

Warming Up & Moveable Chords Uketorial

Sunday, May 2 2021

Disclaimer: *All advice given here has been taken from various musicians and music educators. It is NOT meant to be a substitute for advice given by medical professionals. If you experience any pain while playing your instrument, please consult your doctor.*

Warming Up

Why do we need to warm up?

Warming up helps avoid injuries and helps us better connect ourselves to our instrument. Overall, we play better and longer when we're properly prepared.

The Mind

Spending a few moments to align our focus can be very helpful. This can be as simple as taking in a few deep breaths or a creating ritual where you do each time you play to signal your brain to think, "We're about to play music. Time to focus!" This can be as simple as drinking a cup of tea and listening to some ukulele music while you get yourself set up for playing. Whatever you need to do to "get you head in the game" is going to help you.

The Body

A physical warm up can be the difference between a fun practice or jam session that makes you excited to keep playing or a painful experience that makes you doubt yourself and worse, could lead to long term injuries.

Here are a few ideas:

- Neck – roll your head (carefully!) to get those cricks and cracks out!
- Shoulders - shrugs and stretches
- Arms – stretch arms out in front of you and pull fingers back
- Back - twists

Don't forget to talk to your doctor if you are having any pain!

Fret Board Work

Now that we've done some stretching, let's move to getting our fingers moving!

These exercises can also be used to warm up your voice by singing along.

Exercise 1:

A -----1-2-3-4--move up one fret--5-4-3-2-----
E -----1-2-3-4-----5-4-3-2-----
C -----1-2-3-4-----5-4-3-2-----
g --1-2-3-4-----5-4-3-2---repeat next fret

Move a fret up and do it again. Start slowly and pick up speed. Try different rhythms for some variation.

Exercise 2:

A -----4---2-----6---4-----
E -----3-----3-----5-----5-----
C -----2-----4-----4-----6-----
g --1-----5---3-----7-----

Look up "Aldrine's Spider" for a great exercise to help you with finger independence!

Warm up your left hand as well! You can go this with some easy finger picking. It doesn't matter what the chords are or the pattern you use (the easier the better but to each their own), just calmly and carefully pluck strings up and down. Again, start slow and steady then pick up speed. Try different rhythms.

Movable Chords

What are "movable patterns" and why are they so important?

Movable chord patterns are chord shapes that can be moved to different locations on the fret board to higher or lower the chord without learning a new chord shape. For example, you can turn a D7 chord into an E7 by keeping your fingers in the same shape but sliding it up the fret board from the second fret to fret 4.

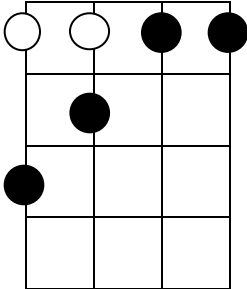
This is handy for several reasons. Sometimes you're faced with a chord you've never played before. If you know a few movable patterns, you may be able to figure it out quickly without digging up a chord chart. Playing the same chord in different locations on the fret board also produces subtle changes in tone (in music, we call them

inversions) which can add variation to your playing. These patterns are also a great way to add funky flourishes to your playing!

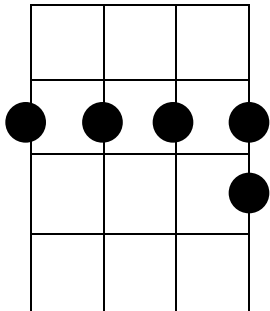
Patterns

These are just a few of the chord shapes that you will likely run into. They are all based on chords we already know. Of course, there are many more that are worth looking up!

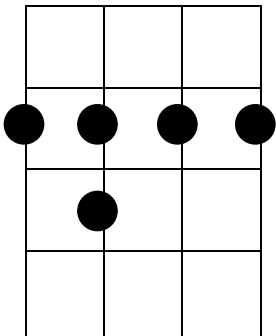
Bb Chord Shape



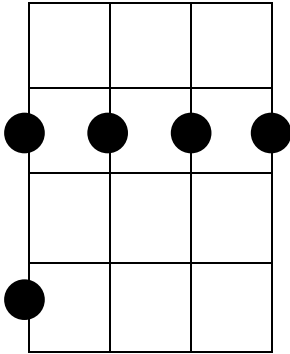
D7 Chord Shape



B7 Chord Shape



Bm Chord Shape



Applying Patterns To Songs

As many of these shapes involve all four fingers on your left hand, getting started with these patterns can be difficult. So when you're first starting to learn these chords, only substitute one chord per song. When that becomes easier, try two chords per song and so on until you're reasonably comfortable. This is a long process so be patient with yourself!

(Songs to try are at the end of document)

Cool Down

Why is a cool down important?

You've been working really hard. Cooling down can prevent stiffness and helps us mentally unwind from a great session.

Musical Mindset

How are you feeling right now? Was that too hard? Or do you feel that with some work, it will become easier?

Many things we do require hard work, discipline, and perseverance and music is no different. Even if we only play to de-stress from a crazy day and have no desire to be a pro, we still need to put some work into our playing. But it's often all too easy to be hard on ourselves when learning anything. Don't be! Give yourself the time to learn. If it takes a month or it takes 10 years, enjoy the process because that's what learning is: a process of committing something to memory and whether you find the subject matter easy or hard, make sure you enjoy it or it will be stressful which is the opposite of what music is.

Musical Cool Down

Make sure you're in a quiet space and you're sitting (or whatever you prefer!) in a comfortable position with your ukulele.

Choose a strum or fingerpicking style that you're most comfortable with. Keep it simple and repetitive like DUDUDUDU

You can use any set of chords that make you happy but for today, we'll be using these:

||: C/// | G/// | C/// | F/// :||

Close your eyes, if you can. If not, try to keep your focus on one thing.

Breathe in as you slowly strum the first bar then, breathe out on the second measure. Continue breathing in and out each time you change chords. Start with normal breaths but as you continue, try bringing in and pushing out more air.

Focus on your breath. Feel it fill your lungs. Listen to the music you're making. The beautiful sounds coming from those vibrating strings. Match your breath to your music and enjoy it.

When you feel calm and collected, slow open your eyes. Begin moving your body slowly so you don't jerk yourself out of the stillness.

Fine

Thank you for joining us today. I hope you learned something and if have any questions, comments, or concerns, please email us at coordinator@saskatoonukulele.com

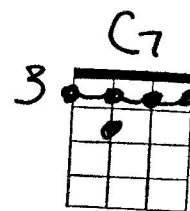
Keep on strummin'!

Flip Flop And Fly

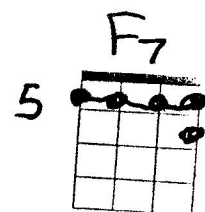
Recorded by Jerry Lee Lewis

Written by Charles Calhoun and Lou Turner

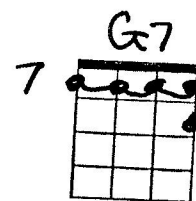
C
Now when I get the blues I get me a rockin' chair
F C
When I get the blues I get me a rockin' chair
G7 F C
And if the blues don't get me gonna rock on away from here



C
I said give me a kiss now hold it a long long time
F C
Give me one more kiss and hold it a long long time
G7 F C
Now love me baby till the feelin' hits my head like wine



C
Oh I said flip flop and fly I don't care if I die
F C
Oh flip flop and fly I don't care if I die
G7 F C
Don't ever leave me don't ever say goodbye



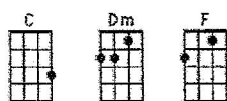
C
Oh when I get lonesome I jump on the telephone
F C
When I get lonesome I jump on the telephone
G7 F C
I call my baby tell her get your little self a back home

C
Oh I'm like a Mississippi bullfrog sittin' on a hollow stump
F C
Yes I'm just like a Mississippi bullfrog sittin' on a hollow stump
G7 F C
I got so many women I don't know which way to jump

C
Flip flop and fly I don't care if I die
F C
Oh flip flop and fly I don't care if I die
G7 F C
Don't ever leave me don't ever say goodbye

Don't Worry, Be Happy

Bobby McFerrin



Whistle 2 x [C] [Dm] [F] [C]

[C] Here's a little song I wrote,
 [Dm] And you can learn it note for note,
 Don't [F] worry, be [C] happy
 In every life we have some trouble,
 [Dm] When you worry you make it double,
 Don't [F] worry, be [C] happy

Ooh's 2 x [C] [Dm] [F] [C]

[C] Ain't got no place to lay your head,
 [Dm] Somebody came and took your bed,
 Don't [F] worry, be [C] happy
 The Landlord say your rent is late,
 [Dm] He may have to litigate,
 Don't [F] worry, be [C] happy

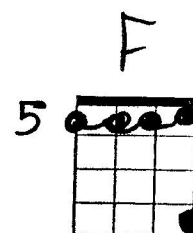
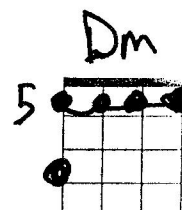
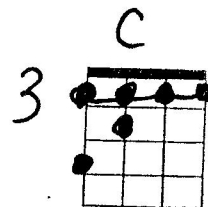
Whistle 2 x [C] [Dm] [F] [C]

[C] Ain't got no cash, ain't got no style,
 [Dm] Ain't got no goal to make you smile,
 Don't [F] worry, be [C] happy
 Cos when you worry, your face will frown,
 [Dm] And that will bring everybody down,
 Don't [F] worry, be [C] happy

Ooh's 2 x [C] [Dm] [F] [C]

[C] Here's a little song I wrote,
 [Dm] And you can learn it note for note,
 Don't [F] worry, be [C] happy
 In your life expect some trouble,
 [Dm] But when you worry you make it double,
 Don't [F] worry, be [C] happy

Whistle 3 x [C] [Dm] [F] [C]



Joy To The World

key:D, artist:Three Dog Night writer:Hoyt Axton

Three Dog Night: <https://www.youtube.com/watch?v=16PUWjdxivc>

[C] [C#] [D]

Jeremiah was a bullfrog **[C] [C#] [D]**
Was a good friend of mine **[C] [C#] [D]**
I never under **[D7]** stood a single **[G]** word he **[Bb]** said
But I **[D]** helped him **[A7]** drink his **[D]** wine
[G7] And he **[D]** always had some **[A7]** mighty fine **[D]** wine

Singin'... **[D]** Joy to the world
[A7] All the boys and **[D]** girls, now
[D] Joy to the **[D7]** fishes in the **[G]** deep blue **[Bb]** sea
[D] Joy to **[A7]** you and **[D]** me

[C] [C#] [D]

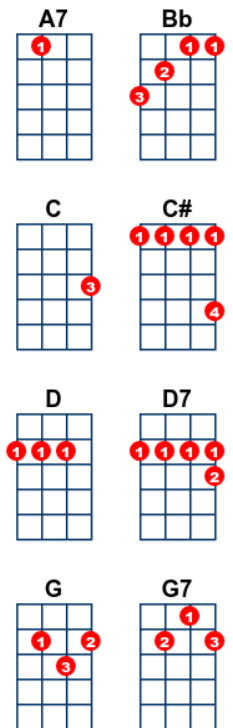
If I were the king of the world **[C] [C#] [D]**
Tell you what I'd do **[C] [C#] [D]**
I'd throw away the **[D7]** cars and the **[G]** bars and the **[Bb]** wars
And **[D]** make sweet **[A7]** love to **[D]** you
[G7] Yes I'd **[D]** make sweet **[A7]** love to **[D]** you

Singin'... **[D]** Joy to the world
[A7] All the boys and **[D]** girls, now
[D] Joy to the **[D7]** fishes in the **[G]** deep blue **[Bb]** sea
[D] Joy to **[A7]** you and **[D]** me

[C] [C#] [D]

You know I love the ladies **[C] [C#] [D]**
I love to have my fun **[C] [C#] [D]**
I'm a high life **[D7]** flyer and a **[G]** rainbow **[Bb]** rider
a **[D]** straight shootin' **[A7]** son-of-a- **[D]** gun
[G7] Yes, A **[D]** straight shootin' **[A7]** son-of-a-**[D]** gun

Singin'... **[D]** Joy to the world
[A7] All the boys and **[D]** girls, now



[D] Joy to the **[D7]** fishes in the **[G]** deep blue **[Bb]** sea
[D] Joy to **[A7]** you and **[D]** me

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