique & Rhythm Practice

1



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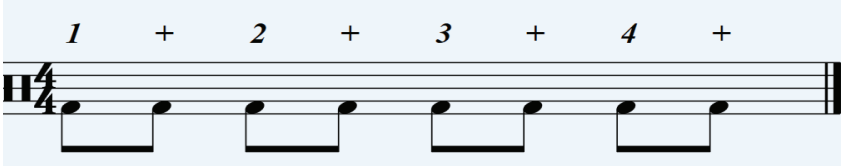

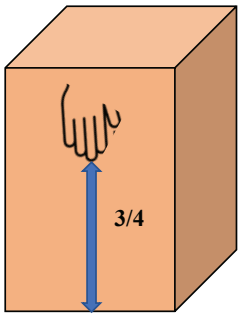

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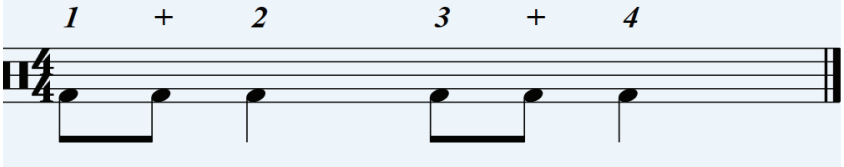

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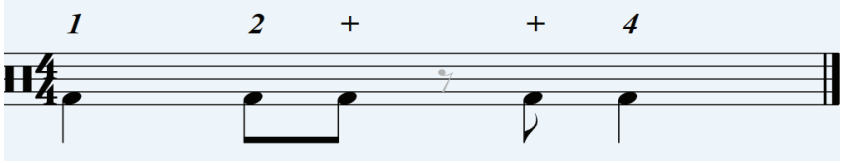
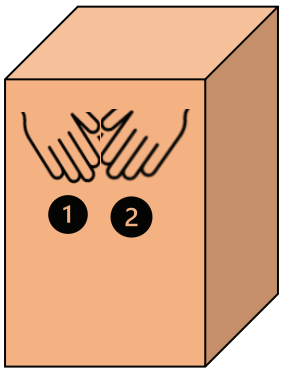
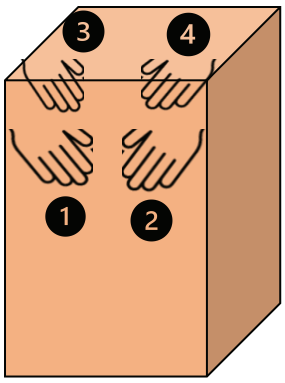


5BX Techniques (5 个手腕和手指运动技巧)

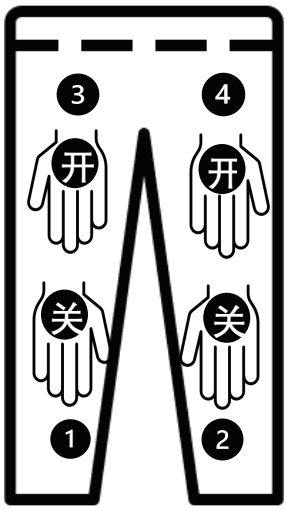
1) Running Man (手腕奔跑敲打)



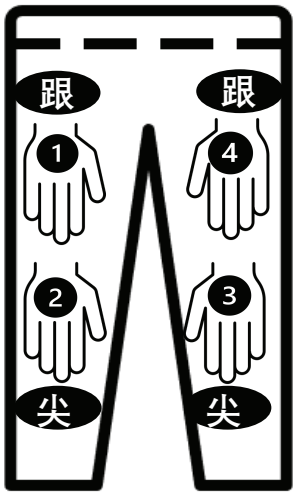
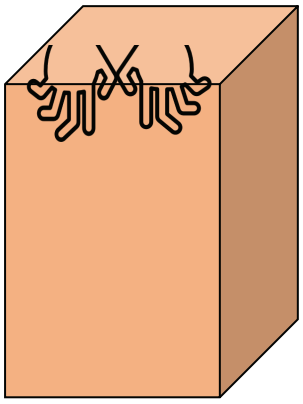
2) Alternate (右左下上)



3) "Roti-Prata" (手腕关开)



4) Heel-Tip (手腕跟尖)



5) Finger Roll (手指运动)