

DESCRIBE YOURSELF CHART

Now that you are familiar with at least a few of the color group characteristics, rank the cards from the one that is most like you to the one that is least like you.

Read About Yourself - Now, turn over the Character Cards and read the back of each. Arrange them again from the one most like you to the one least like you. Score them in the boxes below using a "4" for the most like you, a "3" second, a "2" third, and a "1" for the one least like you.

ORANGE GOLD BLUE GREEN

Describe Yourself. With the boxes below are groups of words in rows. Score each group of words giving yourself "4" for the most like you; "3" for second, "2" for third, and "1" for least like you. (Score words across).

Active Parental Authentic Versatile
 Opportunistic Traditional Harmonious Inventive
 Spontaneous Responsible Compassionate Competent

Competitive Practical Unique Curious
 Impetuous Sensible Empathetic Conceptual
 Impactful Dependable Communicative Knowledgeable

Realistic Loyal Devoted Theoretical
 Open-Minded Conservative Warm Seeking
 Adventurous Organized Poetic Ingenious

Daring Concerned Tender Determined
 Impulsive Procedural Inspirational Complex
 Fun Cooperative Dramatic Composed

Exciting Orderly Vivacious Philosophical
 Courageous Conventional Affectionate Principled
 Skillful Caring Sympathetic Rational

TOTAL

ORANGE GOLD BLUE GREEN

Identify Your True Colors. Now total the columns, including the card points. Your highest score indicates your primary, or brightest, color; the lowest score represents the color that is least like you.

ORANGE

These are the sensory perceptive people, and above all, they must be free to act. Action or "doing" carries its own reward. They do things for the joy of doing. They choose to be impulsive - to act upon the idea of the moment. This is the free spirit, who takes pride in freedom beyond all else.

The words and phrases that best characterize them are:

Urge or whim • Impulse is to really live • Take off for "somewhere else" • Action for itself • Thrive when outcomes not known • Test the limits! • Great in a crisis • Needs variations • Loves tools • Feeling of pride only in freedom • Action cannot be postponed • Precision • Endurance • Boldness • Exciting, light-hearted, and full of fun • Charming, witty • Charged with adventure • Tries new foods and vacation spots • Enjoy randomness • Only temporarily defeated • Waiting is psychological death • Do it now • Joy in doing • Performance • Performing arts • Construction work • Love to wander • Today is today • Fraternal • Spontaneous relationships • Clutter is acceptable • Specific goals unimportant • Process oriented • No desire for closure, completion, or finishing • Generosity, sharing.

GOLD

These are the sensory judging people and above all, must belong. No matter what social unit is involved, they must earn this place of belonging by being useful...by fulfilling responsibilities...by being of service... giving to and caring for others instead of receiving from them.

The words and phrases that best characterize them are:

Must belong • Useful • Belonging must be earned • No free-loader • Caretaker • Work ethic • Parental attitude • Compelled to be bound and obligated • Desires Hierarchy • Should be rules • General theme of pessimism • Store-up • Membership • Socializers • Conservation • Tradition • Fundamentals • Foundations • "Be Prepared" • Responsible • Care for others • Promoter • Home and Family • Dutiful • Sense of history • Hates wasting time • "Shoulds" and "oughts" • Right and Wrong • Must be appreciated (often is not) • Establishes and maintains institutions • Teacher, banker, accountant, officialdom • Saves • Perpetuates heritage • Questions change • Standards • Steadfast • Dependable, reliable • Backbone of institutions and society • Punctual • Schedules • Predictable.

GREEN

They are intuitive thinking people. They seek competence in themselves and others. They need to understand and control life.

The words and phrases that best characterize them are:

Power or control over Nature • Capabilities, abilities, capacities, skills • Love of intelligence • Stores wisdom • Critical of own capabilities • Must be competent • Urgency • Obsessed to learn • Compulsion to improve • Precision, exactitude • Must understand objects and events • "Should-be-able-to's" • Perfectionist • Individualist, may appear arrogant • Constant self-doubt • Can never know enough • Abhors redundancy • Terse, compact, logical • Believes things are obvious to all • Precise language • Learning is a 24-hour preoccupation • Knowledge is play • Must improve continually • Play is work • Develops models, explores ideas, builds systems • Often too abstract for others • Past gives direction to future • Hates errors in logic • Speculates on other's motivations • Often oblivious to others' emotions • Thinks through relationships carefully • Societal rules have little force • Relatively disinterested in wealth • Qualified language patterns.

BLUE

These are intuitive feeling people and above all, must be authentic. They must find their real self, their unique identity, and live their lives as an expression of it. For them, integrity means the unity of inner self with outer expression. Life is a dream, in which they must find meaning.

The words and phrases that best characterize them are:

Becoming • Search for self • Purpose in life is to have a purpose in life! • Hungers for self-actualization • To become real • Hunger for unity and uniqueness • To be in harmony with inner self • To have a life of significance • Making a difference in the world • Sensitive to subtleties • Gestures and metaphoric behavior • Enthusiastic anticipation • Devoted to relationships • Influence upon minds • Writes and speaks with poetic flair • Authenticity • Cultivate potential in others • Can assume varying identities • Powers of empathy • Often withholds self-knowledge from others • Spiritual • Has difficulty placing limits on time and energy • Works towards vision of perfection • Passionate pursuit of creative effort • Can be an intellectual butterfly • Tastes all the abundance of life • Romanticize their experiences • Interested in people-watching • Future oriented • Sees possibilities in people • Bearer of Truth • Eternal commitment to Love.

16 Vowel exercise

Proceed through all 16 vowels in order.

Move up or down a half pitch before going to the next vowel.

Note what each singer needs to do to produce the correct vowel, focus, resonance and ring to match the other's voices [blend].

Keep the target vowel true as you sing through the range.

We Sit Late Men, Have Hind Heart Sun, Mute Moon Full Urge, Long Go Now Joy

The first system of musical notation consists of two staves, treble and bass clef, in a key signature of one flat (B-flat). The treble staff contains three notes: a half note G4, a half note A4, and a half note B4. The bass staff contains three notes: a half note G3, a half note F3, and a half note E3. The word "we" is written below each note. A wavy line above the B4 note indicates a vibrato or a specific vocal quality.

The second system of musical notation consists of two staves, treble and bass clef, in a key signature of one flat. The treble staff contains a sequence of notes: G4, A4, B4, C5, D5, E5, F5, G5. The bass staff contains a sequence of notes: G3, F3, E3, D3, C3, B2, A2, G2. The word "we" is written below the first note. A horizontal line is drawn across the middle of the system, indicating a sustained vowel sound.

The third system of musical notation consists of two staves, treble and bass clef, in a key signature of one flat. The treble staff contains a sequence of notes: G4, A4, B4, C5, D5, E5, F5, G5. The bass staff contains a sequence of notes: G3, F3, E3, D3, C3, B2, A2, G2. The word "we" is written below the first note. A horizontal line is drawn across the middle of the system, indicating a sustained vowel sound.

The fourth system of musical notation consists of two staves, treble and bass clef, in a key signature of one flat. The treble staff contains four notes: G4, A4, B4, C5. The bass staff contains four notes: G3, F3, E3, D3. The word "we" is written below each note. A horizontal line is drawn across the middle of the system, indicating a sustained vowel sound.

INTERPRETATION TECHNIQUES

1. Determine breath patterns
2. Find the climax
3. Look for special words (lyrical importance)
4. Mark dynamics (use scale from 1 to 10)
5. Look for tempo/rhythm patterns
6. Locate places where vocal quality changes

TUNING MARKS

1. Octaves
2. Chopsticks
3. Apply interpretation (as noted above)
4. Awkward jumps (how to minimize)
5. Pythagorean
6. Tuning chords (balance, pitch, etc.)

Principles of Musical Interpretation

1. Interpret the entire song—not line by line
2. Dynamics must be within the ability of the singers
3. Abrupt changes are not often appropriate
4. Don't just hold a note. A cappella music *requires* energy and Forward Motion
5. Vary, don't repeat
6. Flow; even sound and forward motion
7. Lift to all phrase endings –*requires* energy & complete resonance
8. Dynamics, rhythm, tempo are related but separate
9. Keep beat consistent until tempo changes
10. Tempo changes must be made for a good musical reason