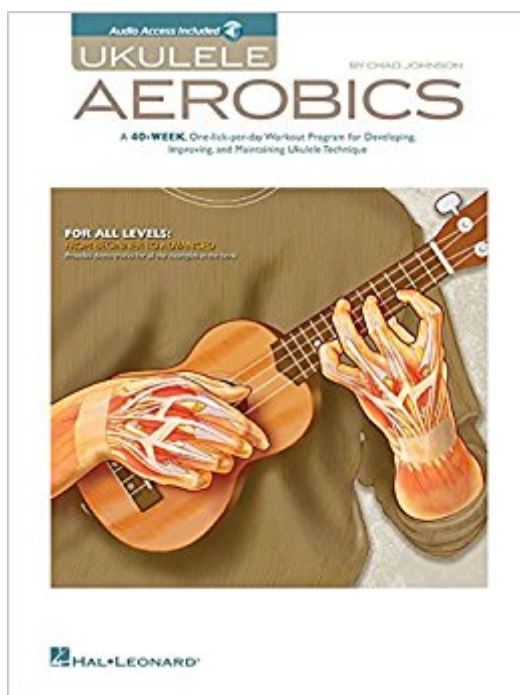




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# Ukulele Aerobics: For All Levels, From Beginner To Advanced



## Synopsis

(Ukulele). A 40-week, one-lick-per-day workout program for developing, improving, and maintaining ukulele technique. This package provides practice material for every day of the week and includes an online audio access code for all the workouts in the book. Follow this program and you'll see increased speed, improved dexterity, better accuracy, heightened coordination and more in your playing. Musical styles include pop, rock, folk, old-time, blues, jazz, reggae and more! Techniques covered include: strumming, fingerstyle, legato and staccato, hammer-ons and pull-offs, slides, bending, damping, vibrato, tremolo and more.

## Book Information

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## Customer Reviews

I am an advanced-beginner Ukulele player. I know a few different strums, a load of chords, can competently strum most songs, and I can pick (not perfect - but I am learning). There are plenty of books out there for beginners and there is a lot of very advanced stuff but not a lot to help players learn to bridge the gap between beginner and expert. With a lot of books that say they are for more advanced players I often start off ok but later get stuck. This book breaks up concepts into small easy to digest daily pieces. The book walks you through and though it starts with super easy "work outs" I do them as there is always something to learn. I am just starting out with this book (past two weeks) but already I highly recommend it. I play every day and I use the exercises in this book to warm up.UPDATE: I am on week 10. I would be a liar if I told you it would be easy; some of the exercises are tricky to get right (Be sure to listen to the CD). BUT so far so good. I am actually

noticing an improvement in my playing!

Who this book is NOT for: Beginners. The only reason this book got a one-star rating from someone is that it is marketed as an 'ALL LEVELS' book, which I consider false advertising (which is why I see it as a four star book). I can say this with some confidence because I've taught hundreds of beginning students to play the ukulele and this book would leave most of them in the dust, discouraged and disheartened. Also, this book is NOT for people who prefer to learn the ukulele organically . . . by which I mean 'one song at a time' (the book includes drills for skills in seven categories, there are no songs in this book). Despite these drawbacks . . . this is an awesome book. Who this book IS for: players with a firm grasp of the basics, that have a good number of chords already under their belt, have good practicing skills, aren't afraid of standard staff notation and are glad to see it side by side with tablature. If this is you, you're going to get a lot out of this book. That said, I consider myself an intermediate player with a lot of musical knowledge that translates over from other instruments I've learned to play. Even with that kind of background, there's some pretty tough stuff in this book that you're going to have to be patient with . . . The toughest part may be the advanced/tricky chord shapes that are thrown out pretty early in the book (I have a hard time understanding the rhyme/reason for the order in which chords are introduced). But, if you're like me, you'll enjoy stretching yourself a bit to make your fingers fit these shapes. I like what one of the other reviewers said about using each week as a daily round of seven drills. I think people will get a lot more out of the book practicing this way as some of the drills are not going to be mastered in a day. WHAT I LOVE: There's stuff in this book I haven't seen anywhere else, and I've bought about twenty instructional ukulele books in my quest to be a better teacher. Also, as a singer/songwriter, it is so nice to be able to pick up new techniques, fingerpicking, strumming, chords, riffs to inspire my own writing.

I'm a professional pianist and have been practicing the craft my whole life. I picked up the uke a couple of months ago because I wanted to learn an instrument which was portable and could play both chords and melody. I tried the guitar but found the learning curve with 6 strings too much. The uke is a perfect alternative for me. I looked through several method/beginning books which got me started but most were so simplistic they put me off. The beauty of this book is that he starts you off with interesting chords, scales and riffs. Having learned a great many chords already, I am ready for the challenges presented here. Kudos to the author for not producing just another "basic" book. I'm going to leave my innate desire to move ahead and just do the daily work of mastering each

lesson. Pedantic note to non-musicians: learning any instrument means putting in the time. Go SLOWLY! If you can't play an exercise SLOWLY you can't hope to ever play it smoothly at a faster tempo. Slow study builds the muscle memory. Period. Learning almost anything--think of learning a foreign language--is all about repetition: endless repetition. There is nothing natural to your fingers and hands in playing the uke (or the piano). Your body needs time to adjust to awkward new demands. End of lecture. Enjoy your uke! You'll enjoy it even more if you buy and use this book. Thanks, Jake!

This is by far the best book I've encountered that not only improves playing skills and technique but makes it addictive. I know I'm supposed to do one week at a time, but I can't stop. I took the book to my uke class and usurped the entire lesson since the teacher was also hooked. I've even emailed the author when I couldn't understand chord fingering, and he immediately responded with suggestions. My only issue regarding the book/CD version is that one must replay the whole track to hear just one day's lesson. (A track = one week of lessons.) I have the book and CD and regularly take notes in the printed version, so I recommend buying that BUT ALSO recommend buying the iBooks version (which I did) so that you can play each exercise separately without playing the whole track. Check out the two-week sample and you'll see what I mean. Anyway, this program is good enough that it's worth buying both the printed version and the iBook version. Don't let the first two weeks fool you. This quickly becomes challenging and extremely interesting. There are no songs, but every day's lesson offers something to improve your own skills, from chords, to strumming, to fingerstyle, to scale exercises, to legato exercises and licks & riffs. A beginner would need to stick with week one and two for a while; an intermediate player to advanced won't want to stop. It's that good.--Susan

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