

Track 3: Music

Category: Rhythm

Syllable Chart**Syllable Chart****Vowels**

1	Uu	(as in "Moo")
2	Uh	(as in "Ugg")
3	Oh	(as in "Go")
4	Ah	(as in "Father")
5	Aah	(as in "At")
6	Eh	(as in "Egg")
7	Ee	(as in "Wee")

Consonant/Vowel Combinations - 119 Total

	<u>Uu</u>	<u>Uh</u>	<u>Oh</u>	<u>Ah</u>	<u>Aah</u>	<u>Eh</u>	<u>Ee</u>
1	Buu	Buh	Boh	Bah	Baah	Beh	Bee
2	Cuu	Cuh	Coh	Cah	Caah	Ceh	Cee
3	Duu	Duh	Doh	Dah	Daah	Deh	Dee
4	Fuu	Fuh	Foh	Fah	Faah	Feh	Fee
5	Guu	Guh	Goh	Gah	Gaah	Geh	Gee
6	Huu	Huh	Hoh	Hah	Haah	Heh	Hee
7	Juu	Juh	Joh	Jah	Jaah	Jeh	Jee
8	Kuu	Kuh	Koh	Kah	Kaah	Keh	Kee
9	Luu	Luh	Loh	Lah	Laah	Leh	Lee
10	Muu	Muh	Moh	Mah	Maah	Meh	Mee
11	Nuu	Nuh	Noh	Nah	Naah	Neh	Nee
12	Puu	Puh	Poh	Pah	Paah	Peh	Pee
13	Ruu	Ruh	Roh	Rah	Raah	Reh	Ree
14	Suu	Suh	Soh	Sah	Saah	She	See
15	Tuu	Tuh	Toh	Tah	Taah	The	Tee
16	Wuu	Wuh	Who	Wah	Waah	Weh	Wee
17	Zuu	Zuh	Zoh	Zah	Zaah	Zeh	Zee

Scat Sounds

Shwee	Du	Dah	Bop	Doot-n
Skwee	Ooh	Sha	Dop	Doodle-n
Dwee	Shu	What	Vop	Dot-n
Bee	Bu	Bah	Bot	Dweedle-ee
Vee	Sku	Yah	Zot	Du-ee-ah
Zee	Vu	Vah	Dit	
Wee		Dow	Dot	
De		Duh	Yot	
			Shot	
			Doot	
			Dup	
			Bup	
			Dut	

Tabla Sounds (Bol)

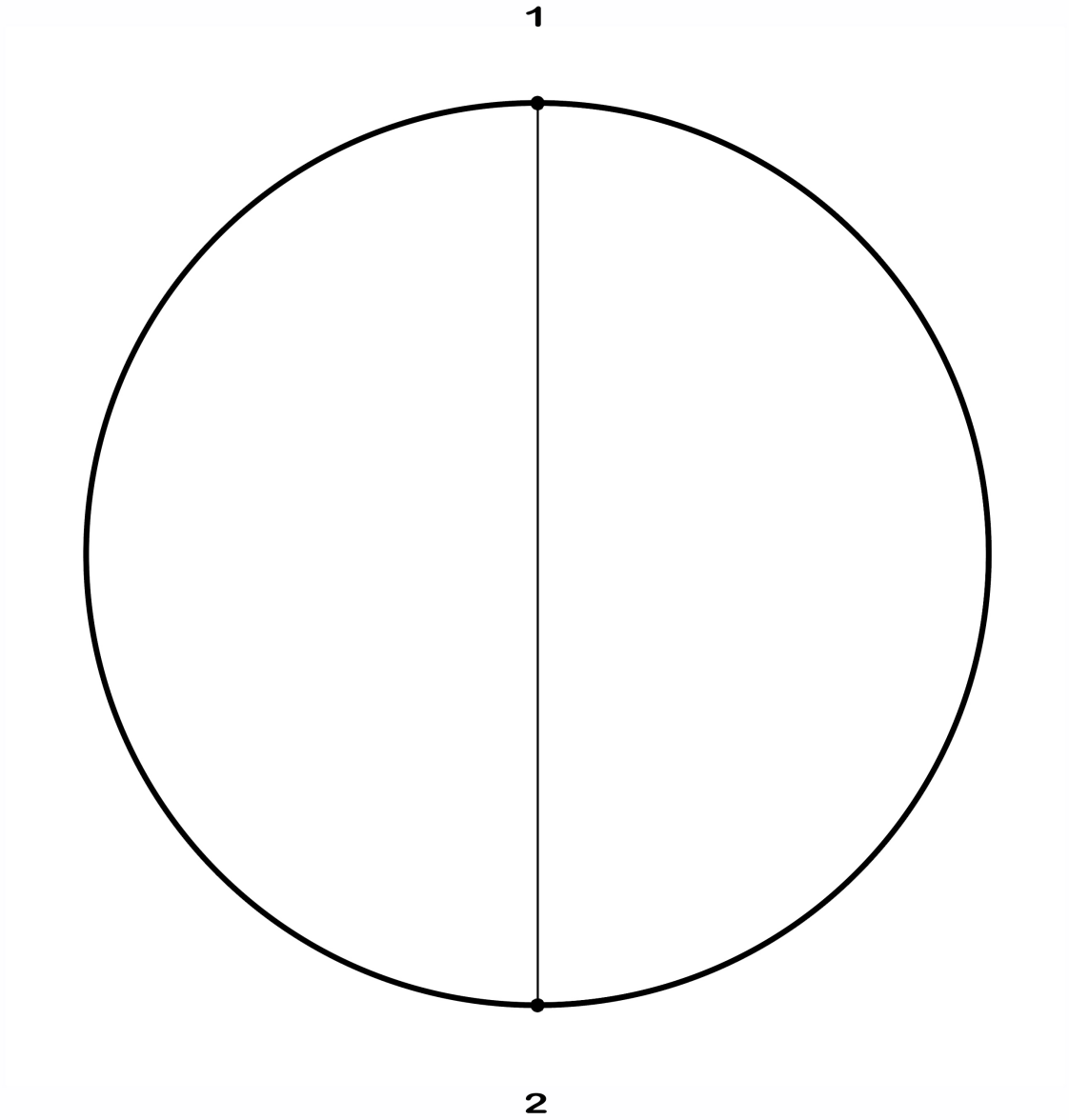
Daah (as in "Add")	Din	Guh	Na	Ti	Ti Ra Ki Ta
		Kuh	Ta		Ti Ta
		Nuh			

Body Percussion List

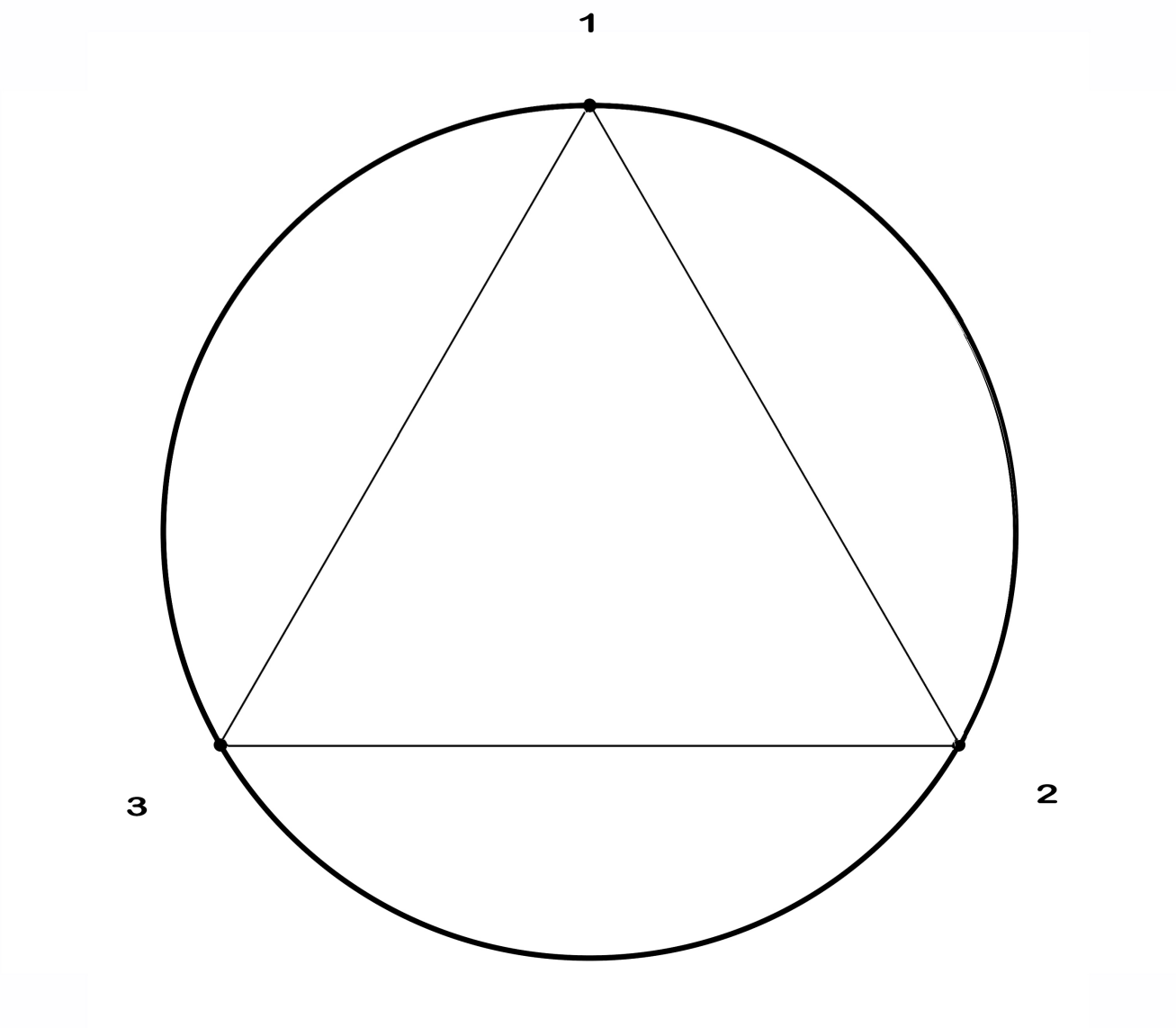
Body Percussion Chart

Chest Tap
Slap Chest - Both Hands
Slap Chest - Left Hand
Slap Chest - Right Hand
Tap Chest - Both Hands
Tap Chest - Left Hand
Tap Chest - Right Hand
Finger Snap - Both Hands
Finger Snap - Left Hand
Finger Snap - Right Hand
Clap (Flat Hands)
Cupped Clap
Upper Leg - Both Hands
Upper Left Leg - Left Hand
Upper Right Leg - Right Hand
Upper Left Leg - Right Hand
Upper Right Leg - Left Hand
Stomp - Both Feet
Stomp - Left Foot
Stomp - Right Foot
Stationary Step - Left Foot
Stationary Step - Right Foot
Slap Left Foot - Left Hand
Slap Right Foot - Right Hand
Slap Left Foot - Right Hand
Slap Right Foot - Left Hand

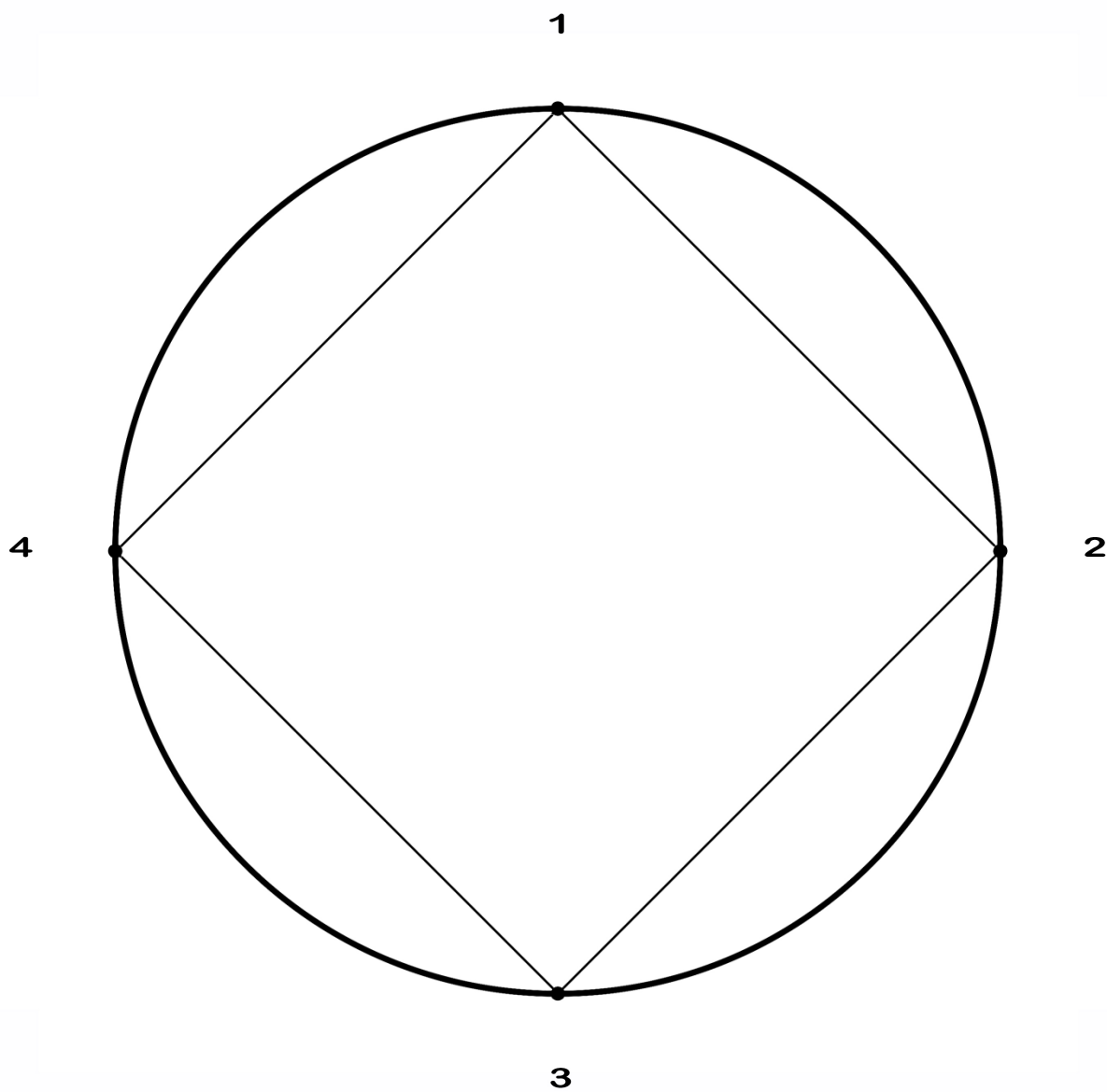
2 Beat Cycle Circle Template



3 Beat Cycle Circle Template



4 Beat Cycle Circle Template



Counting Subdivisions - 4 Beat Cycles

#T3-1

Track 3: Music

Category: Rhythm

SUBDIVISIONS

4 Subdivisions Possibilities

FOUR

2 Divisions

Examples

1,3

1,1,2,3

2,2

1,2,1,2

3,1

1,2,3,1

3 Divisions

Examples

1,1,2

1,1,1,2

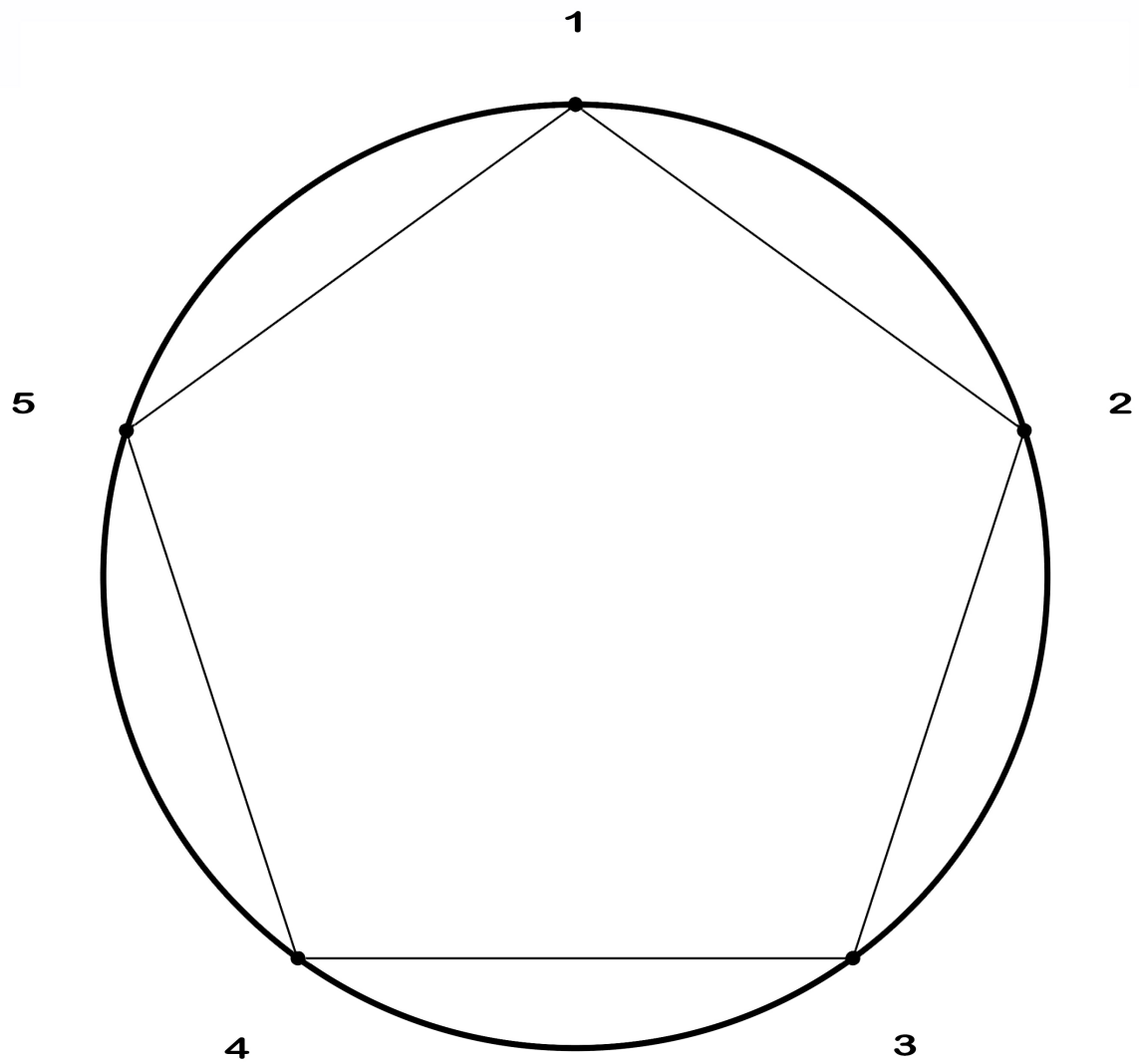
1,2,1

1,1,2,1

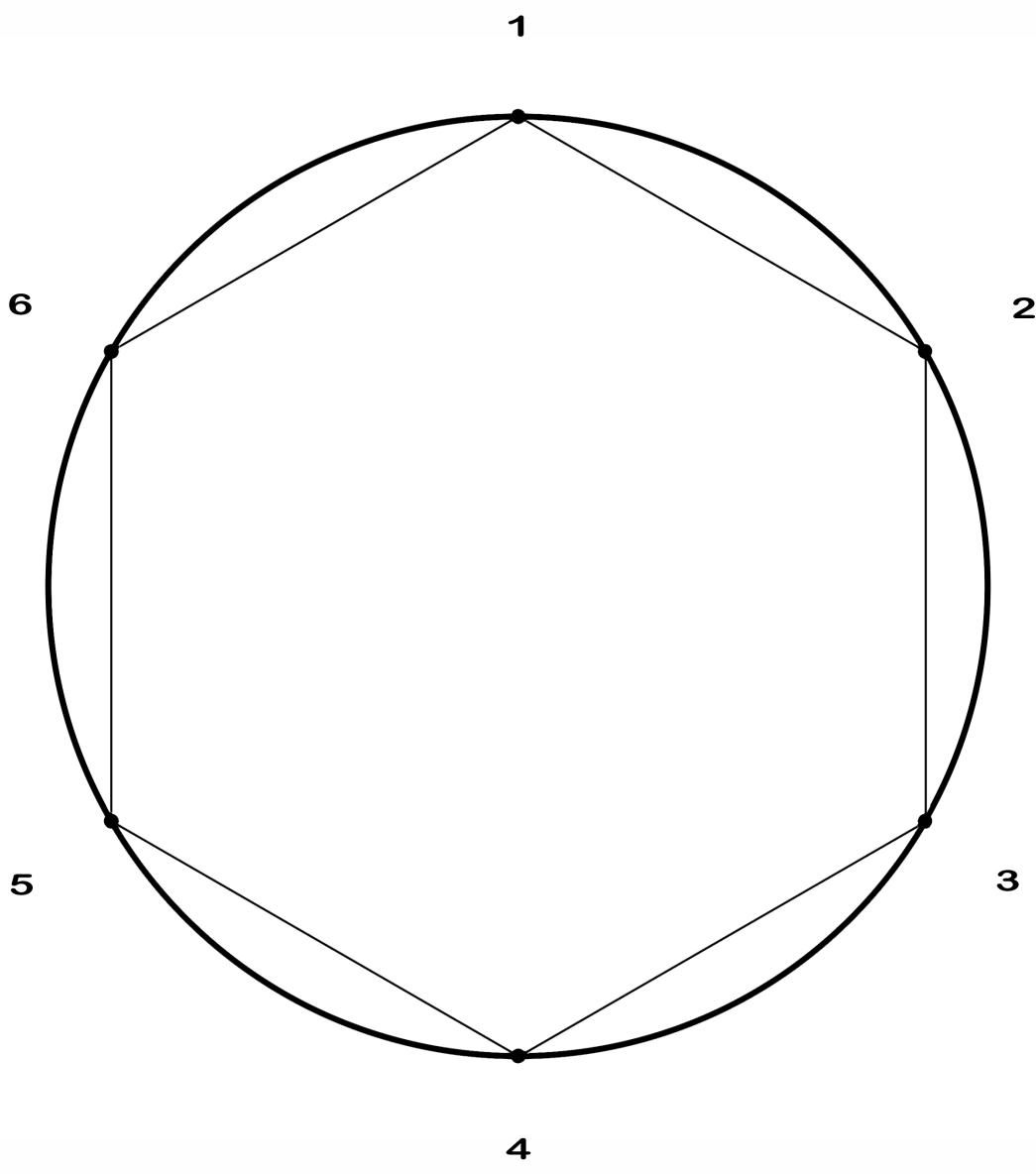
2,1,1

1,2,1,1

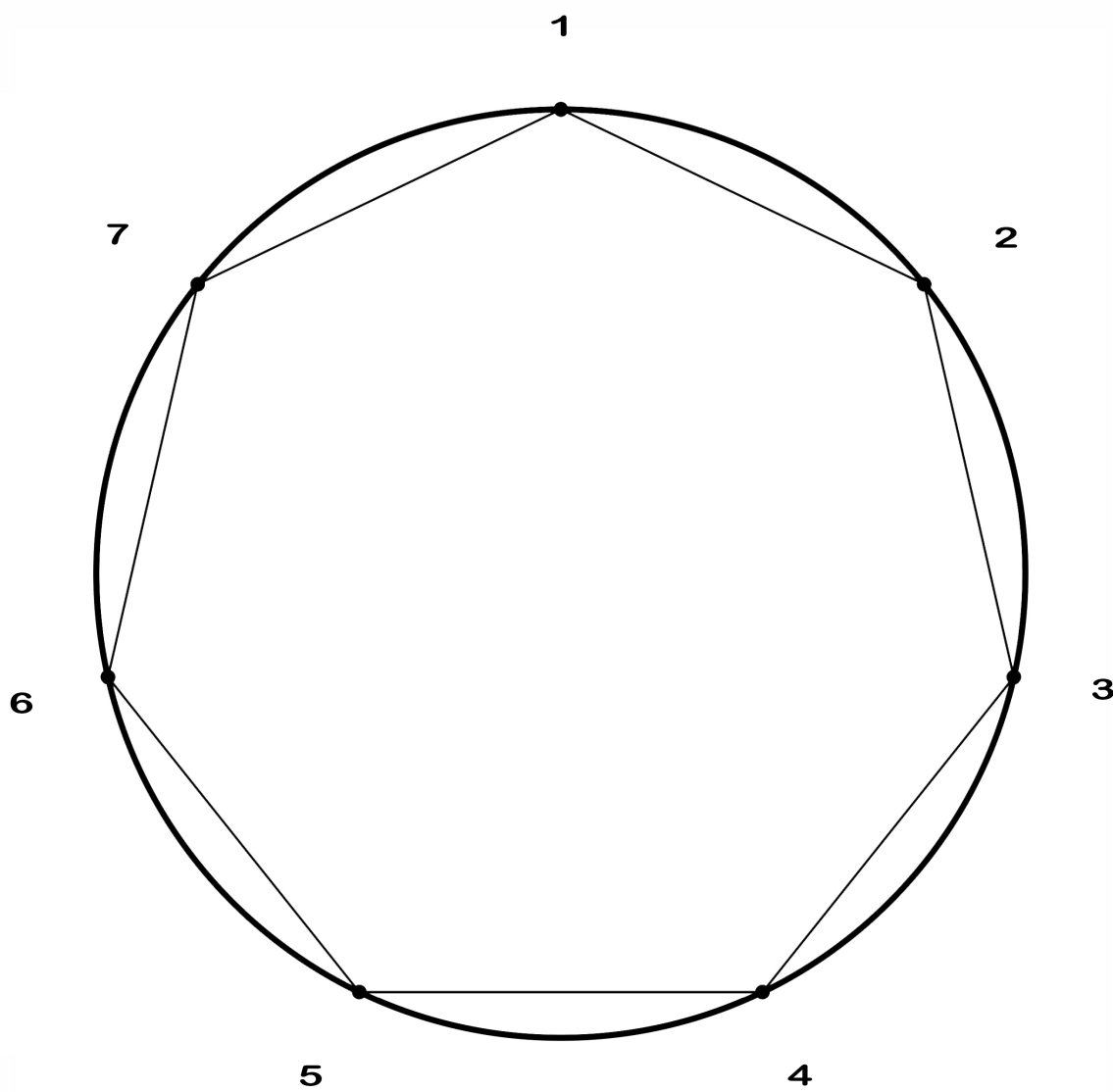
5 Beat Cycle Circle Template



6 Beat Cycle Circle Template



7 Beat Cycle Circle Template



Track 3: Music

Category: Rhythm

4-7 Cycle Subdivision Possibilities

SUBDIVISIONS

FOUR

<u>2 Divisions</u>	<u>Examples</u>	<u>3 Divisions</u>	<u>Examples</u>
1,3	1,1,2,3	1,1,2	1,1,1,2
2,2	1,2,1,2	1,2,1	1,1,2,1
3,1	1,2,3,1	2,1,1	1,2,1,1

FIVE

<u>2 Divisions</u>	<u>Examples</u>	<u>3 Divisions</u>	<u>Examples</u>	<u>4 Divisions</u>	<u>Examples</u>
1,4	1,1,2,3,4	1,1,3	1,1,1,2,3	2,1,1,1	1,2,1,1,1
2,3	1,2,1,2,3	3,1,1	1,2,3,1,1	1,2,1,1	1,1,2,1,1
3,2	1,2,3,1,2	1,3,1	1,1,2,3,1	1,1,2,1	1,1,1,2,1
4,1	1,2,3,4,1	1,2,2	1,1,2,1,2	1,1,1,2	1,1,1,1,2
		2,2,1	1,2,1,2,1		
		2,1,2	1,2,1,1,2		

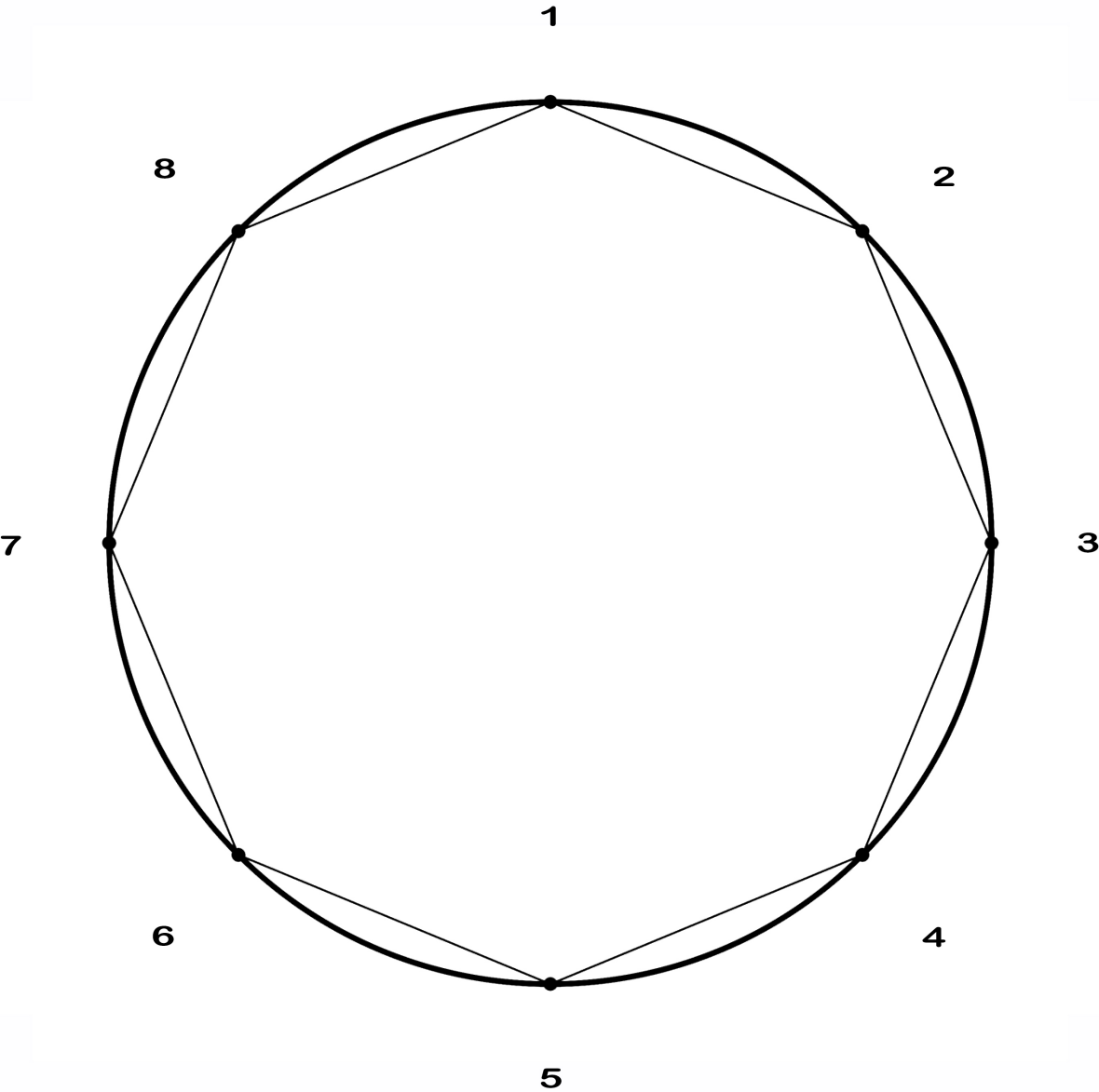
SIX

<u>2 Divisions</u>	<u>Examples</u>	<u>3 Divisions</u>	<u>Examples</u>	<u>4 Divisions</u>	<u>Examples</u>	<u>5 Divisions</u>	<u>Examples</u>
1,5	1,1,2,3,4,5	1,1,4	1,1,1,2,3,4	1,1,1,3	1,1,1,1,2,3	1,2,1,1,1	1,1,2,1,1,1
5,1	1,2,3,4,5,1	4,1,1	1,2,3,4,1,1	1,3,1,1	1,1,2,3,1,1	1,1,2,1,1	1,1,1,2,1,1
2,4	1,2,1,2,3,4	1,4,1	1,1,2,3,4,1	1,1,3,1	1,1,1,2,3,1	1,1,1,2,1	1,1,1,1,2,1
4,2	1,2,3,4,1,2	1,2,3	1,1,2,1,2,3	3,1,1,1	1,2,3,1,1,1	1,1,1,1,2	1,1,1,1,1,2
3,3	1,2,3,1,2,3	1,3,2	1,1,2,3,1,2	1,1,2,2	1,1,1,2,1,2	2,1,1,1,1	1,2,1,1,1,1
		2,3,1	1,2,1,2,3,1	1,2,2,1	1,1,2,1,2,1		
		2,1,3	1,2,1,1,2,3	1,2,1,2	1,1,2,1,1,2		
		3,1,2	1,2,3,1,1,2				
		3,2,1	1,2,3,1,2,1				

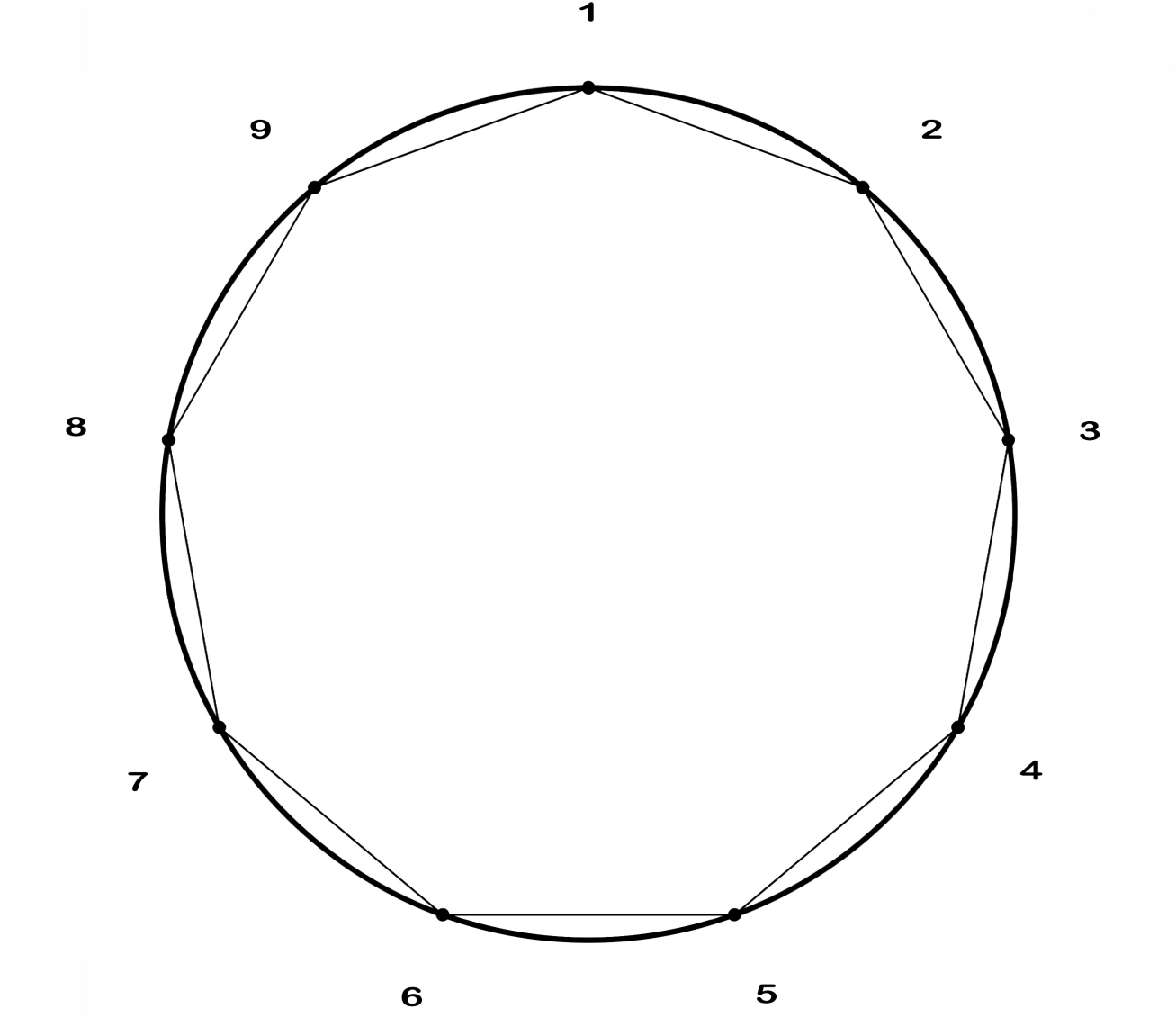
SEVEN

<u>2 Divisions</u>	<u>Examples</u>	<u>3 Divisions</u>	<u>Examples</u>	<u>4 Divisions</u>	<u>Examples</u>	<u>5 Divisions</u>	<u>Examples</u>	<u>6 Divisions</u>	<u>Examples</u>
1,6	1,1,2,3,4,5,6	1,1,5	1,1,1,2,3,4,5	1,1,1,4	1,1,1,1,2,3,4	1,1,1,2,2	1,1,1,1,2,1,2	1,1,1,1,1,2	1,1,1,1,1,1,2
6,1	1,2,3,4,5,6,1	1,2,4	1,1,2,1,2,3,4	1,4,1,1	1,1,2,3,4,1,1	1,1,2,1,2	1,1,1,2,1,1,2	1,2,1,1,1,1	1,1,2,1,1,1,1
2,5	1,2,1,2,3,4,5	1,3,3	1,1,2,3,1,2,3	1,1,4,1	1,1,1,2,3,4,1	1,1,2,2,1	1,1,1,2,1,2,1	1,1,2,1,1,1	1,1,1,2,1,1,1
5,2	1,2,3,4,5,1,2	1,4,2	1,1,2,3,4,1,2	1,1,2,3	1,1,1,2,1,2,3	1,2,1,1,2	1,1,2,1,1,1,2	1,1,1,2,1,1	1,1,1,1,2,1,1
3,4	1,2,3,1,2,3,4	1,5,1	1,1,2,3,4,5,1	1,1,3,2	1,1,1,2,3,1,2	1,2,1,2,1	1,1,2,1,1,2,1	1,1,1,1,2,1	1,1,1,1,2,1,1
4,3	1,2,3,4,1,2,3	2,1,4	1,2,1,1,2,3,4	1,2,3,1	1,1,2,1,2,3,1	1,2,2,1,1	1,1,2,1,2,1,1	1,1,1,1,2,1	1,1,1,1,2,1,1
		2,2,3	1,2,1,2,1,2,3	1,2,1,3	1,1,2,1,1,2,3	2,1,1,1,2	1,2,1,1,1,1,2		
		2,3,2	1,2,1,2,3,1,2	1,3,1,2	1,1,2,3,1,1,2	2,1,1,2,1	1,2,1,1,1,2,1		
		2,4,1	1,2,1,2,3,4,1	1,3,2,1	1,1,2,3,1,2,1	2,1,2,1,1	1,2,1,1,2,1,1		
		3,1,3	1,2,3,1,1,2,3	2,1,2,2	1,2,1,1,2,1,2	2,2,1,1,1	1,2,1,2,1,1,1		
		3,3,1	1,2,3,1,2,3,1	2,2,2,1	1,2,1,2,1,2,1				
		3,2,2	1,2,3,1,2,1,2	2,2,1,2	1,2,1,2,1,1,2				
		4,2,1	1,2,3,4,1,2,1	3,1,1,2	1,2,3,1,1,1,2				
		4,1,2	1,2,3,4,1,1,2	3,1,2,1	1,2,3,1,1,2,1				
		5,1,1	1,2,3,4,5,1,1	3,2,1,1	1,2,3,1,2,1,1				
				4,1,1,1	1,2,3,4,1,1,1				

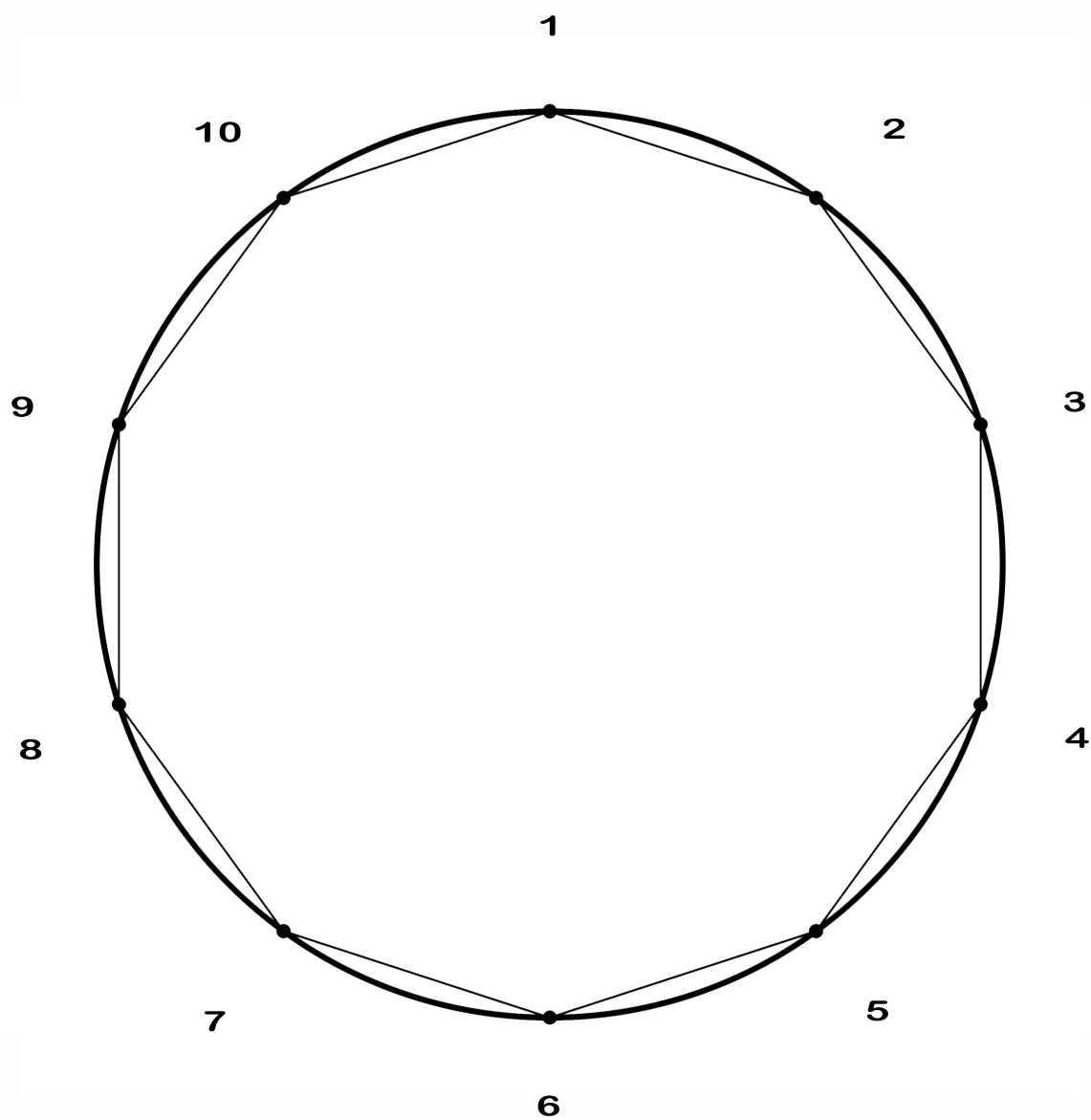
8 Beat Cycle Circle Template



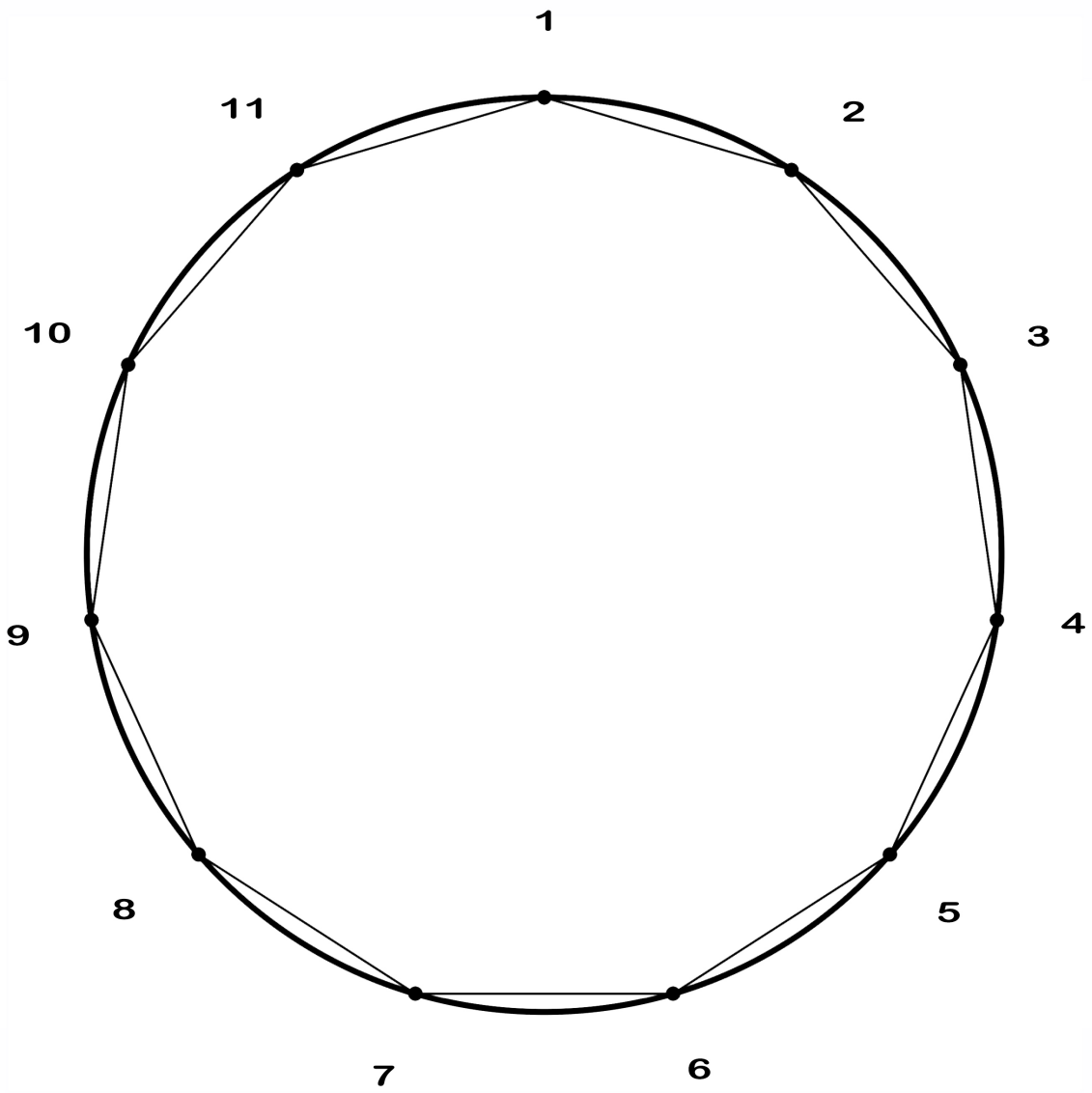
9 Beat Cycle Circle Template



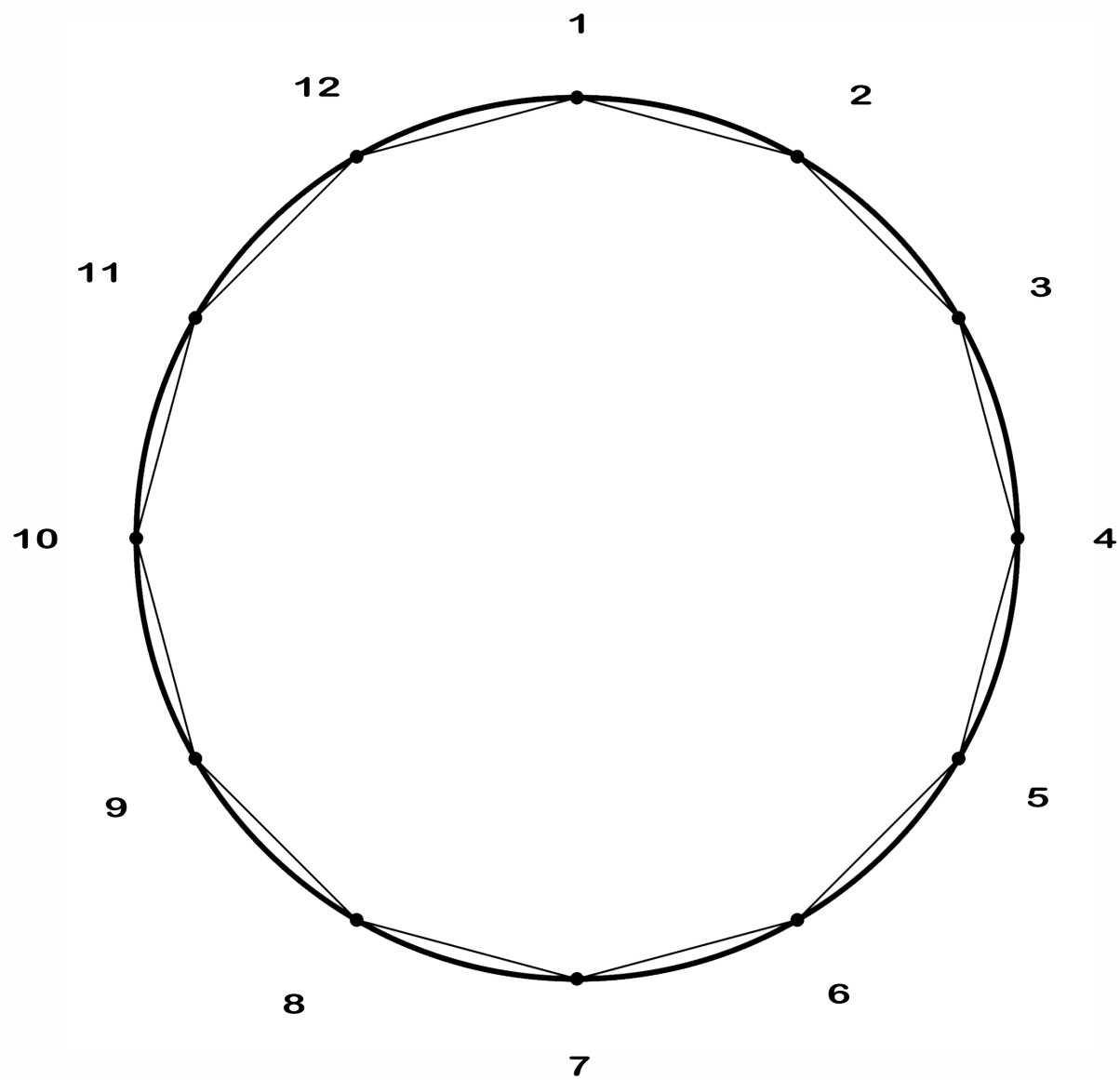
10 Beat Cycle Circle Template



11 Beat Cycle Circle Template



12 Beat Cycle Circle Template



Counting Subdivisions - 4 Beat Cycles

#T3-1

Track 3: Music Category: Rhythm

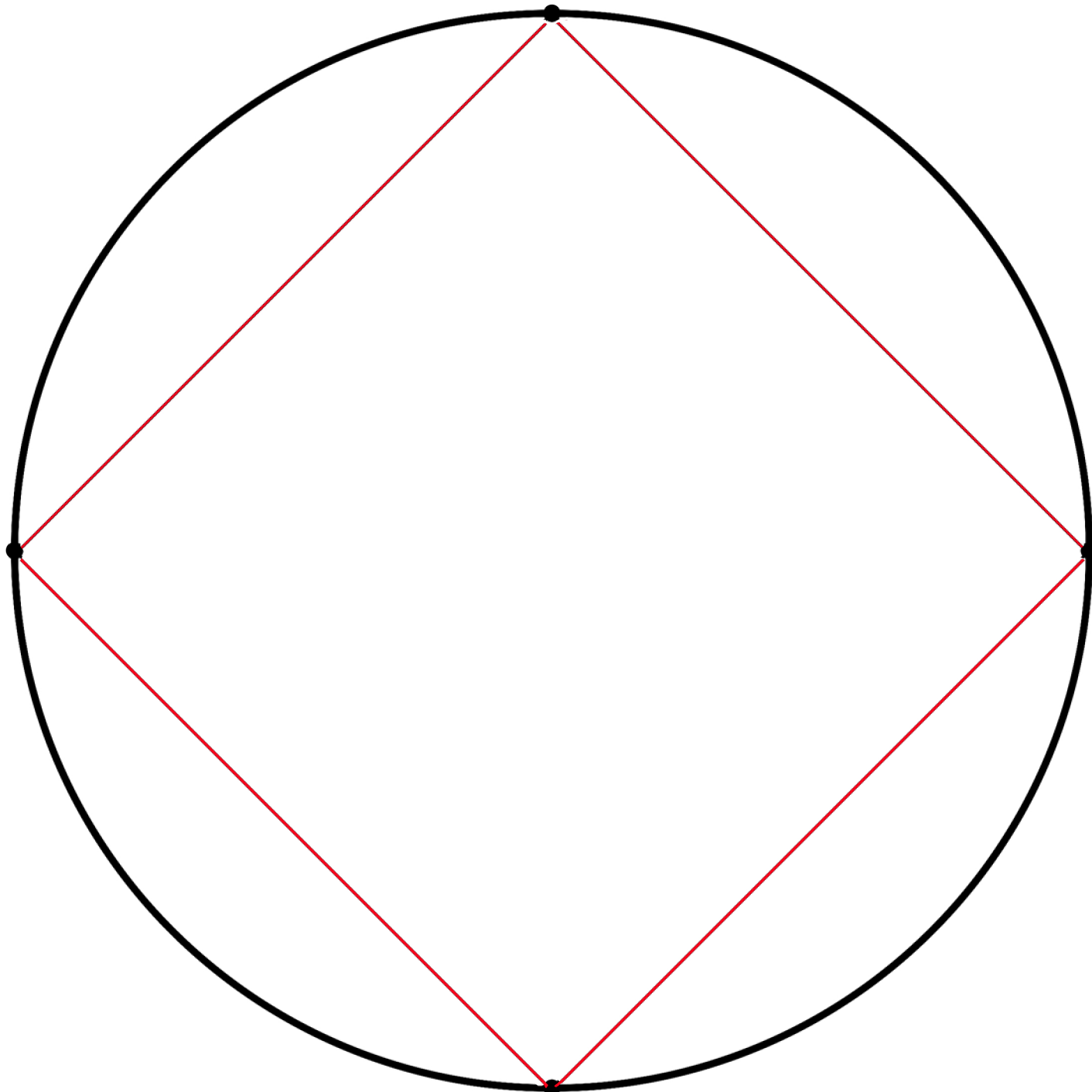
1,3 Subdivision Example

1

3

1

2



Counting Subdivisions - 4 Beat Cycles

#T3-1

Track 3: Music Category: Rhythm

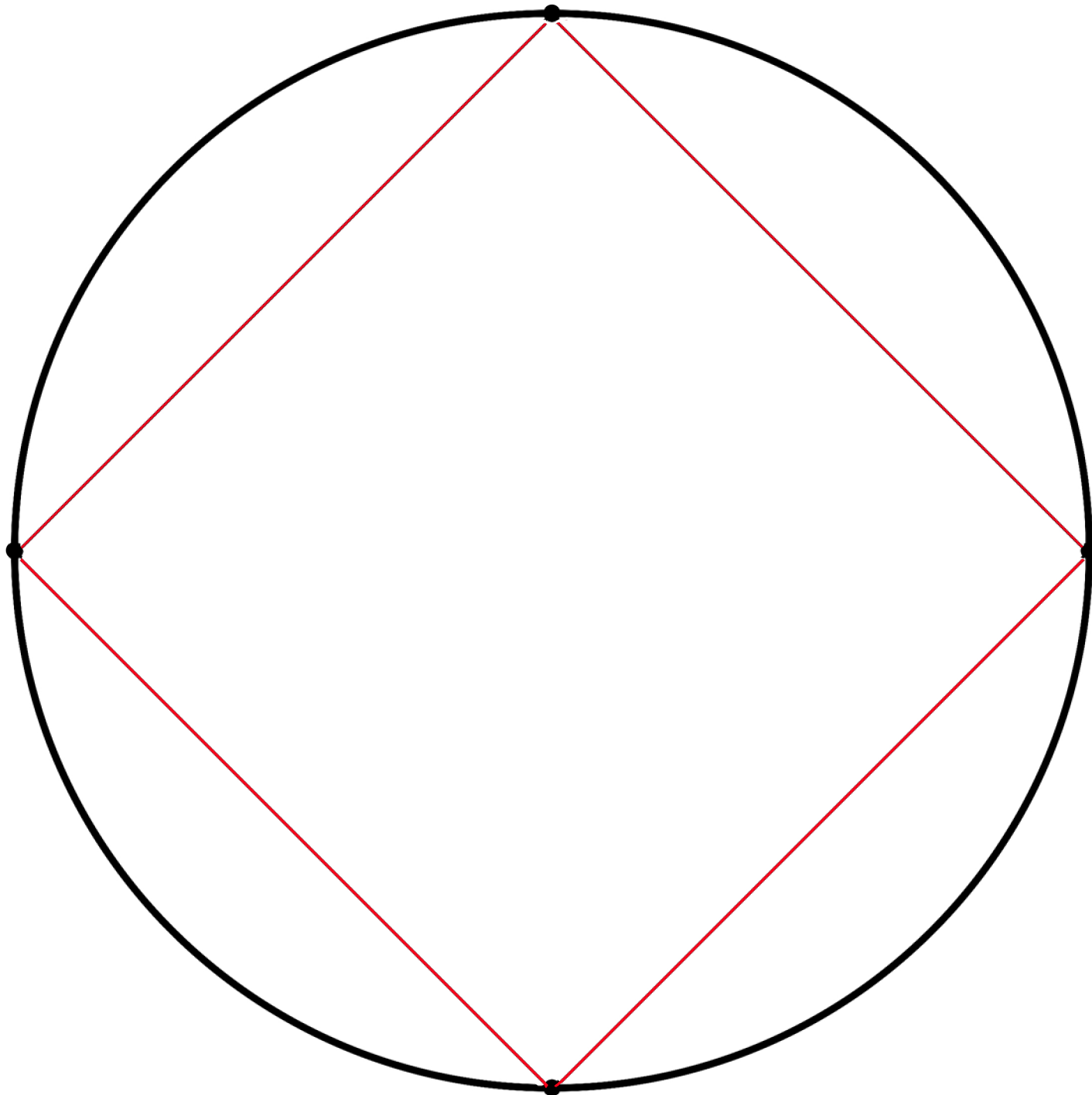
2,2 Subdivision Example

1

2

2

1



Counting Subdivisions - 4 Beat Cycles

#T3-1

Track 3: Music Category: Rhythm

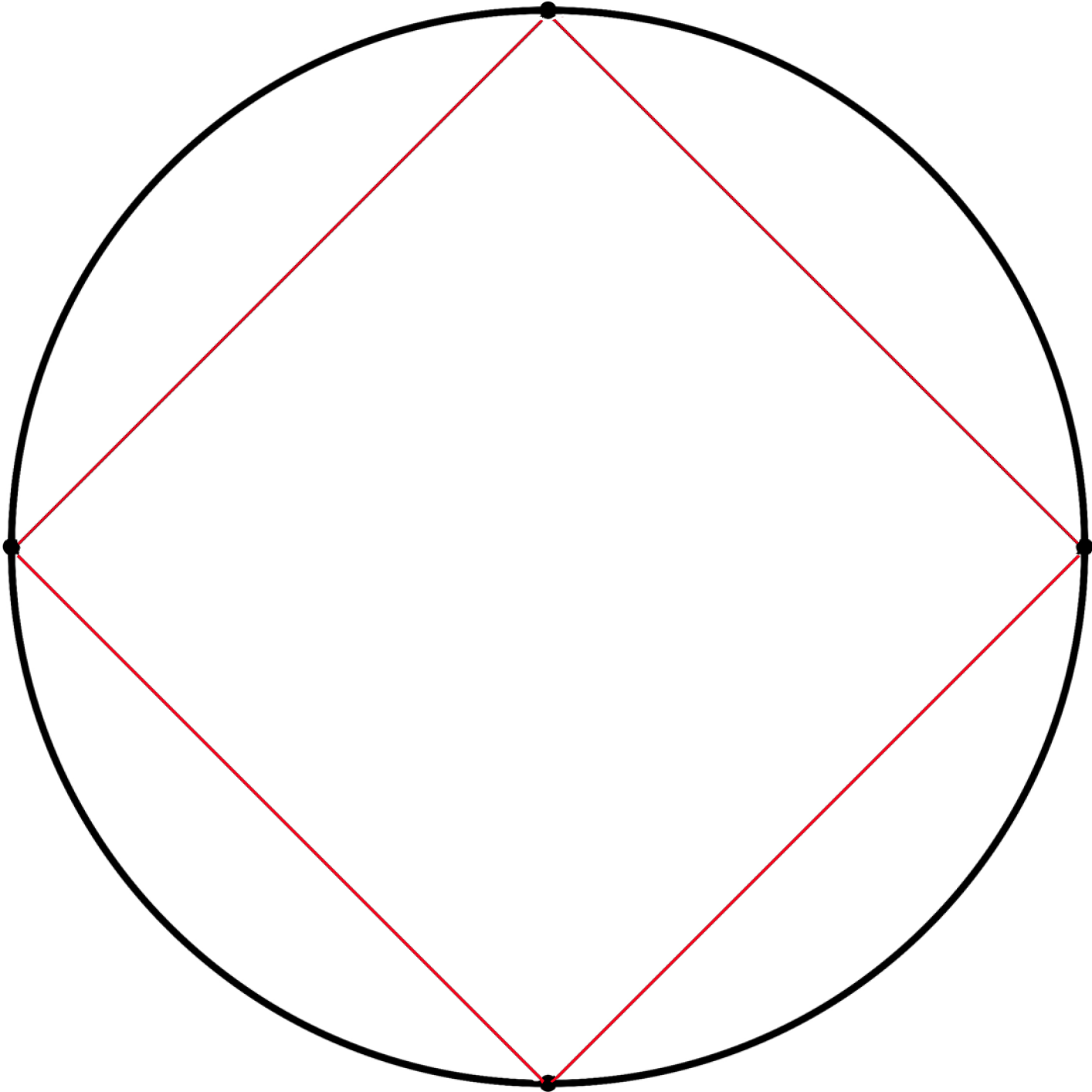
3,1 Subdivision Example

1

1

2

3

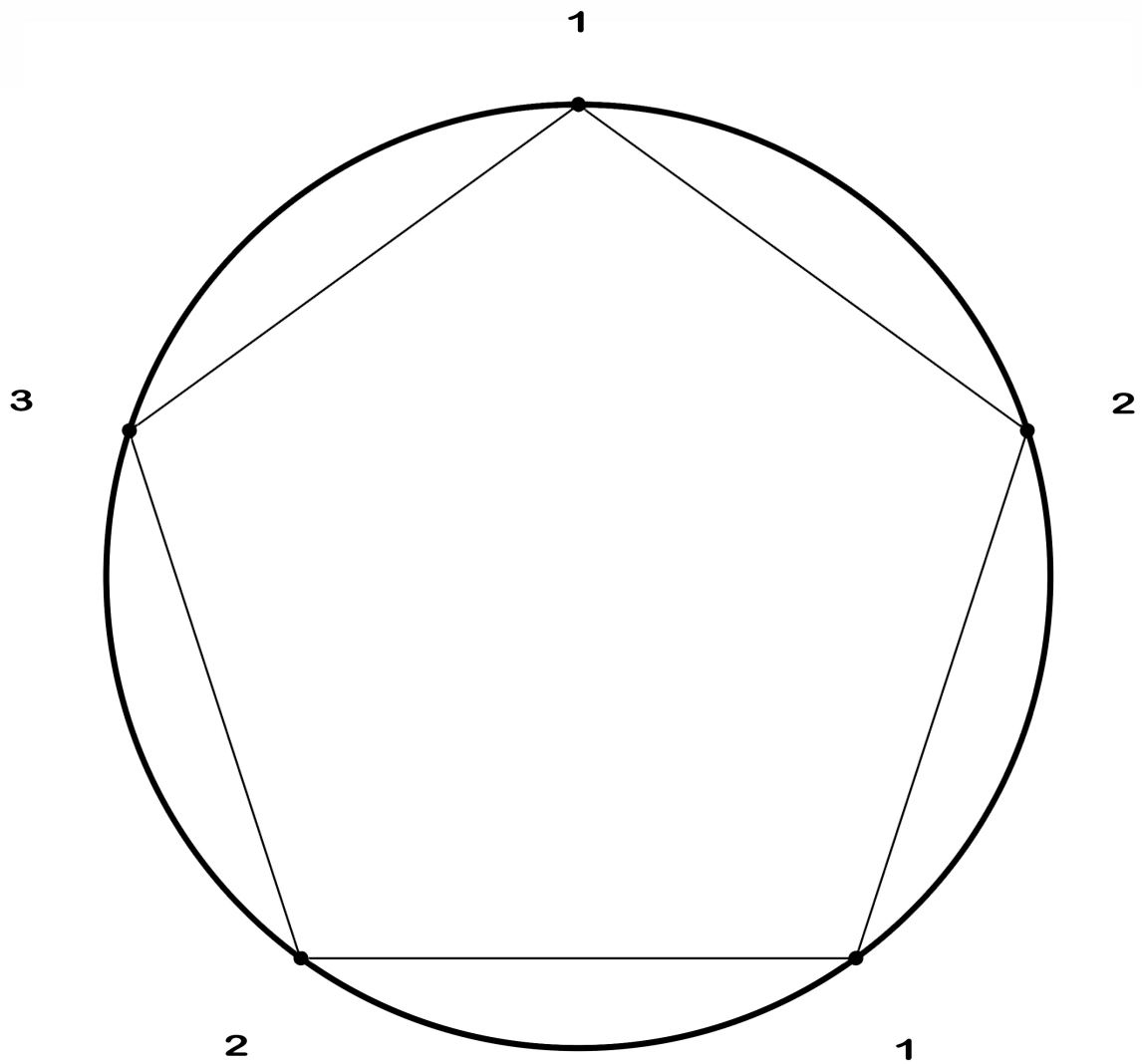


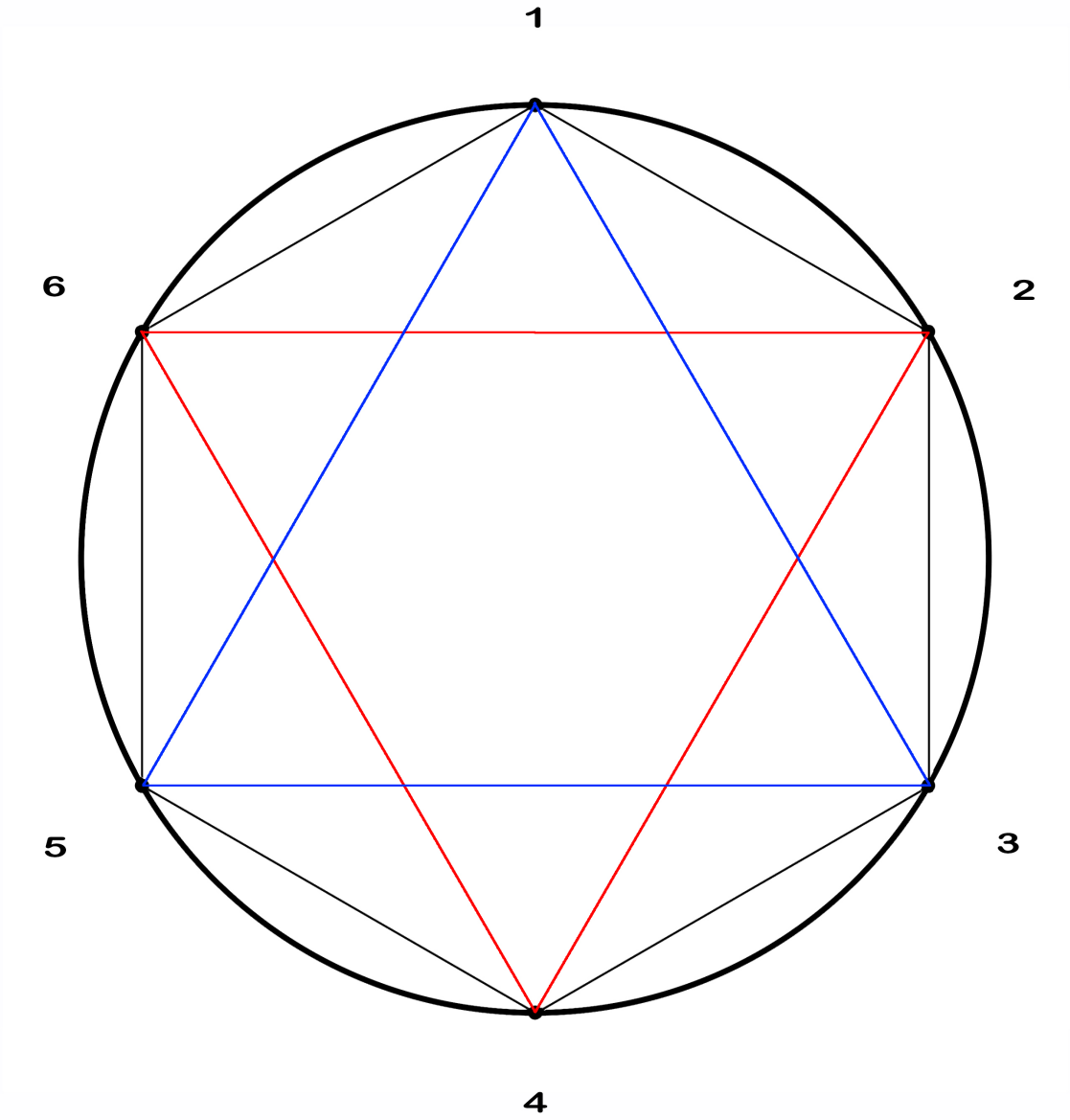
Counting Subdivisions - 5 Beat Cycles

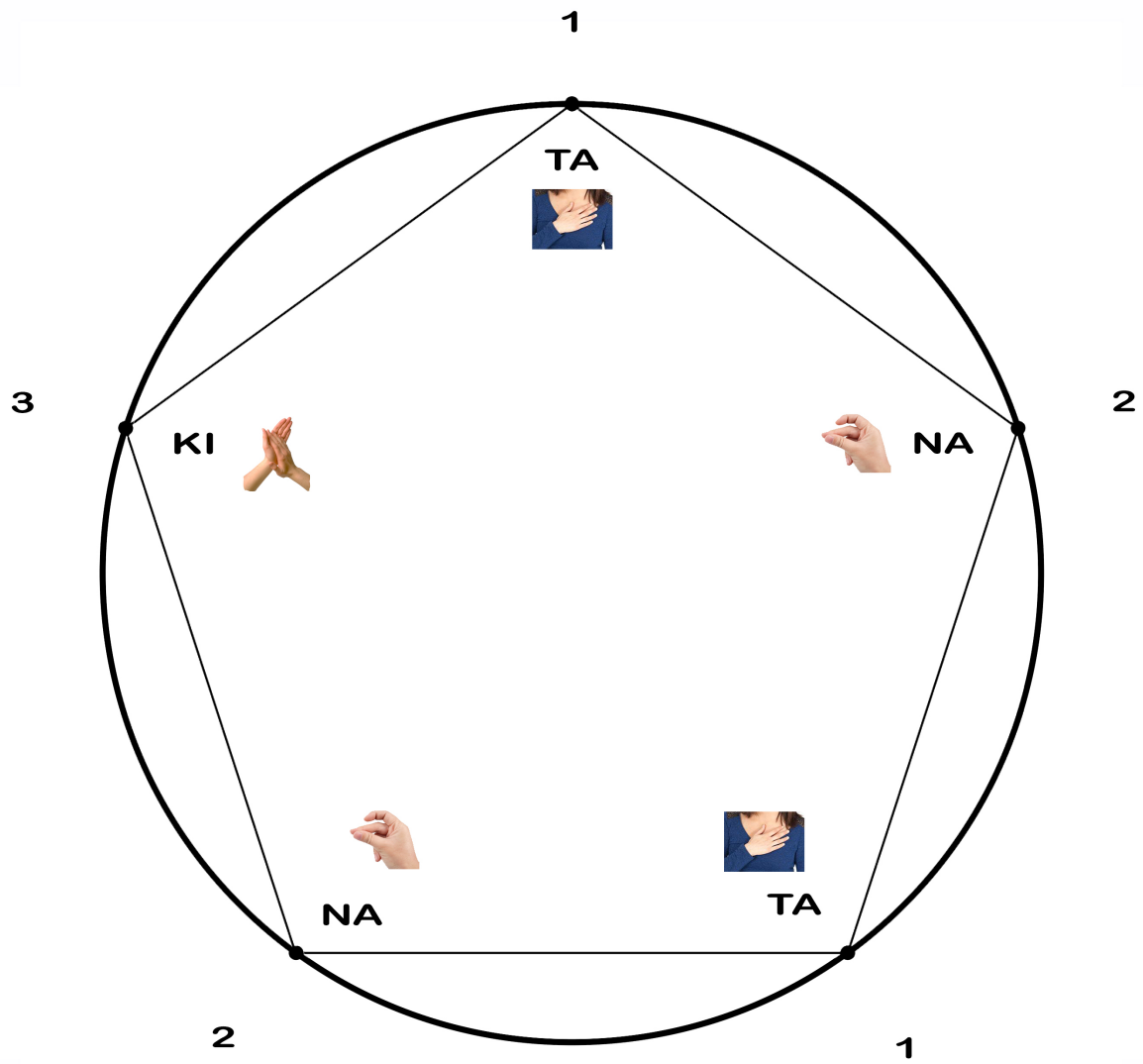
#T3-2

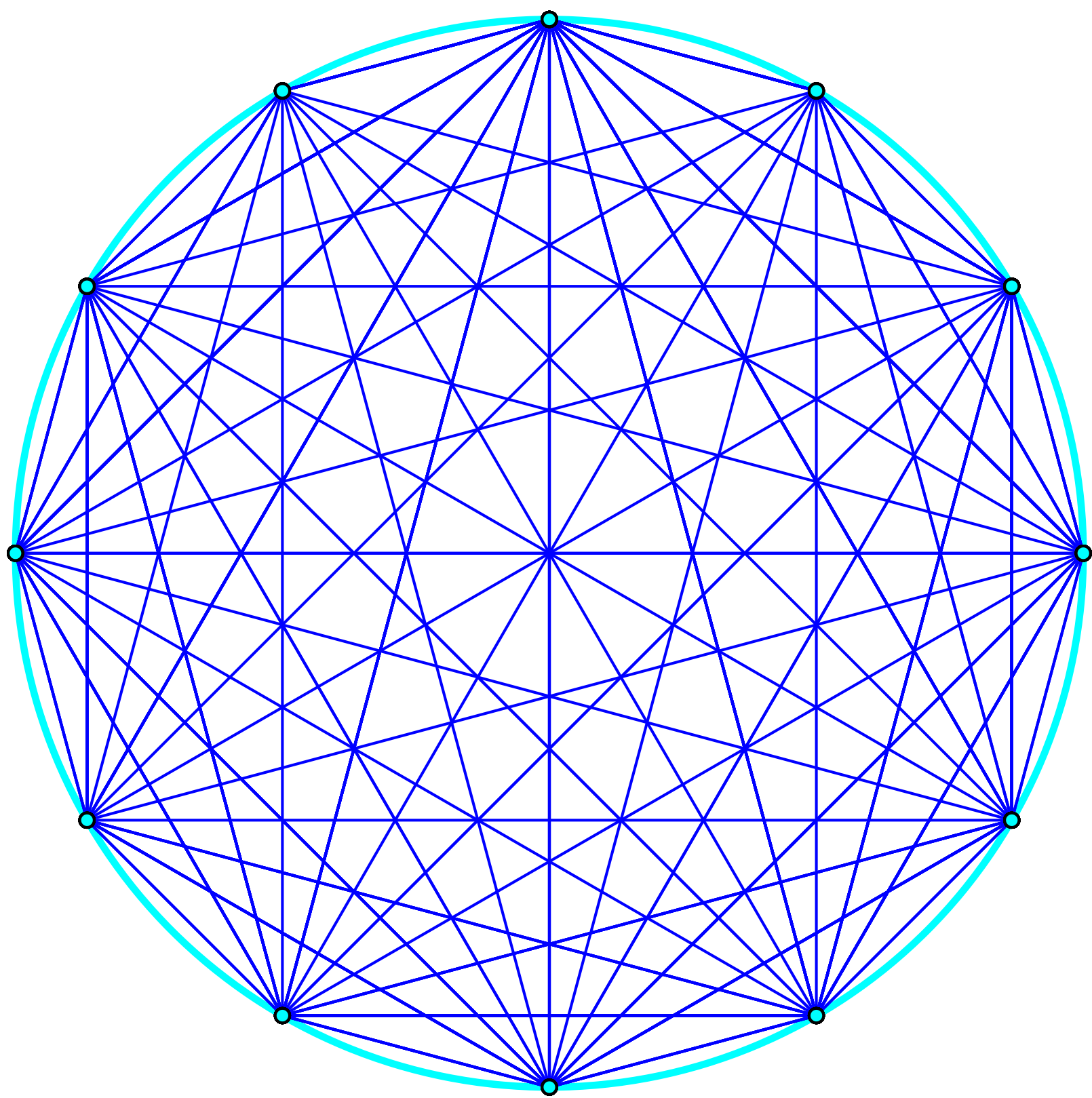
Track 3: Music Category: Rhythm

2,3 Subdivision Example









Natural Rhythms
#T3-7
Track 3: Music
Category: Rhythm

Pitch to Frequency Chart

Octave 0

A	27.500
Ab	29.135
B	30.868

Octave 1

C	32.703
C#	34.648
D	36.708
Eb	38.891
E	41.203
F	43.654
F#	46.249
G	48.999
Ab	51.913
A	55.000
Bb	58.270
B	61.735

Octave 2

C	65.406
C#	69.269
D	73.416
Eb	77.782
E	82.407
F	87.307
F#	92.499
G	97.999
Ab	103.83
A	110.00
Bb	116.34
B	123.47

Octave 3

C	130.81
C#	138.59
D	146.83
Eb	155.36
E	164.81
F	174.61
F#	185.00
G	196
Ab	207.65
A	220.00
Bb	233.08
B	246.94

Octave 4

C	261.18
C#	277.18
D	293.66
Eb	311.13
E	329.63
F	349.23
F#	369.99
G	392.00
Ab	415.30
A	440.00
Bb	466.16
B	493.88

Octave 5

C	523.25
C#	554.37
D	587.33
Eb	622.23
E	659.26
F	698.46
F#	739.99
G	783.99
Ab	830.61
A	880.00
Bb	932.33
B	987.77

Octave 6

C	1046.5
C#	1108.7
D	1174.7
Eb	1244.50
E	1318.5
F	1396.9
F#	1480.0
G	1568.0
Ab	1661.2
A	1760
Bb	1864.7
B	1975.5

Octave 7

C	2093.0
C#	2217.5
D	2349.3
Eb	2489.0
E	2637.0
F	2793.0
F#	2960.0
G	3136.0
Ab	3322.4
A	3520.0
Bb	3729.3
B	3951.1
C	4186.0

Body Percussion - 4 Beat Cycles in Groups
#T3-8

Track 3: Music Category: Rhythm

Kick Drum, Snare Drum, High Hat Cymbal



High Hat Cymbal



Snare Drum



Kick Drum

Track 4

Geometry

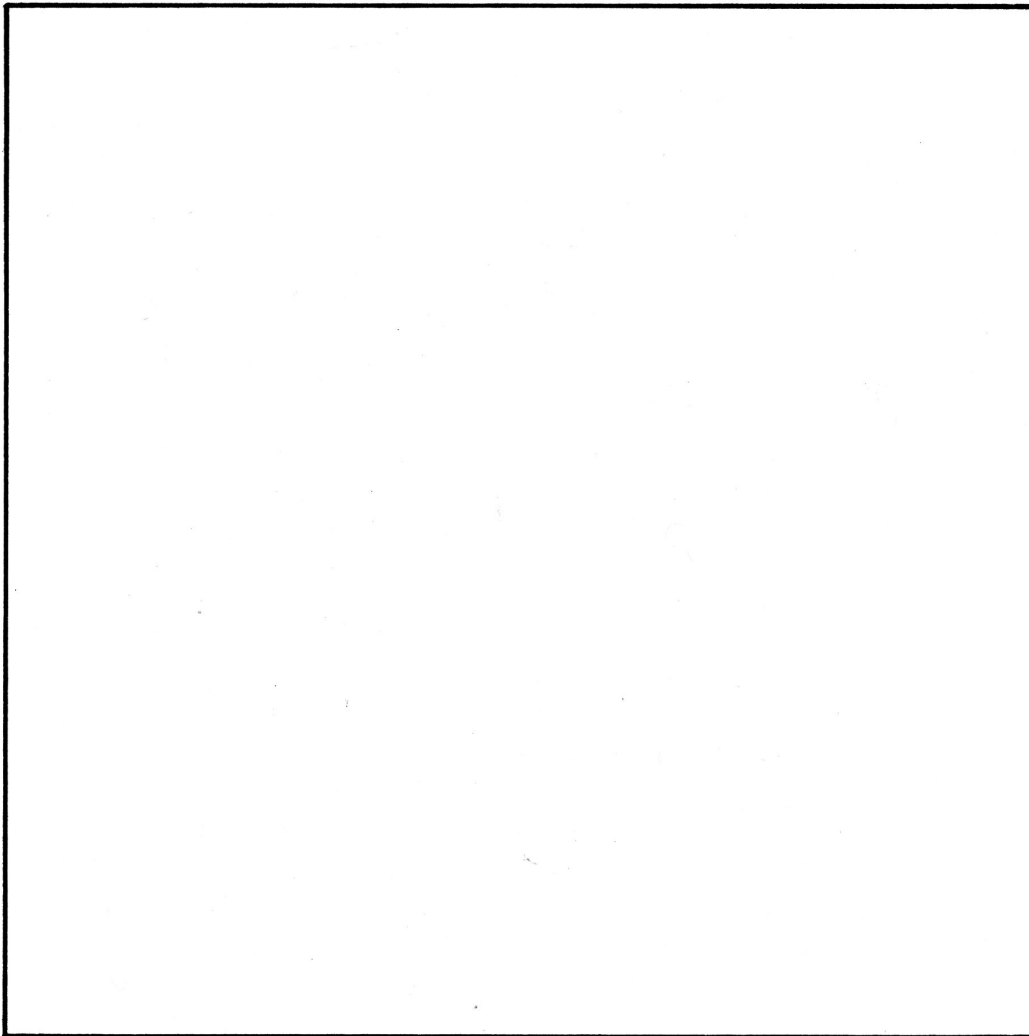
Finding Center of Polygons - Inner Circle

#T4-4

Track 4: Geometry

Category: 2D Geometries

Pre-drawn Squares



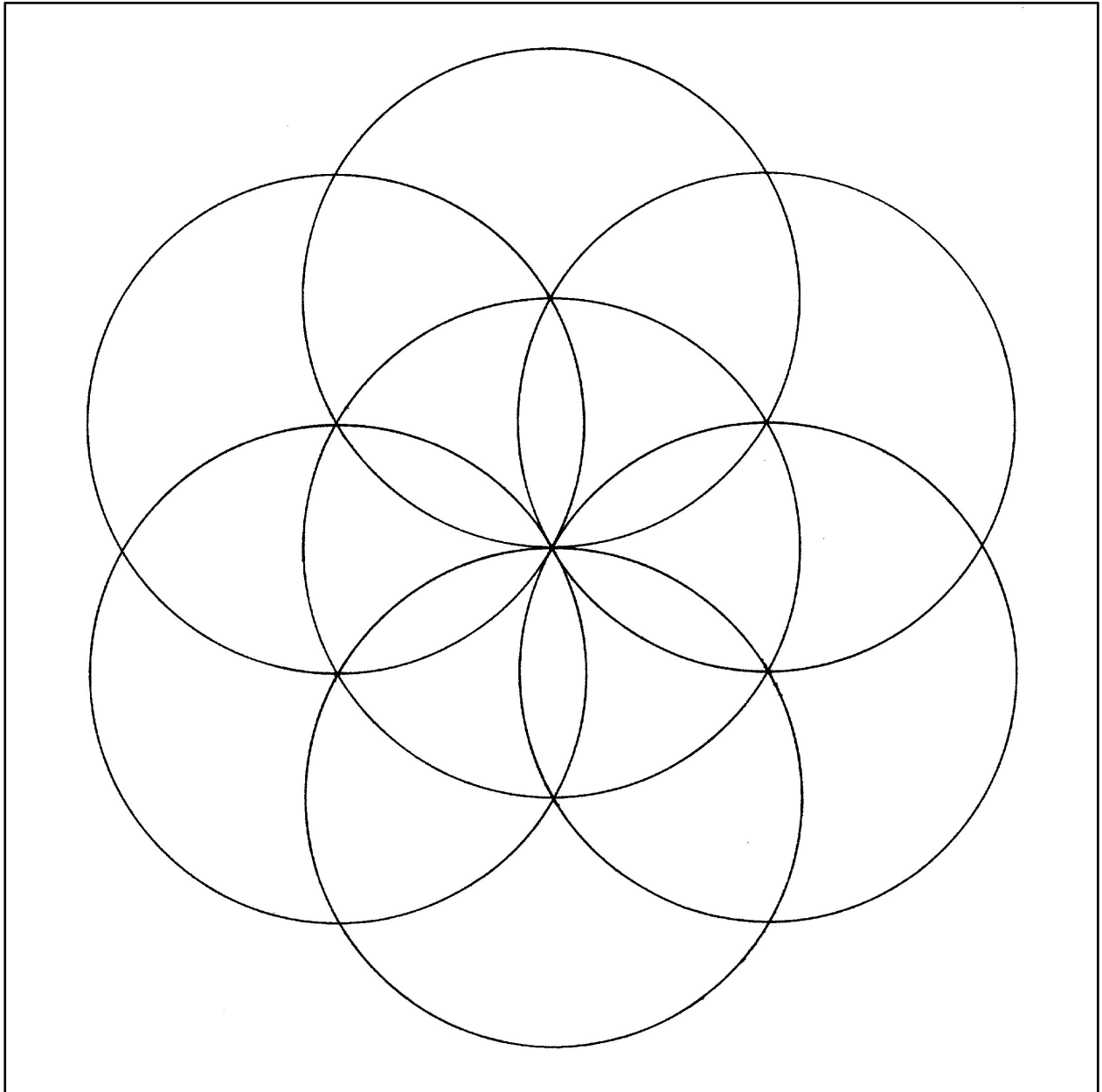
Drawing the Flower of Creation or Seed of Life (6 Circles)

#T4-5

Track 4: Geometry

Category: 2D Geometries

Pre-drawn Flower of Creation



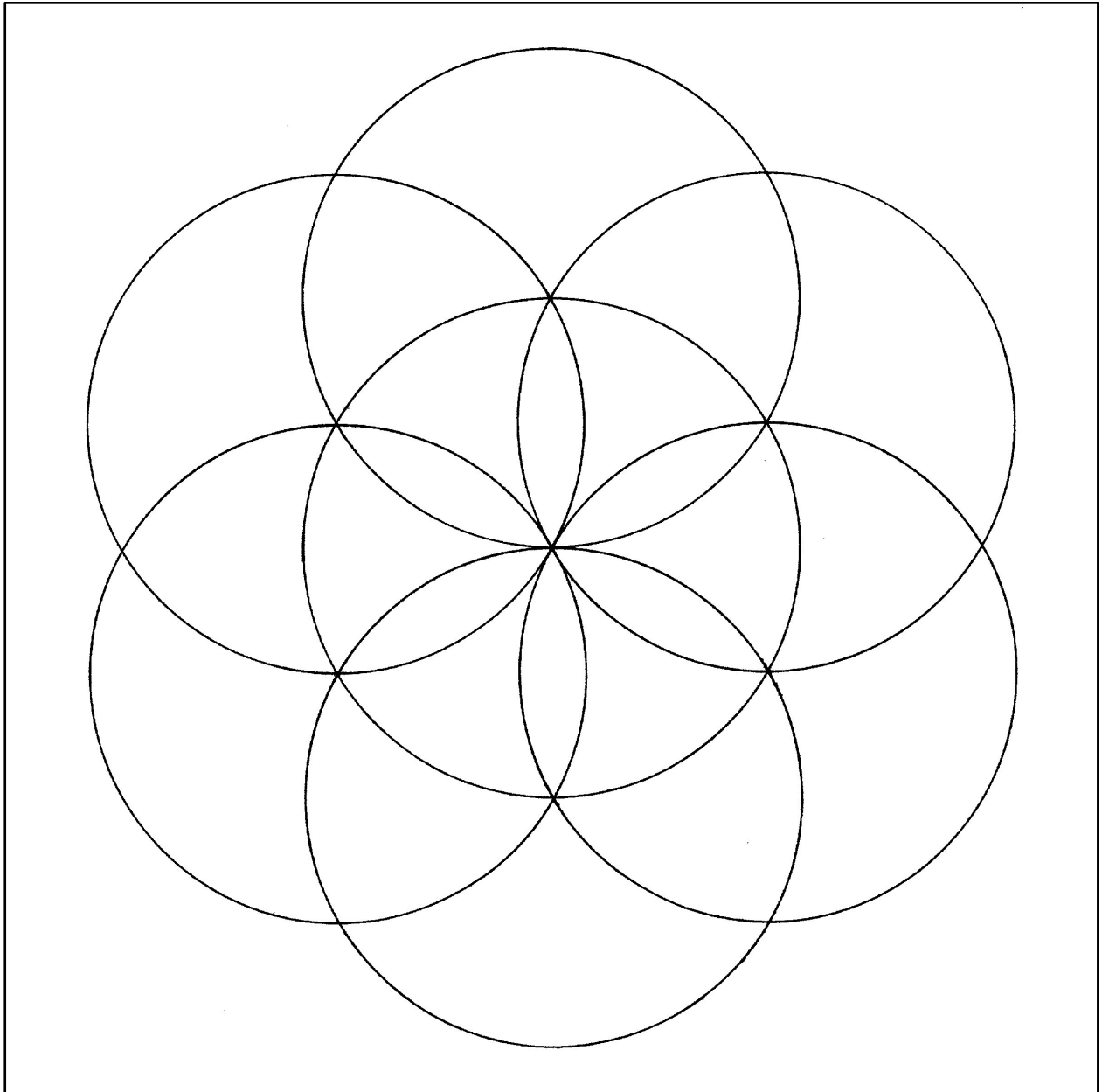
Drawing Polygons in Flower of Creation

#T4-6

Track 4: Geometry

Category: 2D Geometries

Pre-drawn Flower of Creation



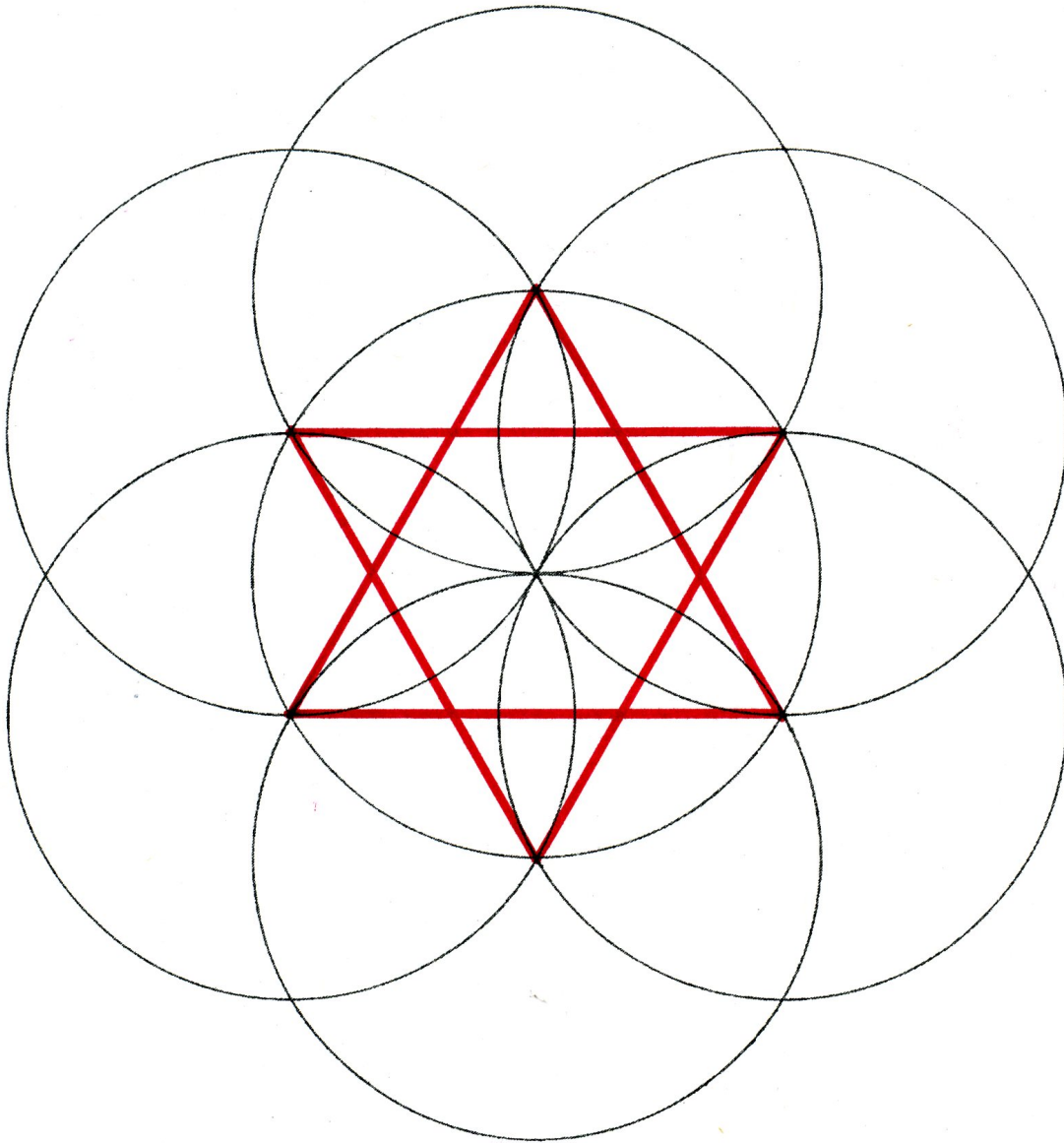
Drawing Polygons in Flower of Creation

#T4-6

Track 4: Geometry

Category: 2D Geometries

Example of Flower of Creation with Hex Star



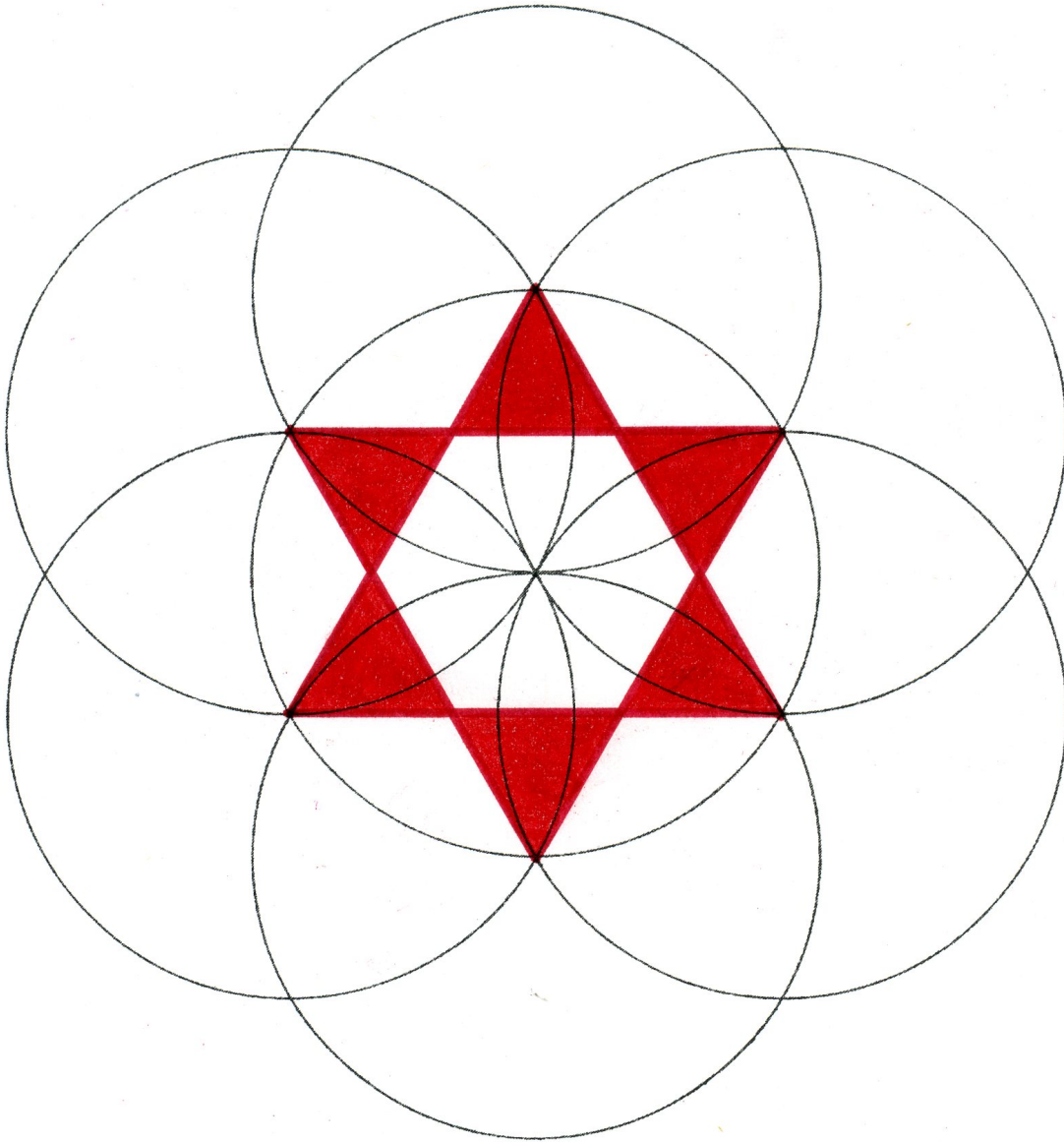
Drawing Polygons in Flower of Creation

#T4-6

Track 4: Geometry

Category: 2D Geometries

Example of Flower of Creation with Hex Star Triangles Colored In



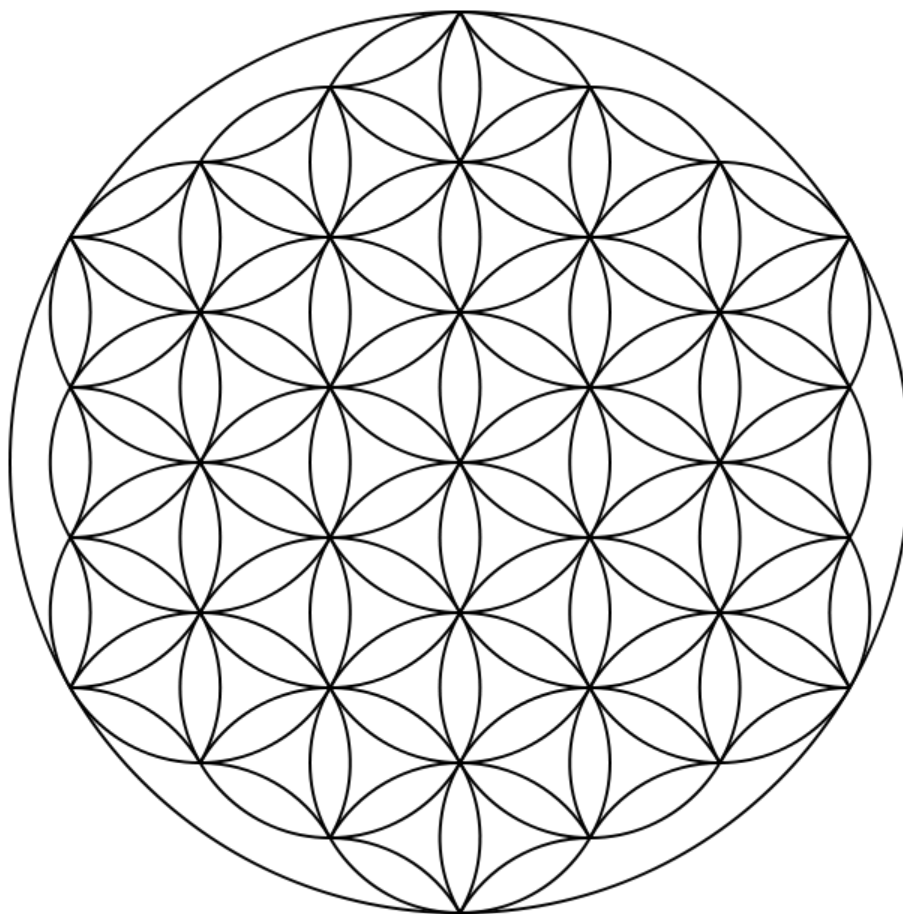
Drawing the Flower of Life (19 Circles)

#T4-7

Track 4: Geometry

Category: 2D Geometries

Flower of Life

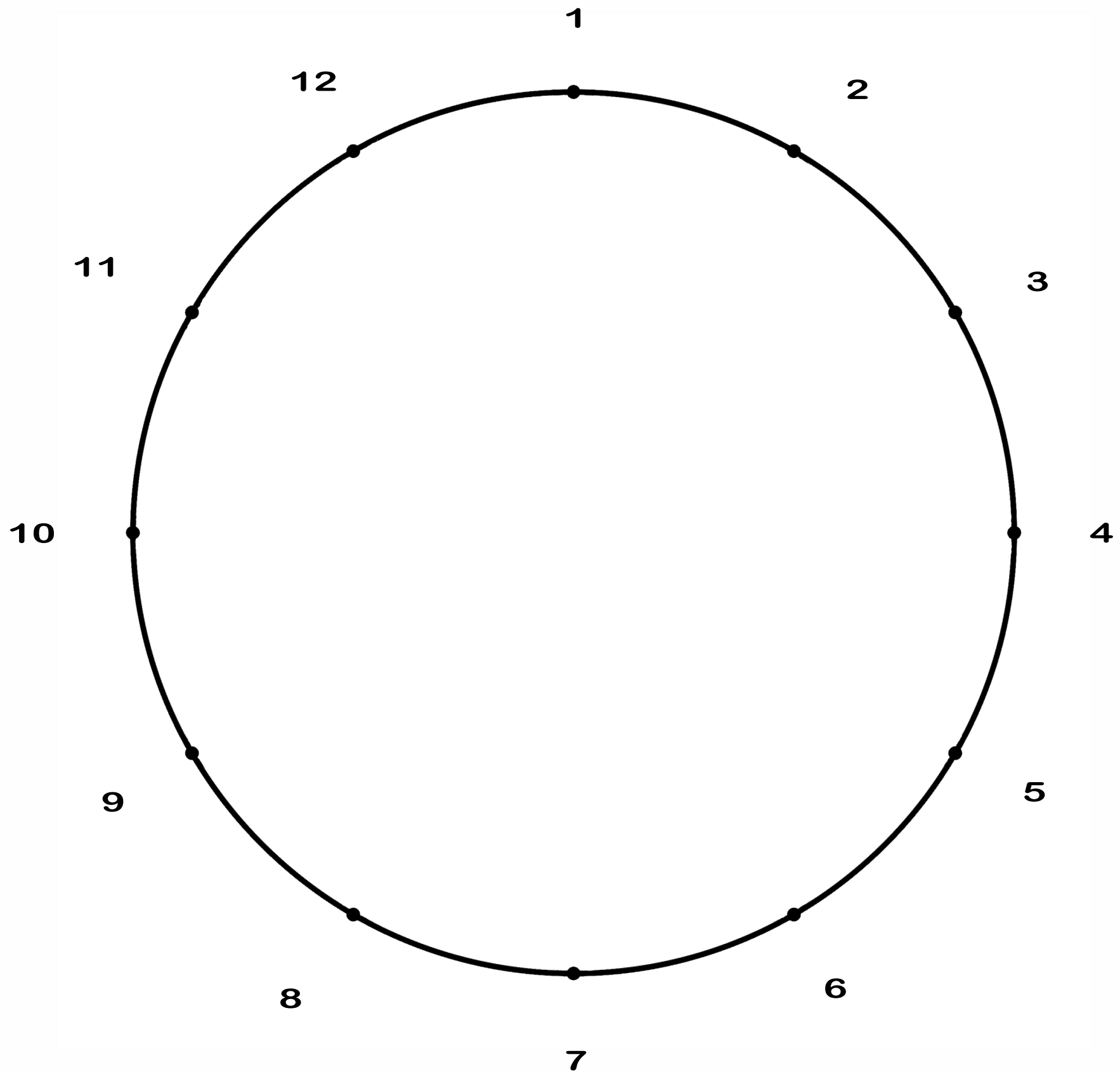


Division of Circle by Whole Numbers to Form Polygons and Art Mandalas

#T4-8A

Track 4: Geometry Category: 2D Geometries

Circle with 12 Divisions



Division of Circle by Whole Numbers to Form Polygons and Art Mandalas

#T4-8B

Track 4: Geometry Category: 2D Geometries

Circle with 10 Divisions

1

2

3

4

5

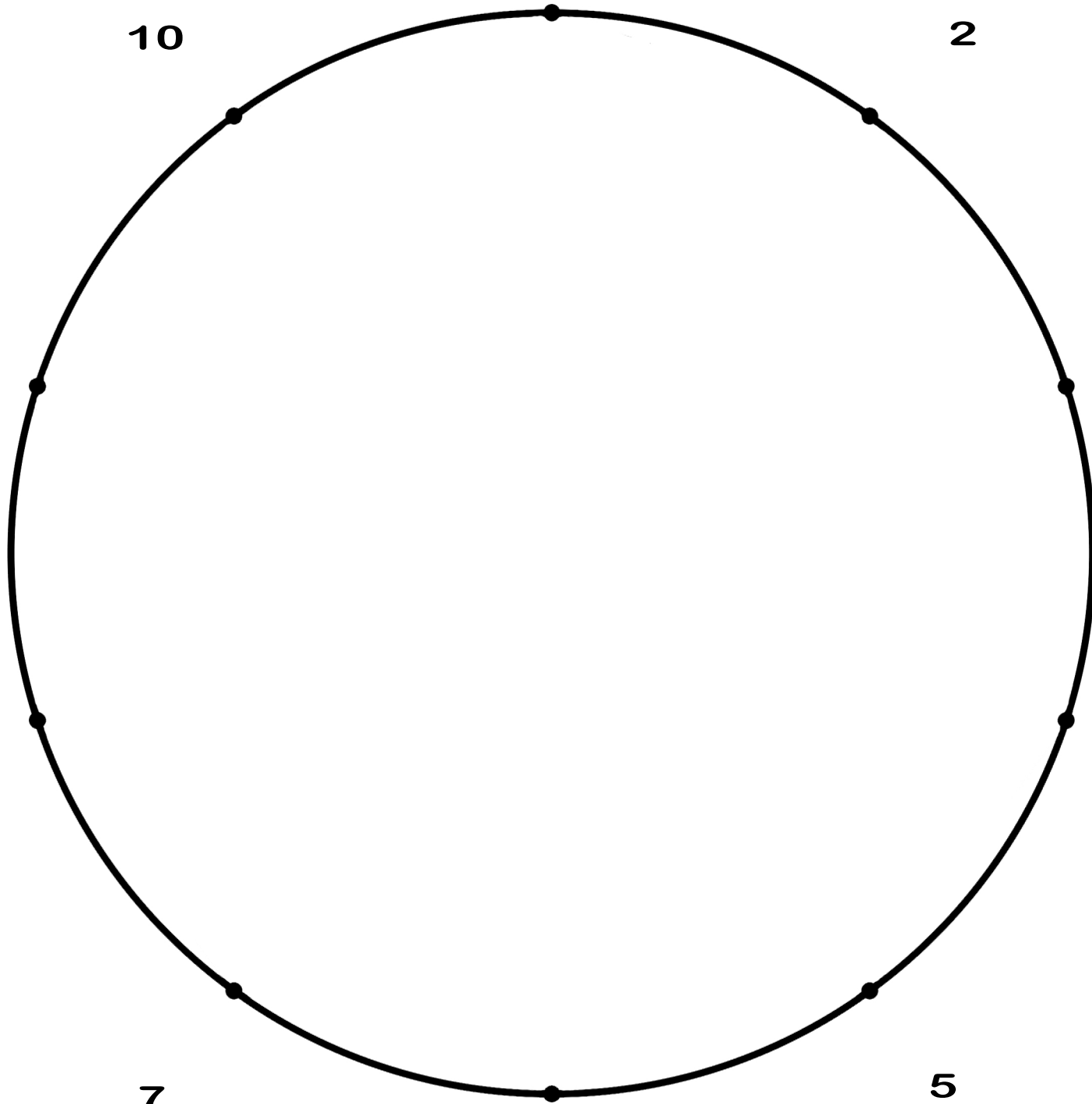
6

7

8

9

10

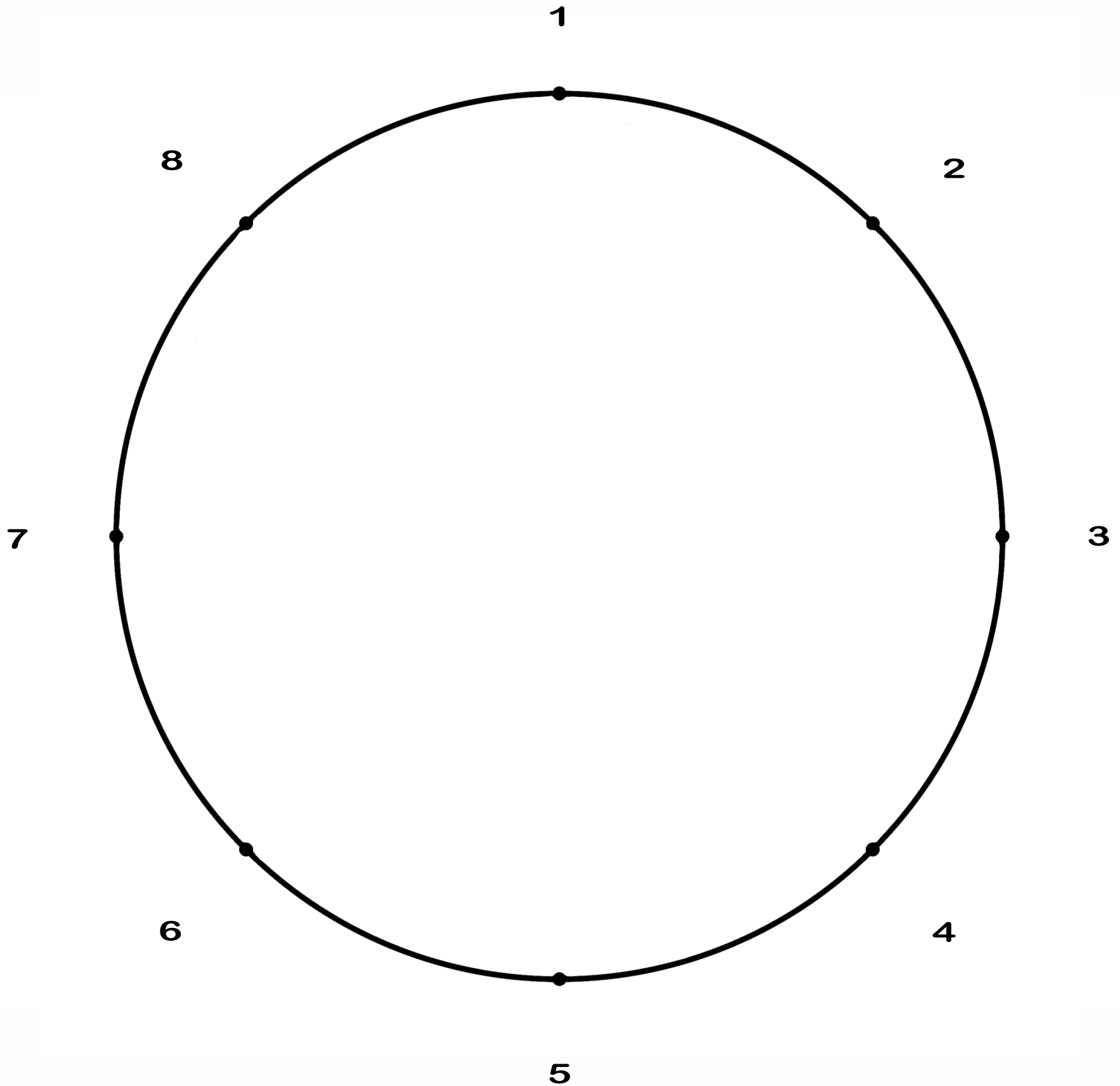


Division of Circle by Whole Numbers to Form Polygons and Art Mandalas

#T4-8C

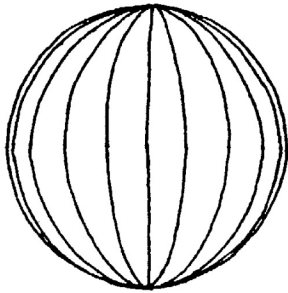
Track 4: Geometry Category: 2D Geometries

Circle with 8 Divisions

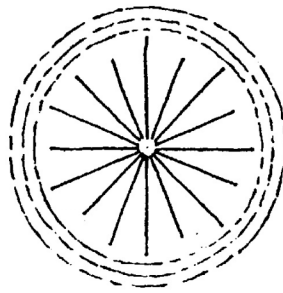


The Patterns of Life

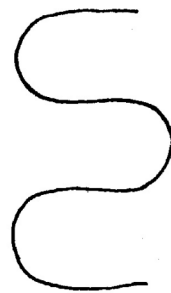
by Richard Feather Anderson © 1995



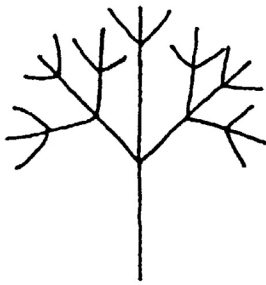
SPHERE



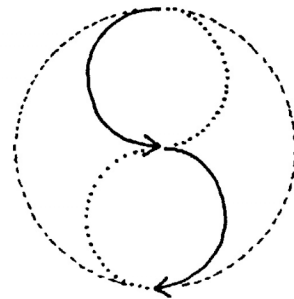
**EXPLOSION-RADIAL
RIPPLE**



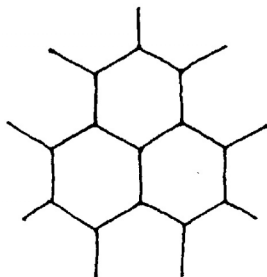
MEANDER



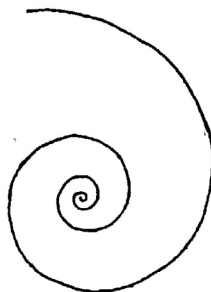
BRANCHING



ALTERNATION



CLOSE-PACKING



SPIRAL



HELIX

The Basic Underlying Patterns of Life

by Richard Feather Anderson

Spheroids

The sphere is Nature's way to enclose space using the least surface area.

The sphere is the most compact shape possible. A film of water contracts to form the most compact shape, a sphere. A soap bubble uses the least surface material to enclose the most compact area of air.

Explosion/ Radials

The explosion or radial pattern is the quickest, most direct way to disperse energy or matter from a single point outward in all directions. It allows the fastest, most direct communication from a center to an edge.

Every place around the center is in a direct line, the shortest path from center to perimeter. Because it is the shortest path, an explosion provides the quickest way to disperse energy and return to equilibrium. A water or milk drop disturbs the calm surface of the liquid. Because the explosion redistributes energy quickly, it minimizes the disturbance, and lets the surface return to homeostasis.

Ripples (part of radial pattern)

The circular or spherical ring of an explosion creates ripples or waves (of moving liquid or sound), or concentric rings moving outward from the center.

Meanders

A meander is a regular repeating curve. As water moves over a sloped surface, it speeds up and then slows itself down, causing an oscillation, which is the meander.

A meander slows down the flow over a surface (flow of water over land, cars along a road). It increases the length of passageway to allow for more processing of materials (digestion, purification of water).

The meander pattern is Nature's way of packing more material or passageway into a small space (intestines and brain convolutions).

It increases the surface area or length of edge between two things (longer river bank, joints between two skull plates), which maximizes the connection, interchange or

communication between the two. It creates an interlocking joint between two areas, which can better resist shear stress (dovetail finger joint in cabinetry, skull sutures).

In the case of rivers, the meandering path provides for the maximum transit of the water, it moderates, tempers or regulates the flow of the water, reduces erosion, and maximizes the length of stream bank, the edge between waterway and land. Water moves faster on the outside of the curve, eroding the bank and cutting a deeper channel, and slower on the inside of the curve, depositing sediment several bends downstream. A river will not naturally flow straight for more than ten times its width. When we confine a stream into a straight concrete channel, like we do in cities, we increase the speed and force of the water, increasing soil erosion and minimizing the sedimentary deposits, which are instead washed out to sea.

Branching

Branching is the most efficient way to collect or distribute energy, materials or information over a large area. It works well both ways, distributing energy from the center outward or drawing energy in from the extremities to the center. It minimizes the length of channel, passageway, wiring, etc. to reach everywhere within an area or network. Branching creates the most extensive network with the shortest total length of run, and least amount of material to create the channels or links in the network. It enables the most rapid communication to all spots within a large area.

Branching is a modification of the radial pattern by three-way or four-way joining.

Nature uses branching in plants to give the widest leaf and flower distribution to maximize absorption of sunlight and expiration of wastes with the least amount of fiber and weight in the stalks or limbs.

For trees it is important to arrange their leaves to spread them out over the largest space possible while keeping the leaves as close to the roots as possible, without overtaxing the ability of the limbs to support themselves and the leaves. This allows for the greatest sun exposure and the most efficient transfer of the photosynthesized solar energy down into the rest of the tree. To circulate nutrients efficiently the tree needs to minimize the distance between the trunk and the maximum number of leaves. Branching also allows the trees to bear the highest number of leaves, flowers, and fruit while keeping the weight of the branches to a minimum. Without efficient branching patterns tree limbs would become unbearable loads.

Branching is efficient because it allows for thin members at extremities and thicker ones at the center where the flow is greatest. (Circulatory system, thin extremity veins where flow is least, huge chamber at heart where flow is huge.)

Close Packing/Shrinking/Cracking

When any natural form dries and contracts, the most efficient way for cracking to occur is in a pattern of three-way joints. (mud, seed pods, buckeye nuts)

Counting Spirals

#T4-14

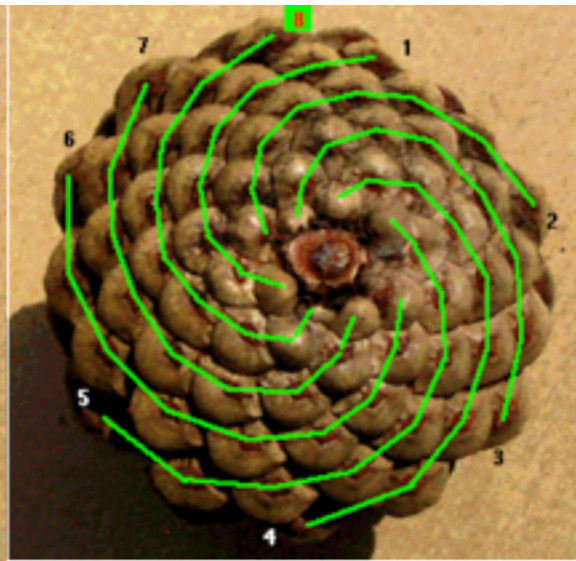
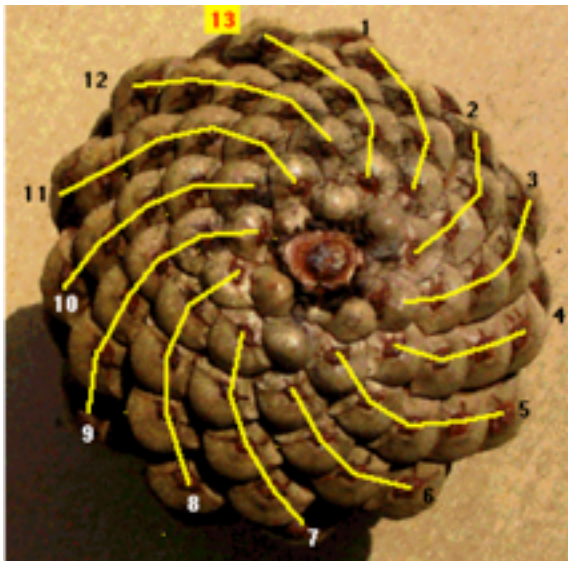
Track 4: Geometry

Category: Golden Mean and Fibonacci

- Pine Cones
- Succulents
 - Cactus
 - Daisies
- Sunflowers







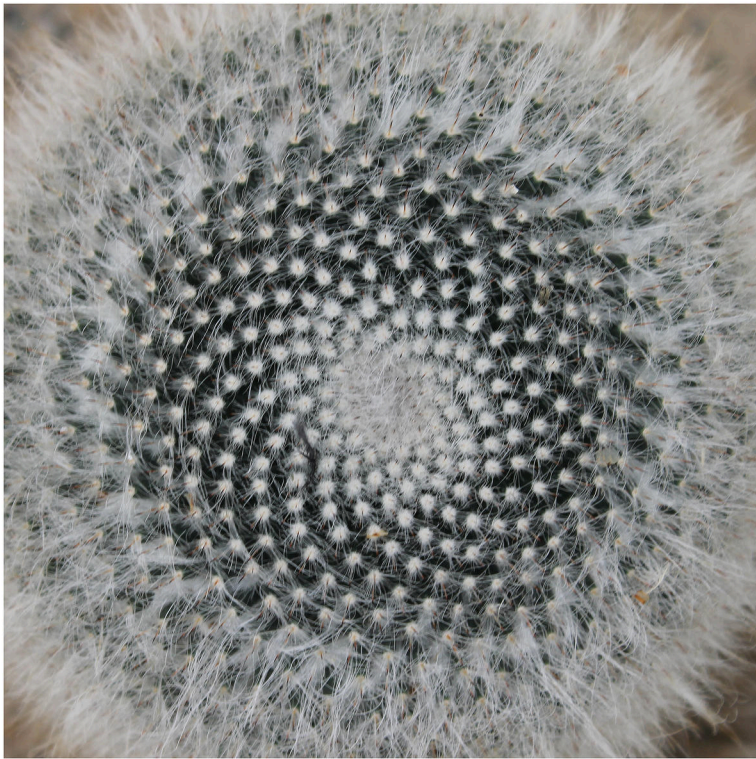






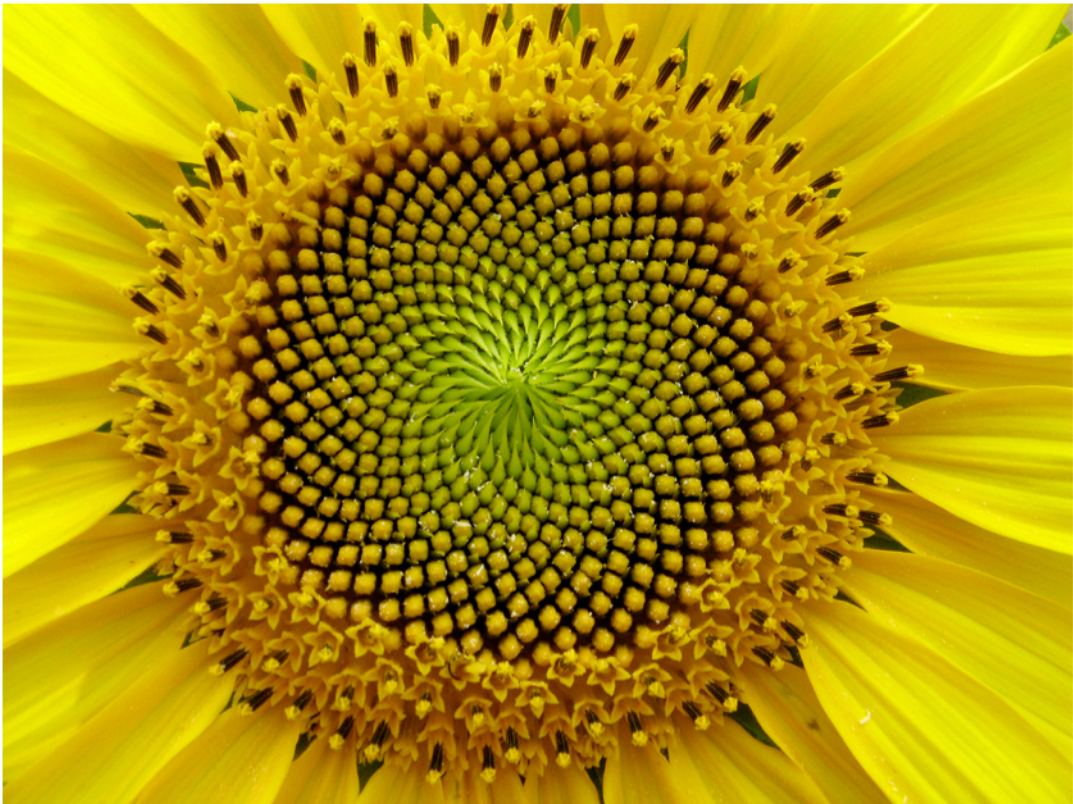




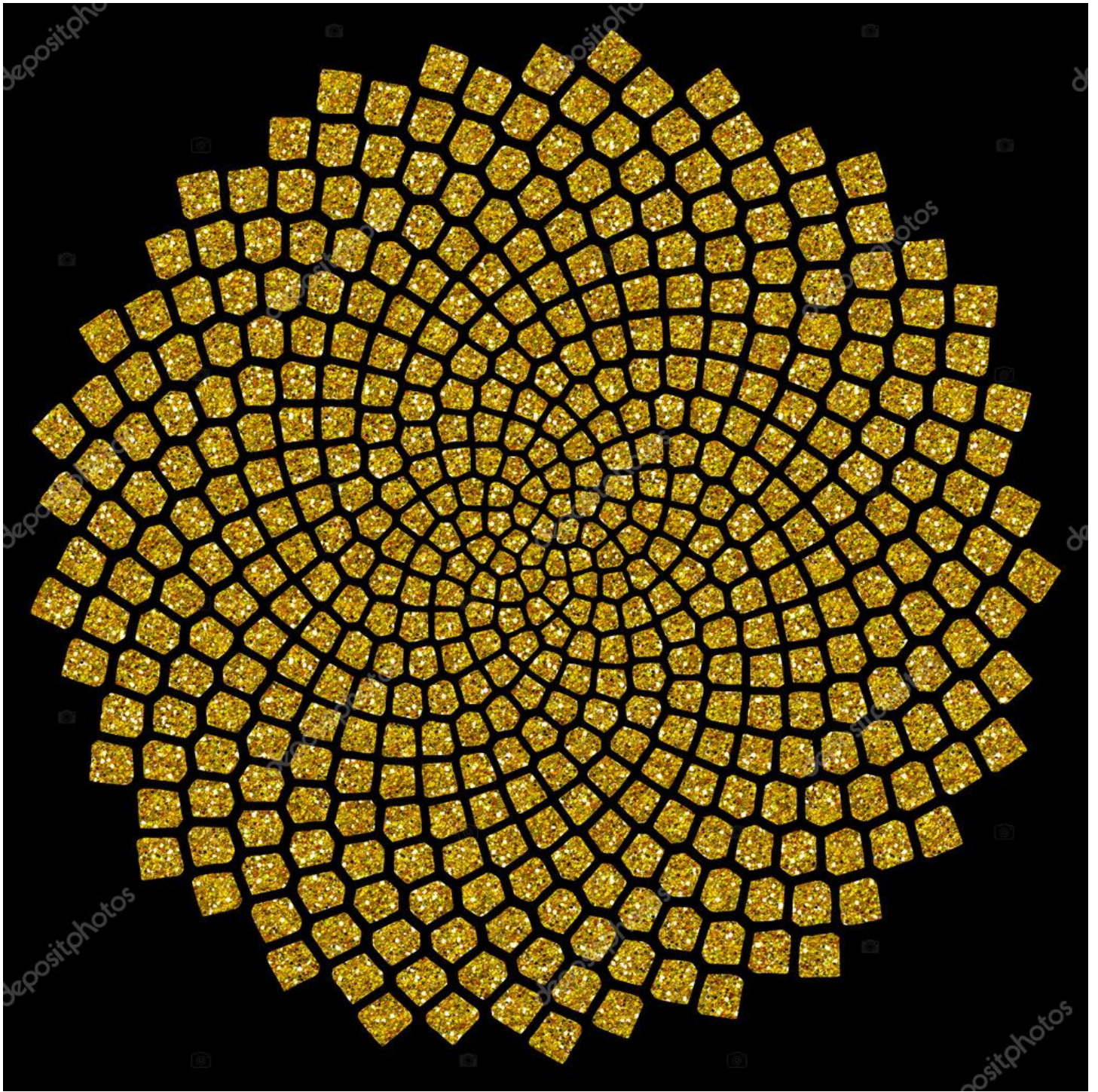


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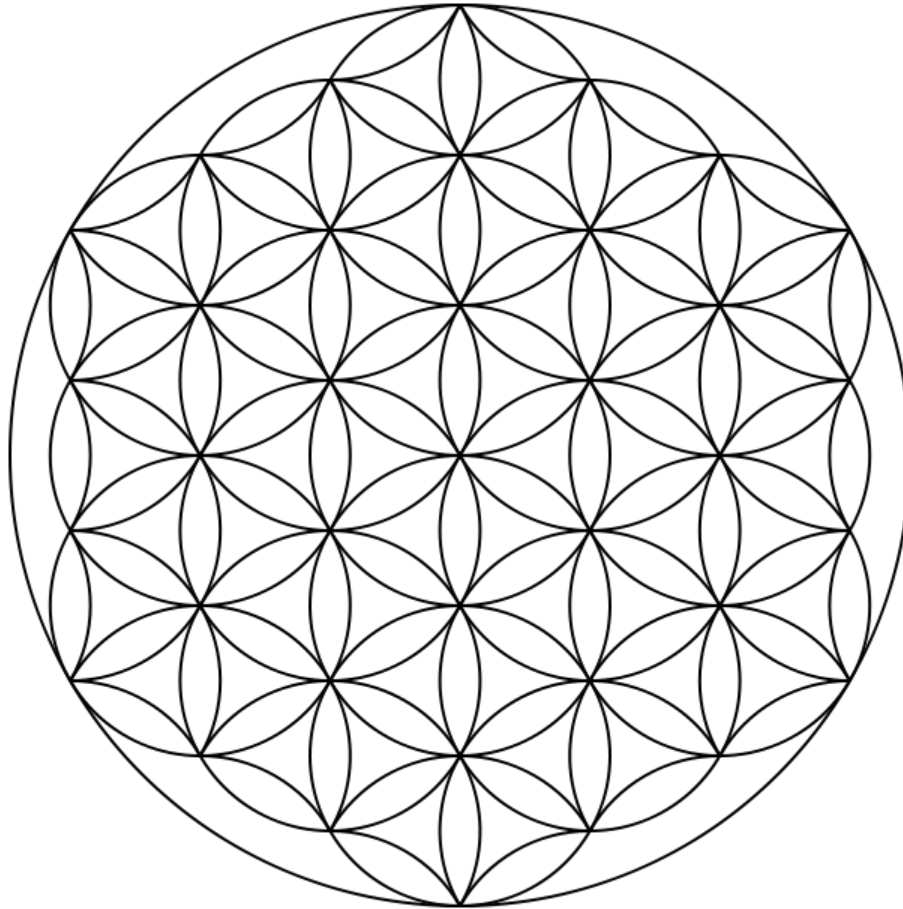


Finding All Patterns in the Flower of Life


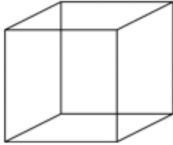

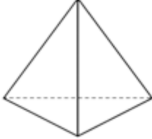

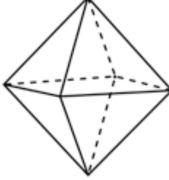

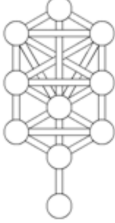

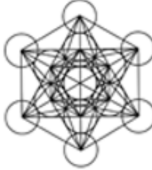



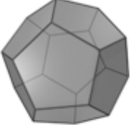



#T4-14

Track 4: Geometry

Category: 2D Geometry

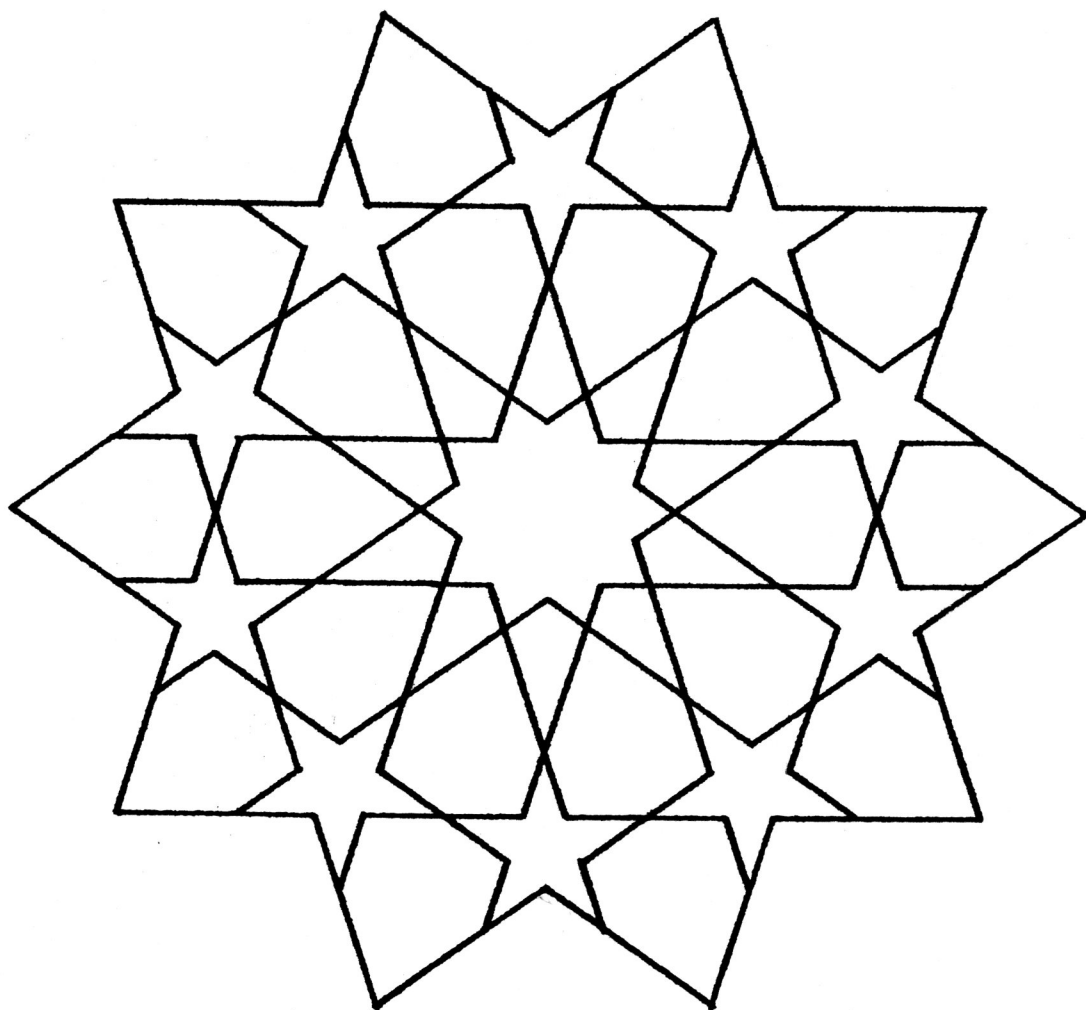


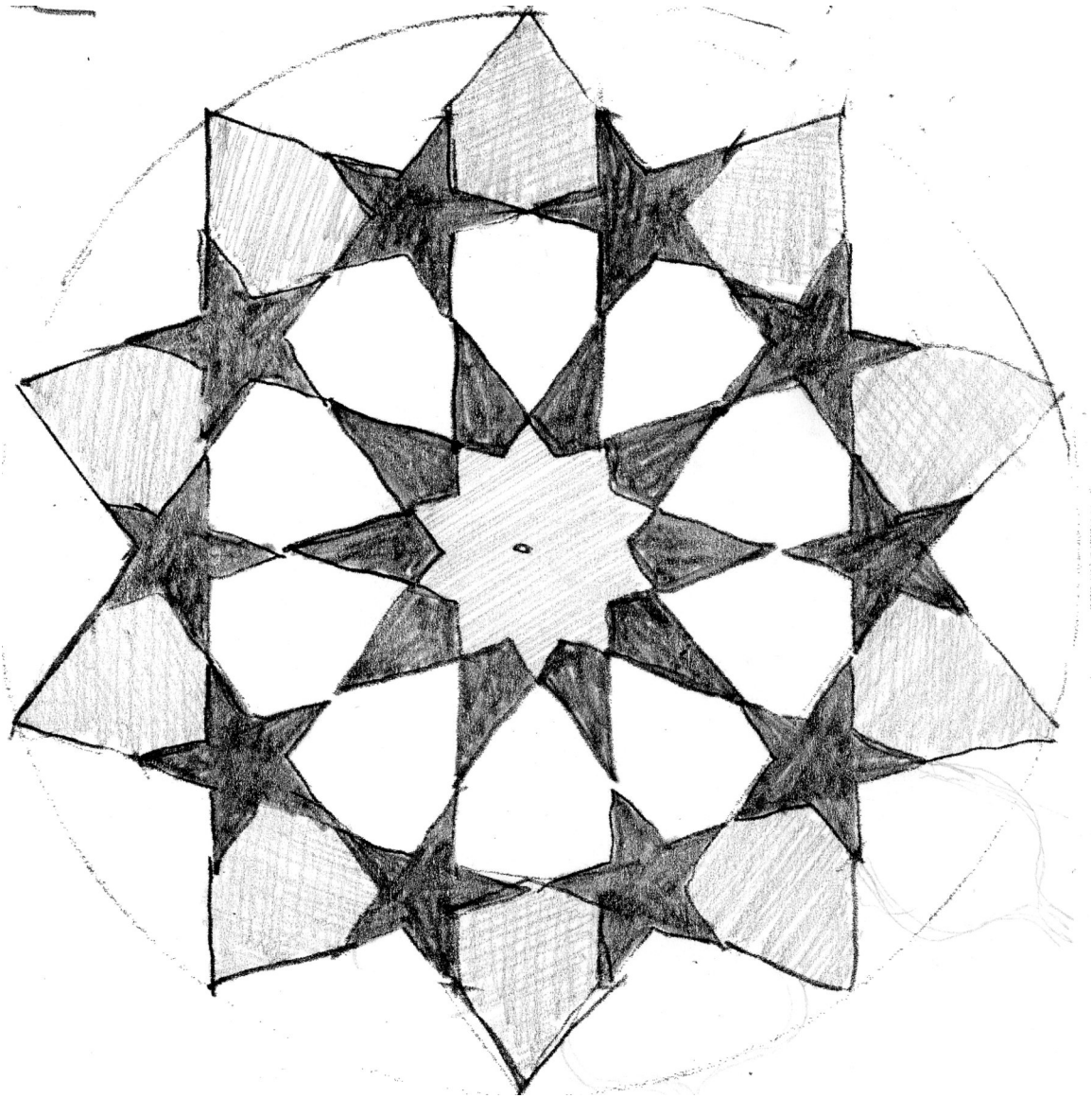
List of Patterns in Flower of Life

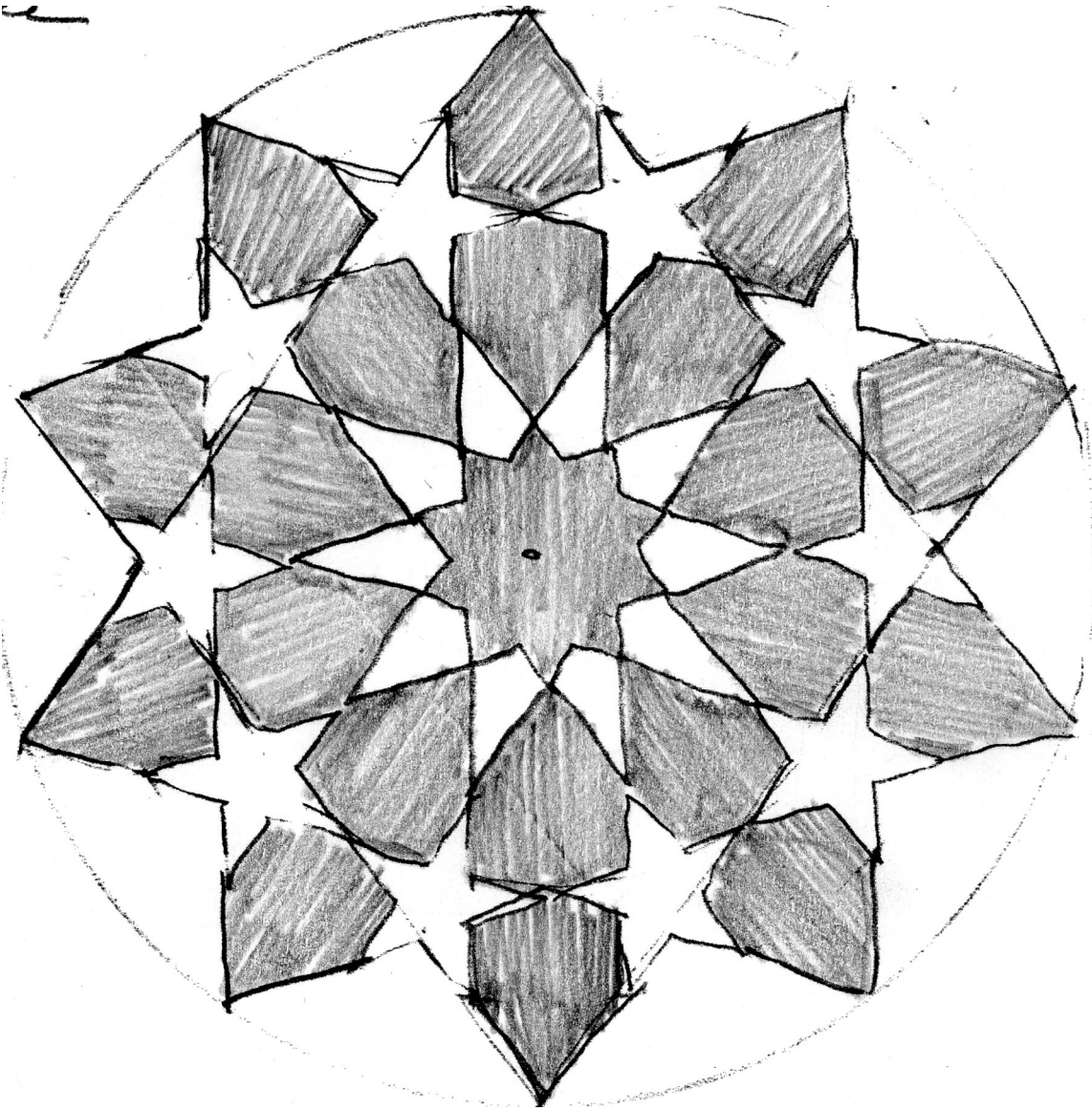
	PETAL		CUBE
	TRIANGLE		TETRAHEDRON
	DIAMOND		OCTAHEDRON
	GEM		TREE OF LIFE
	EYE		METATRON'S CUBE
	PYRAMID		ICOSAHEDRON
	HOURGLASS		DODECAHEDRON
	STAR		
	CIRCLE		
	FLOWER		

Mosaic Tile Coloring
#T4-1
Track 4: Geometry
Category: Art and Pattern Grids

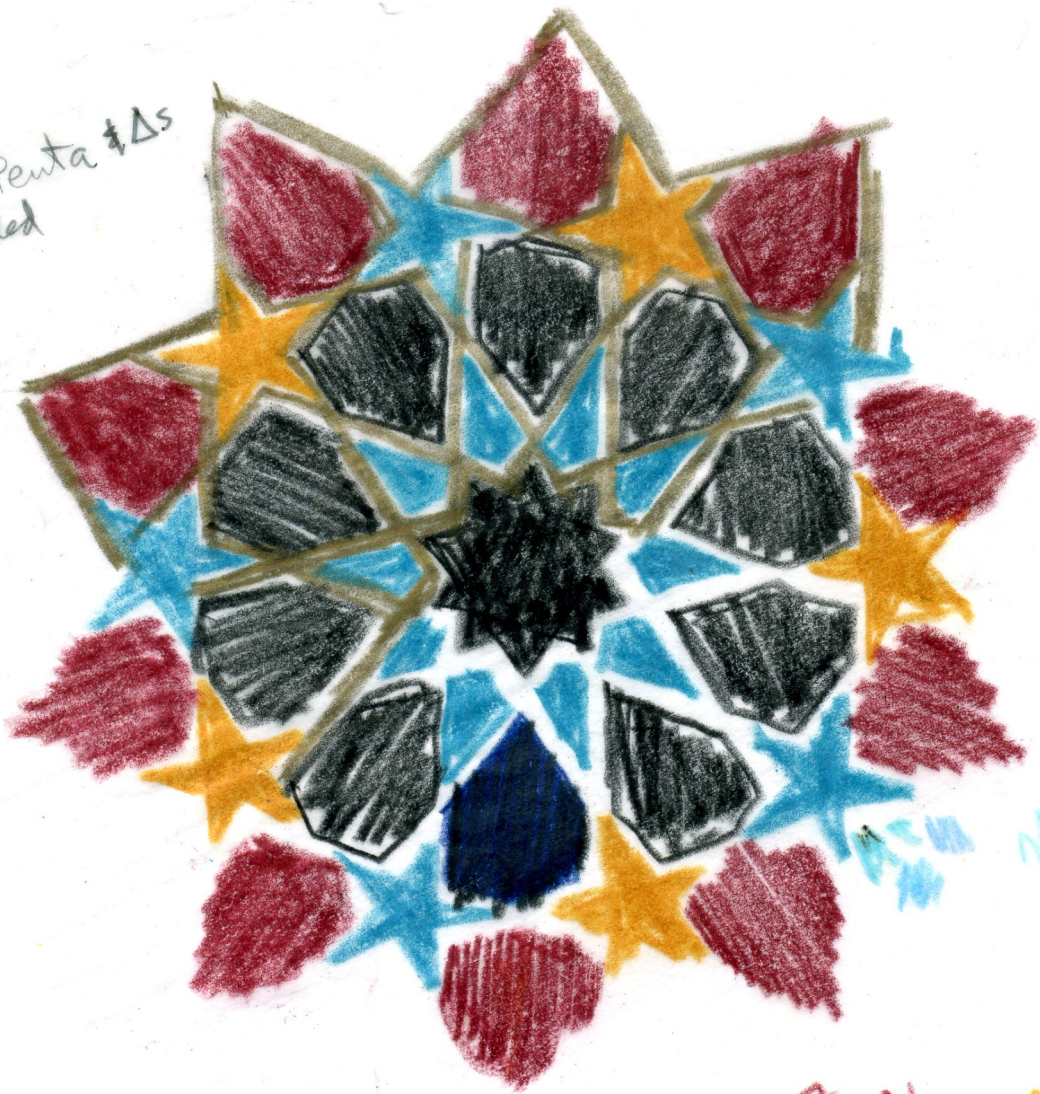
Mosaic Tiles Drawings
(Below)







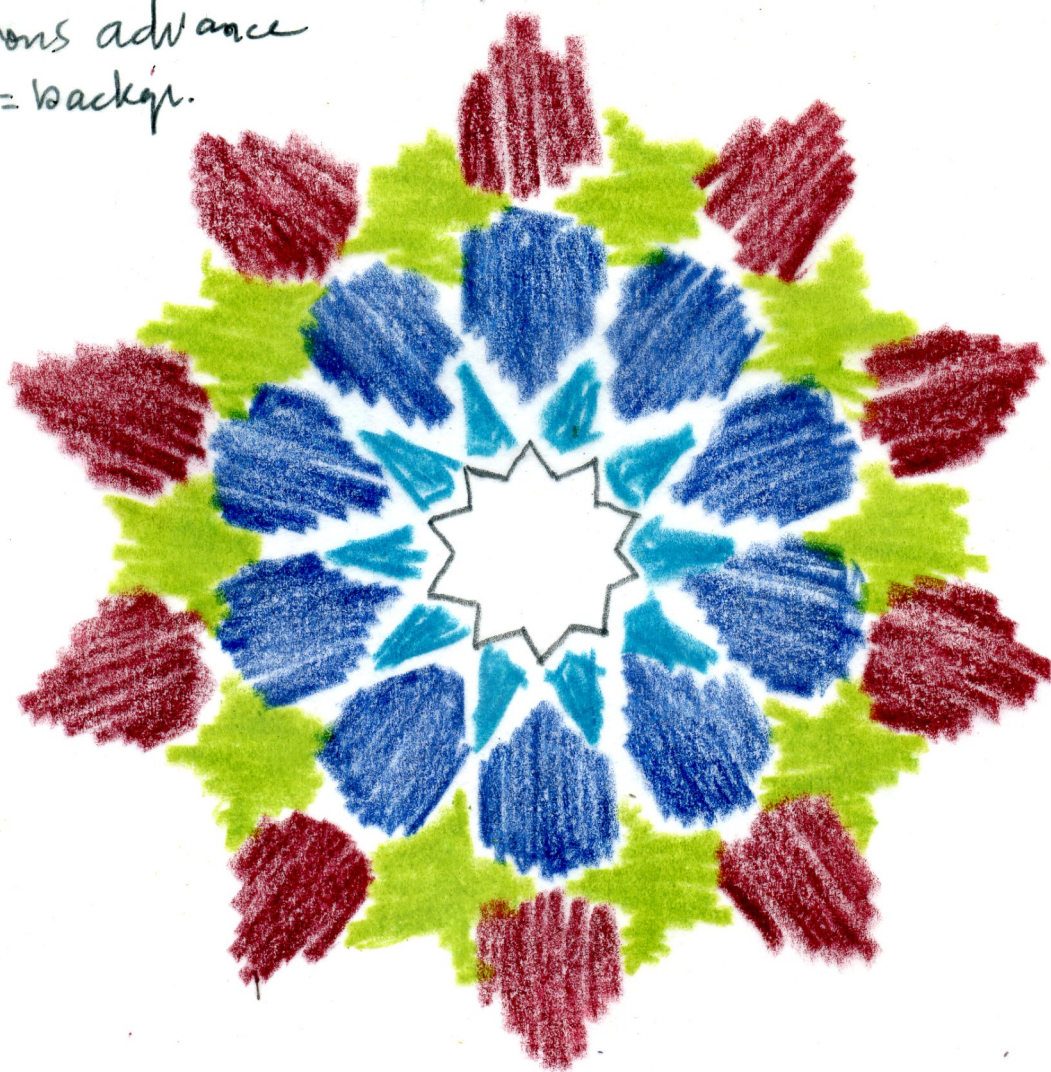
e Penta Δ s
sealed

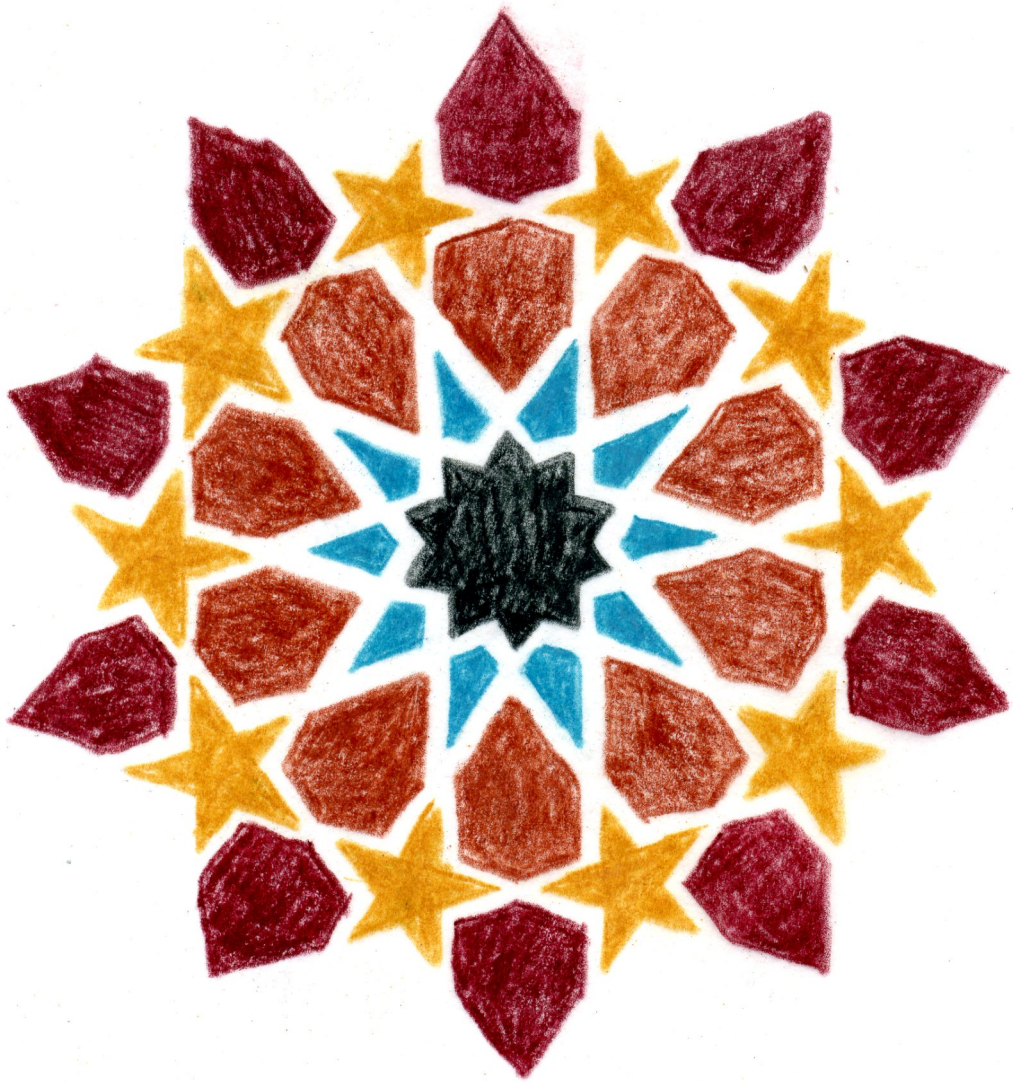


27.12

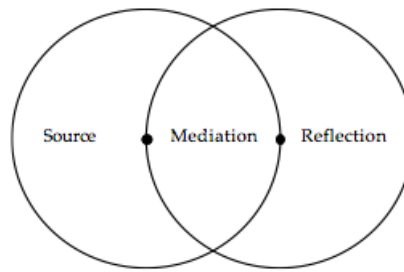
10¹
10²

wrong advance
s = backgr.





Vesica Piscis – Three Realms of Consciousness

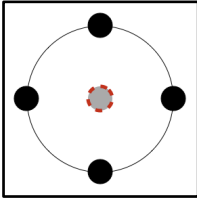
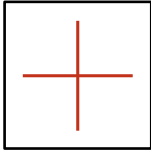
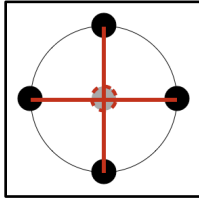
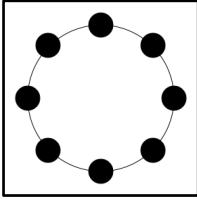
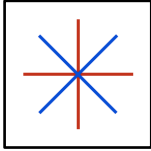
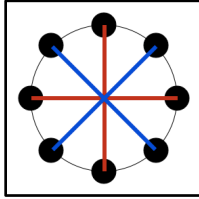
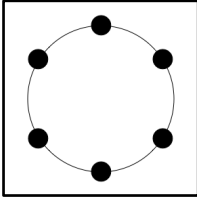
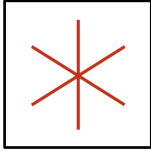
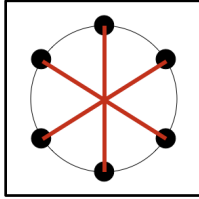
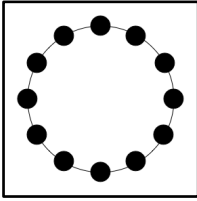
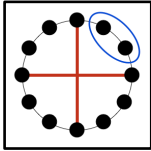
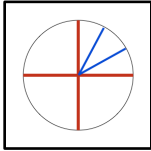
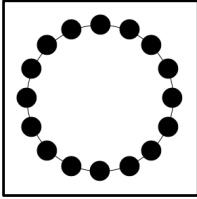
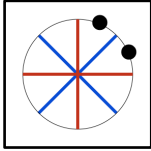
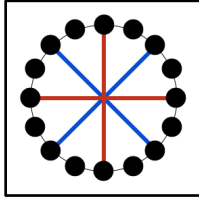
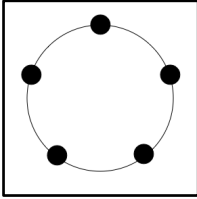
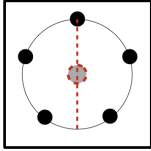
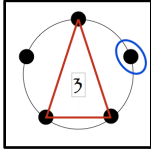


Source	Mediation	Reflection
Universal Consciousness	Balancing Consciousness	Empirical Consciousness
The One	Manas	The Many
Solar	Tellurian	Lunar
Unmanifest Realm	Incarnation Fixity in Time/Space	Manifest Realm
Heaven	Human	Earth
Unknown	Knowing	Known
Archetypal	Transitional Gateway in between	Sensate Reflect upon experience
Absolute	Ambiguous Liminal	Relative
Reality	Creativity	Actuality
Abstract	Formative Malleable	Concrete
Infinite	Becoming	Finite
Oneness	Threeness	Twoness

Source: Vesica piscis was used to represent the three realms of consciousness by Lama Govinda in his book, Foundations of Tibetan Mysticism (London. Rider. 1969).

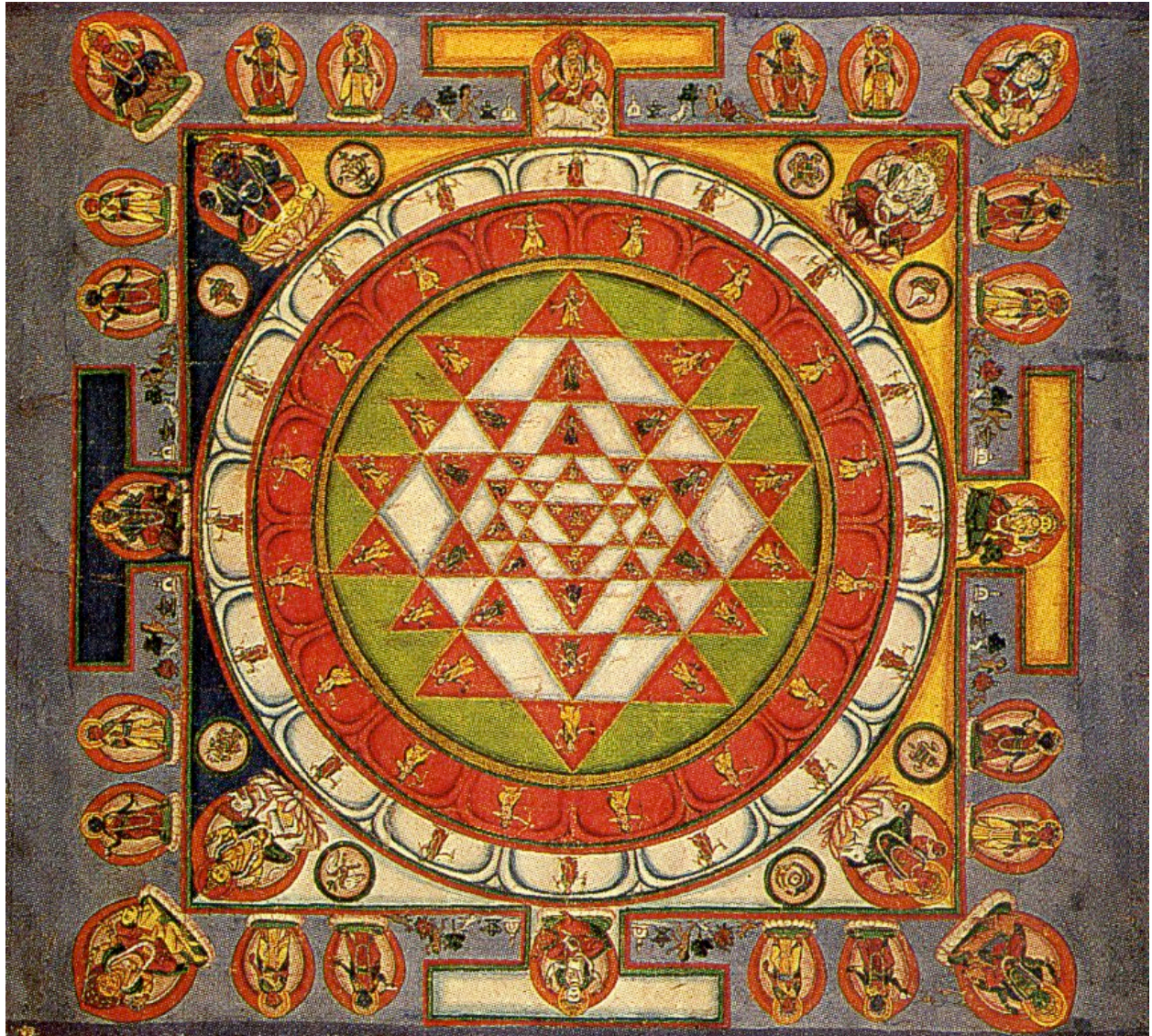
Symmetry Pattern Recognition Tricks

Connect the Dots in your Mind's Eye (Visualize Line through the Center)

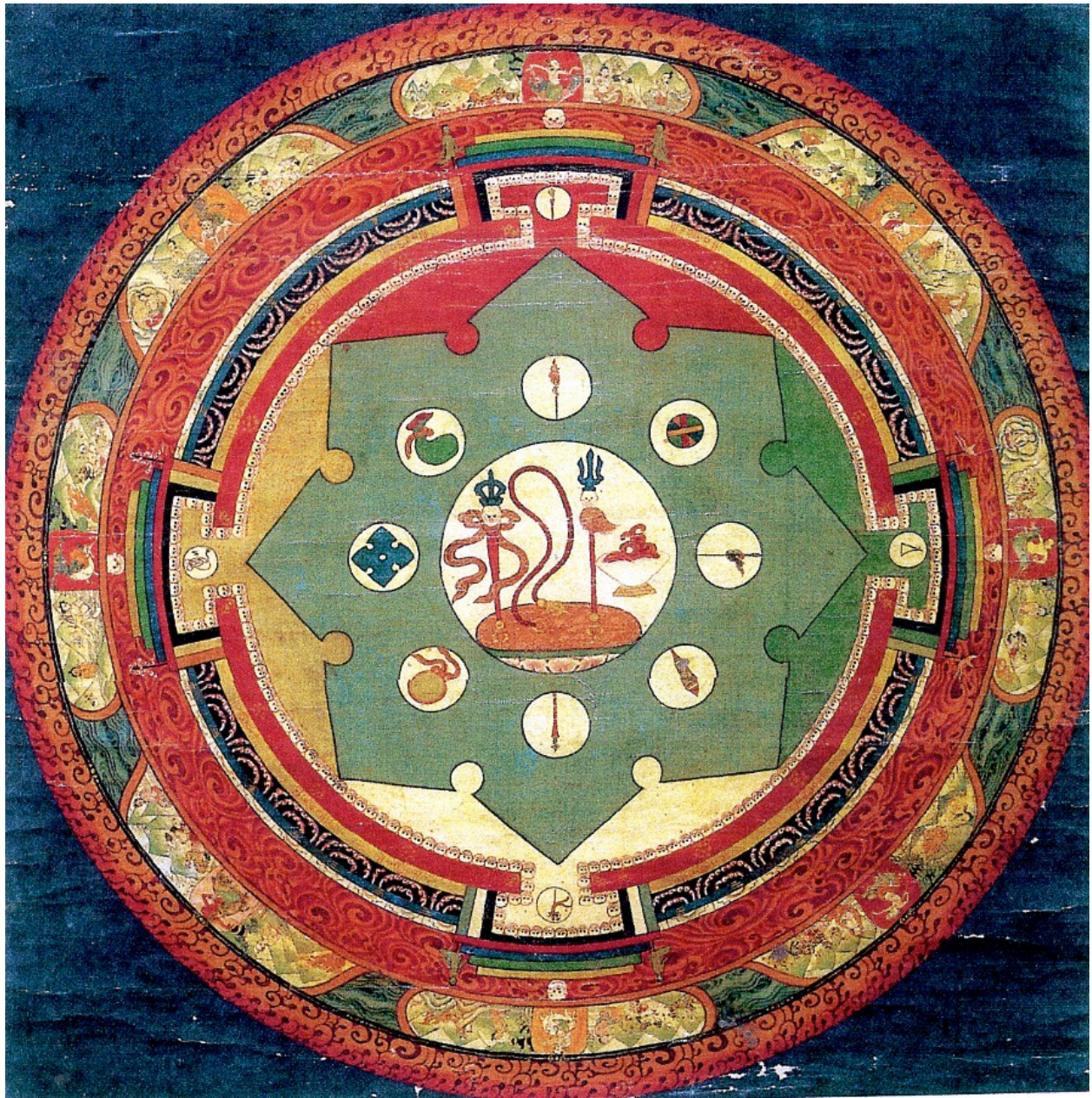
		
	If you See a Cross = 4 fold	
		
	See Cross + X = 8 fold	
		
	See Asterisk = 6 fold	
		
	Cross + 2 Free Dots = 12	Cross + 2 Radials
		
	Cross + X + Dot = 16	
		
	Odd # -No Opposite Dots	Head + 2 Feet + 2 Arms = 5
Other Odd Numbered Patterns	Human Head & 2 Feet Triangle + 2 Arms (Doubled) = 7	Triangle of 3 + 3 Arms (Doubled) = 9



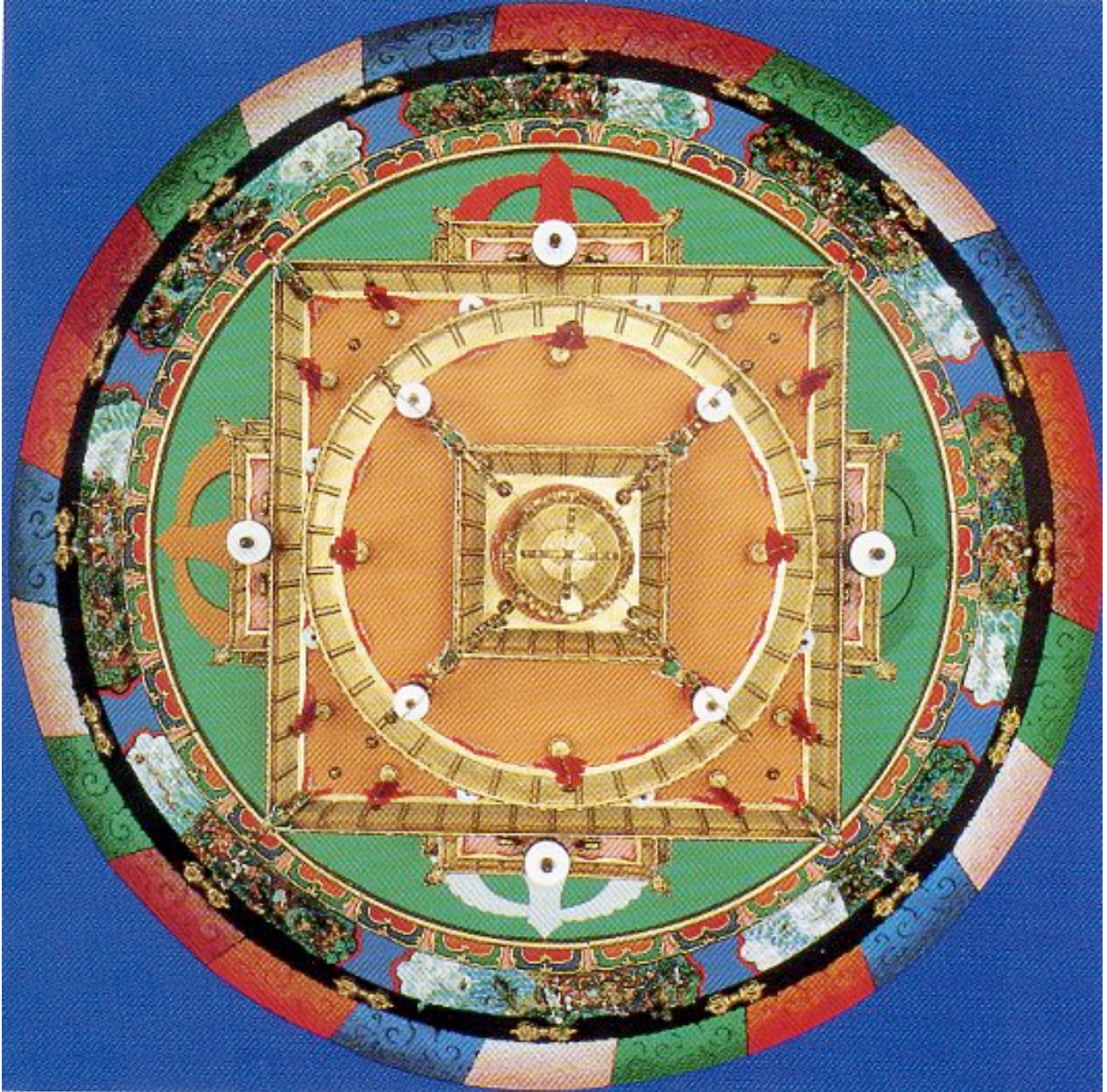
Tibetan Buddhist Kalachakra Sandpainting



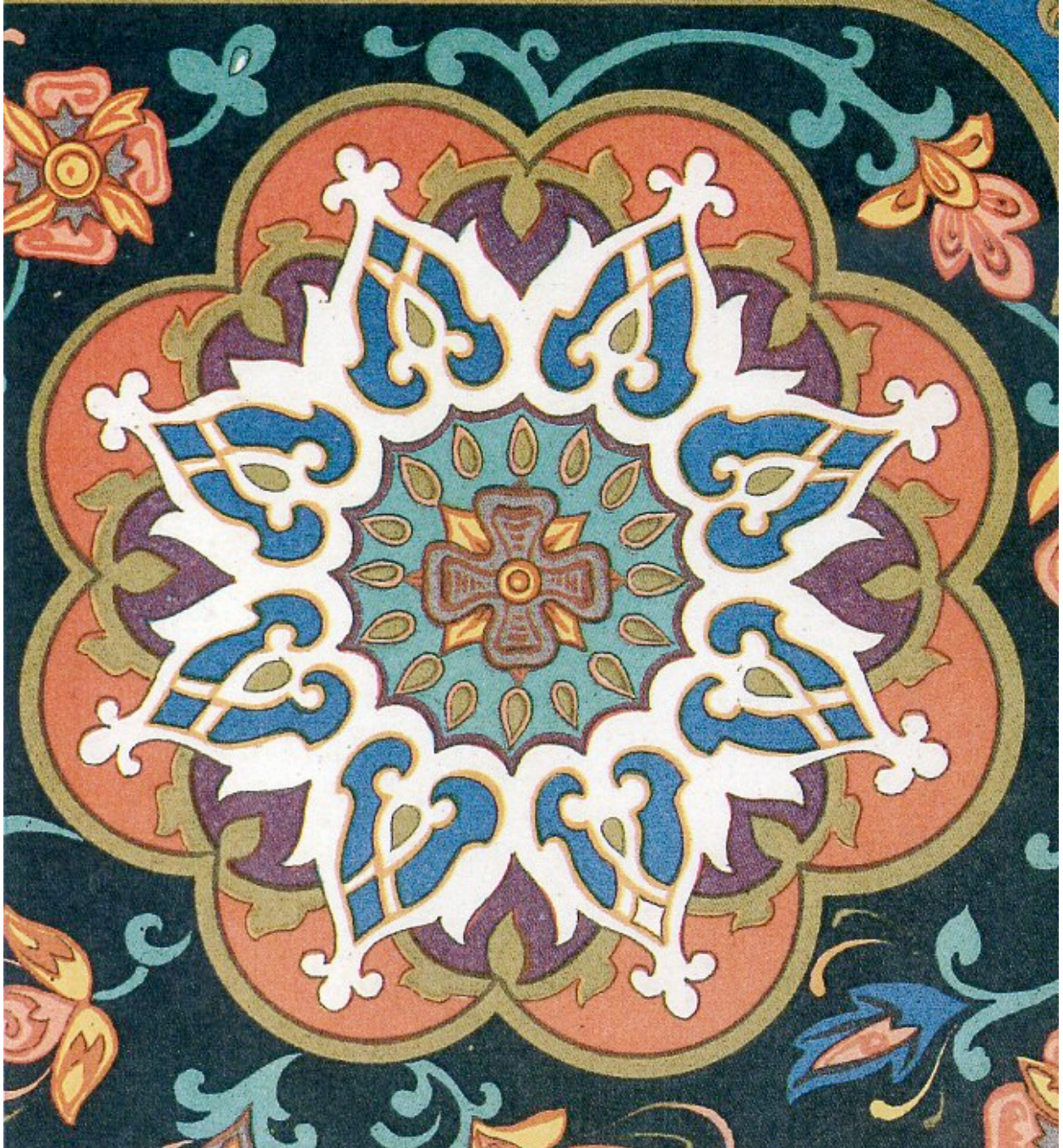
Hindu Sri Yantra - Seed Sounds of Creation Mandala



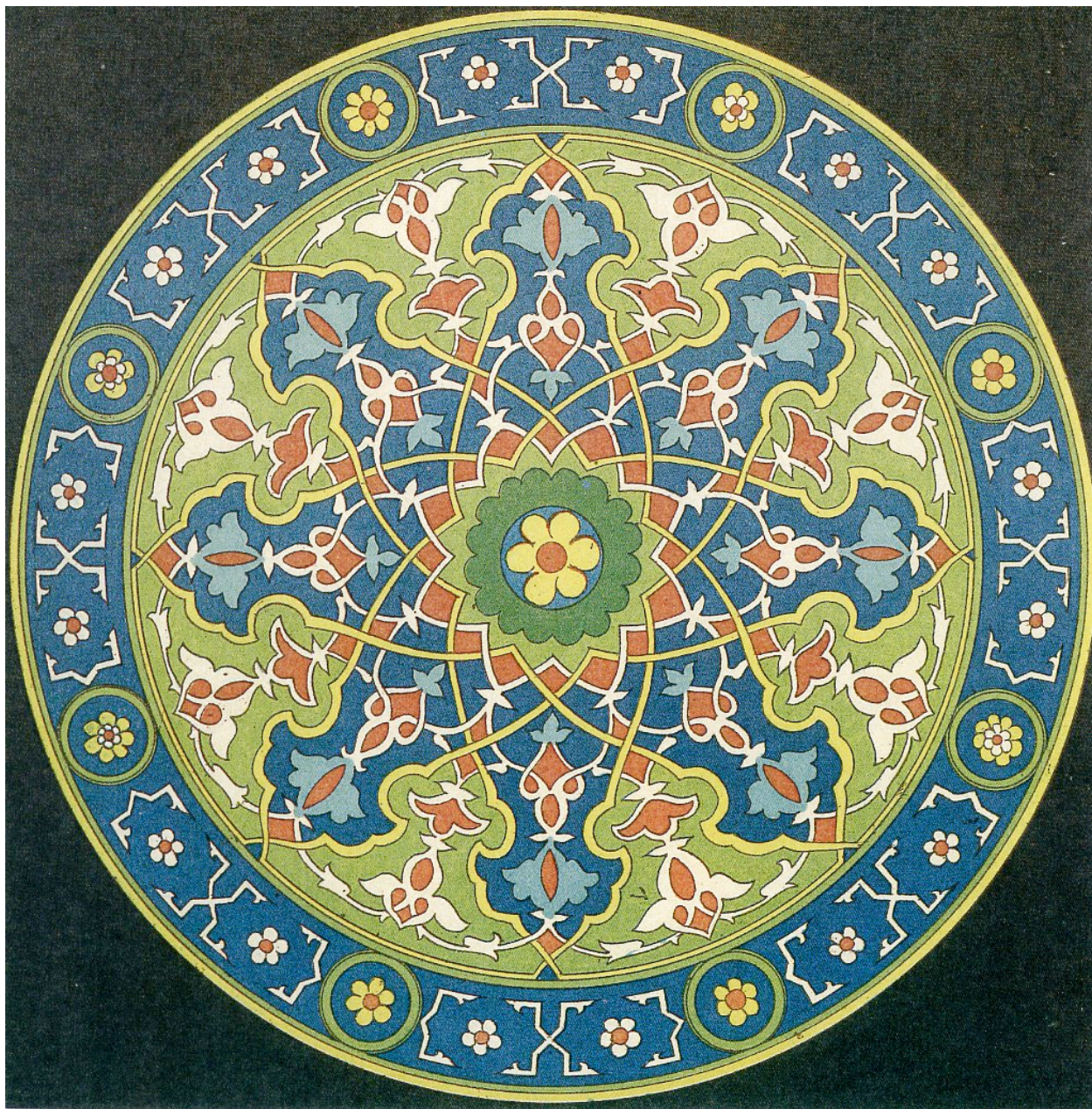
Yama DharmaRaja Mandala - Hindu god of Death & Protection



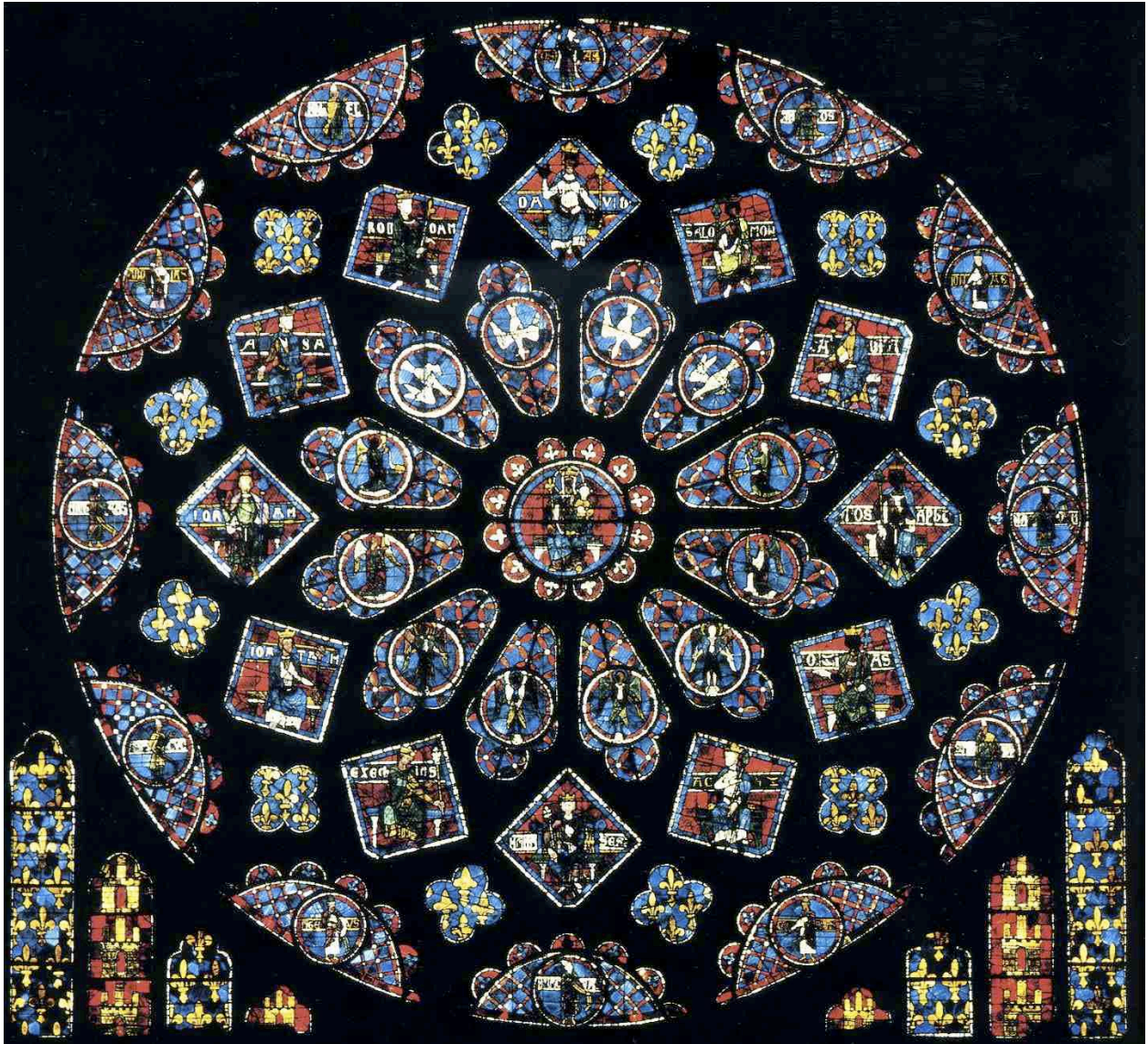
Zhi khro Mandala



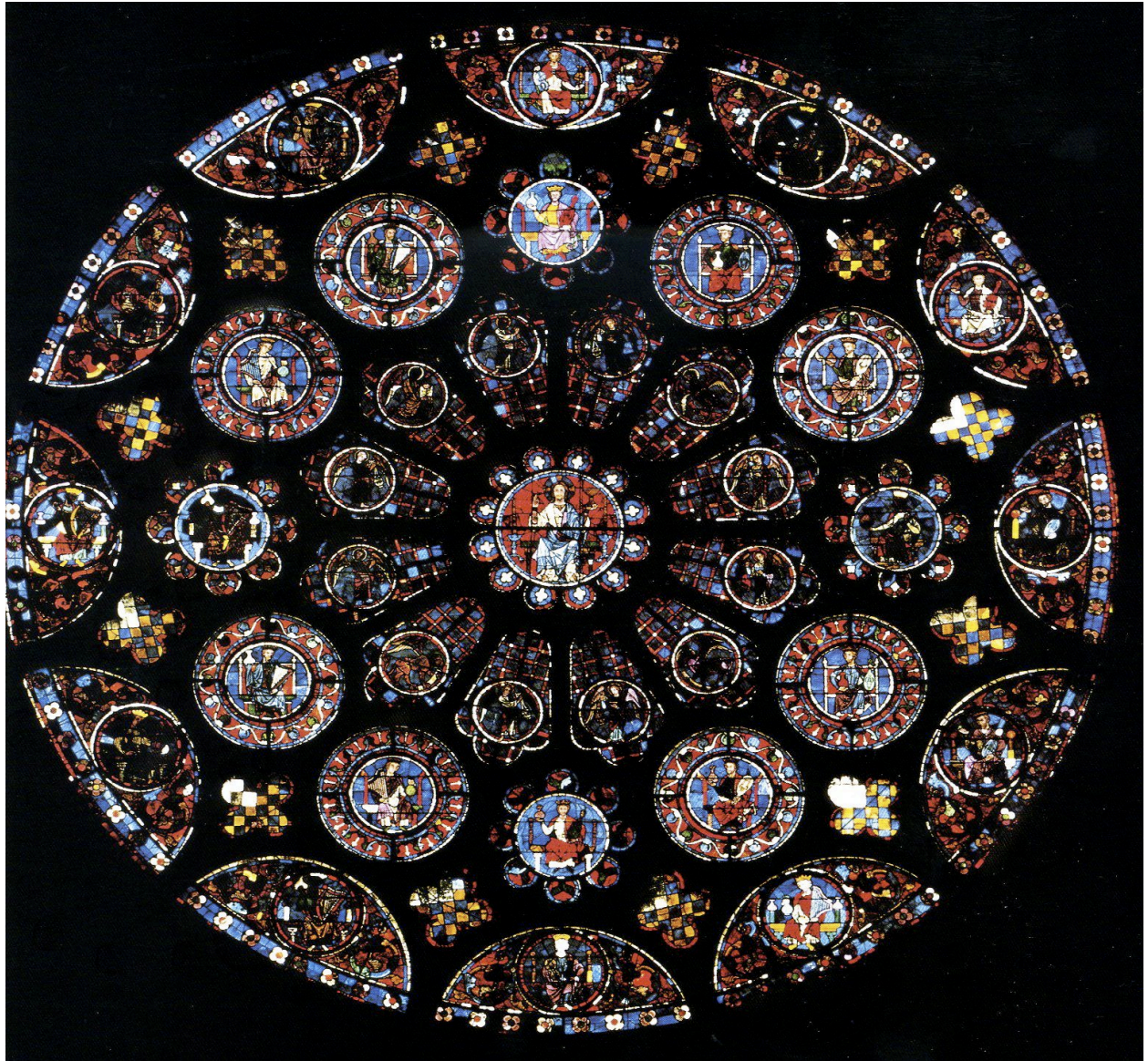
Islamic Pattern - Decorative painting on Bukhara architecture



Tile work in Mausoleum in Necropolis of Shakhi-Zinda, Samarkand



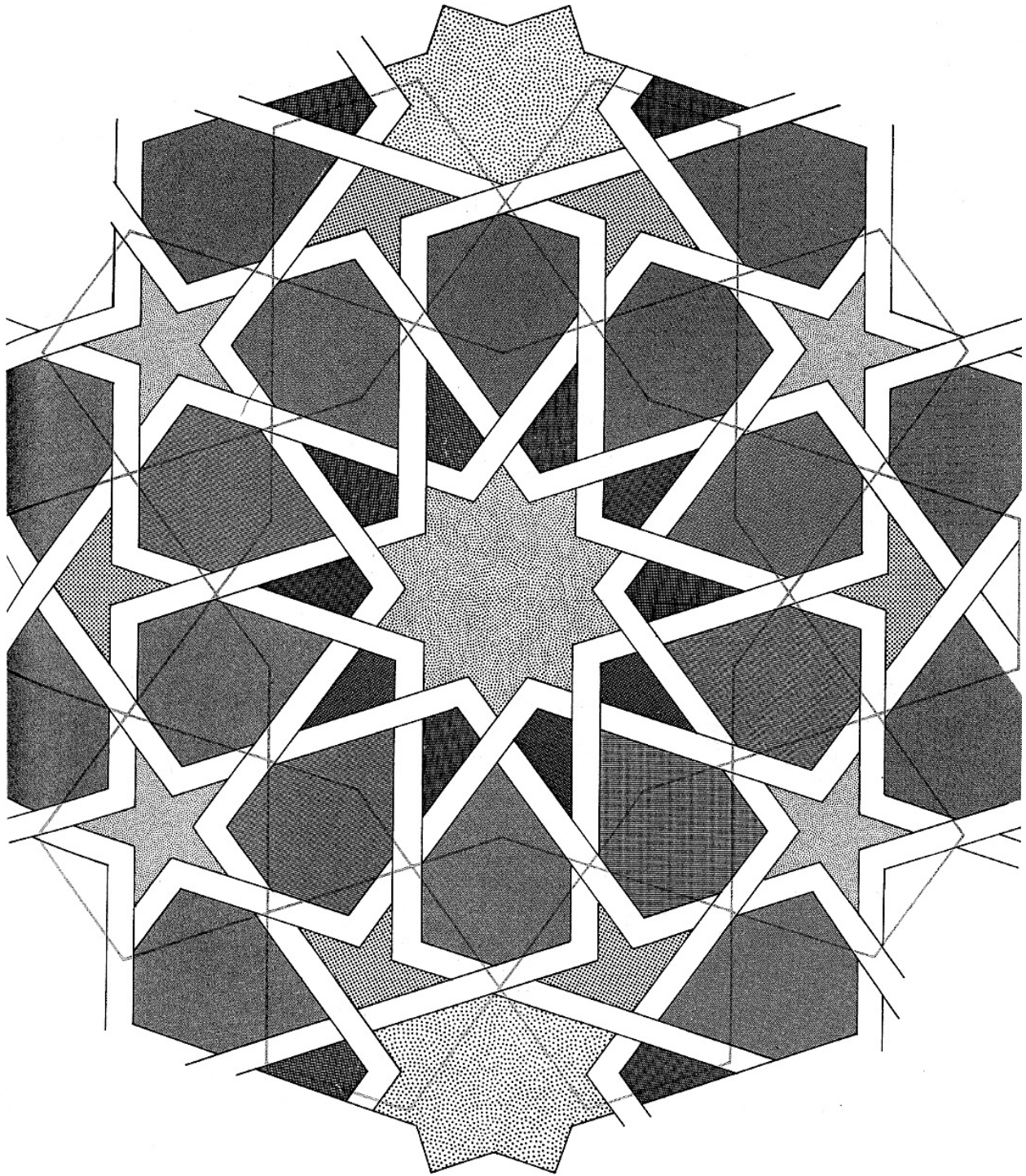
North Rose Window, Chartres Cathedral, France



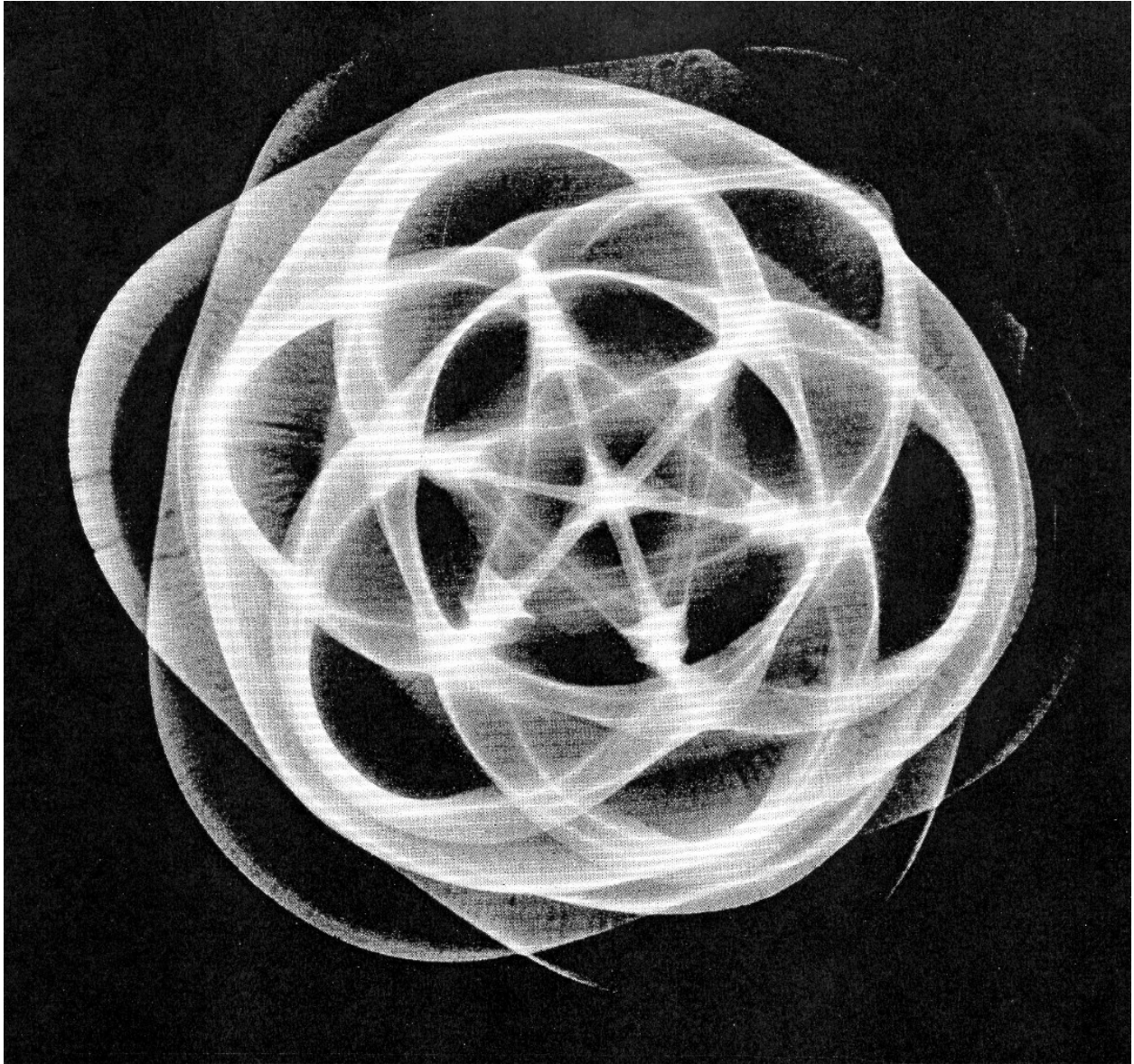
South Rose Window, Chartres Cathedral, France



Flower of Life Mandala - © Carolyn Bloom



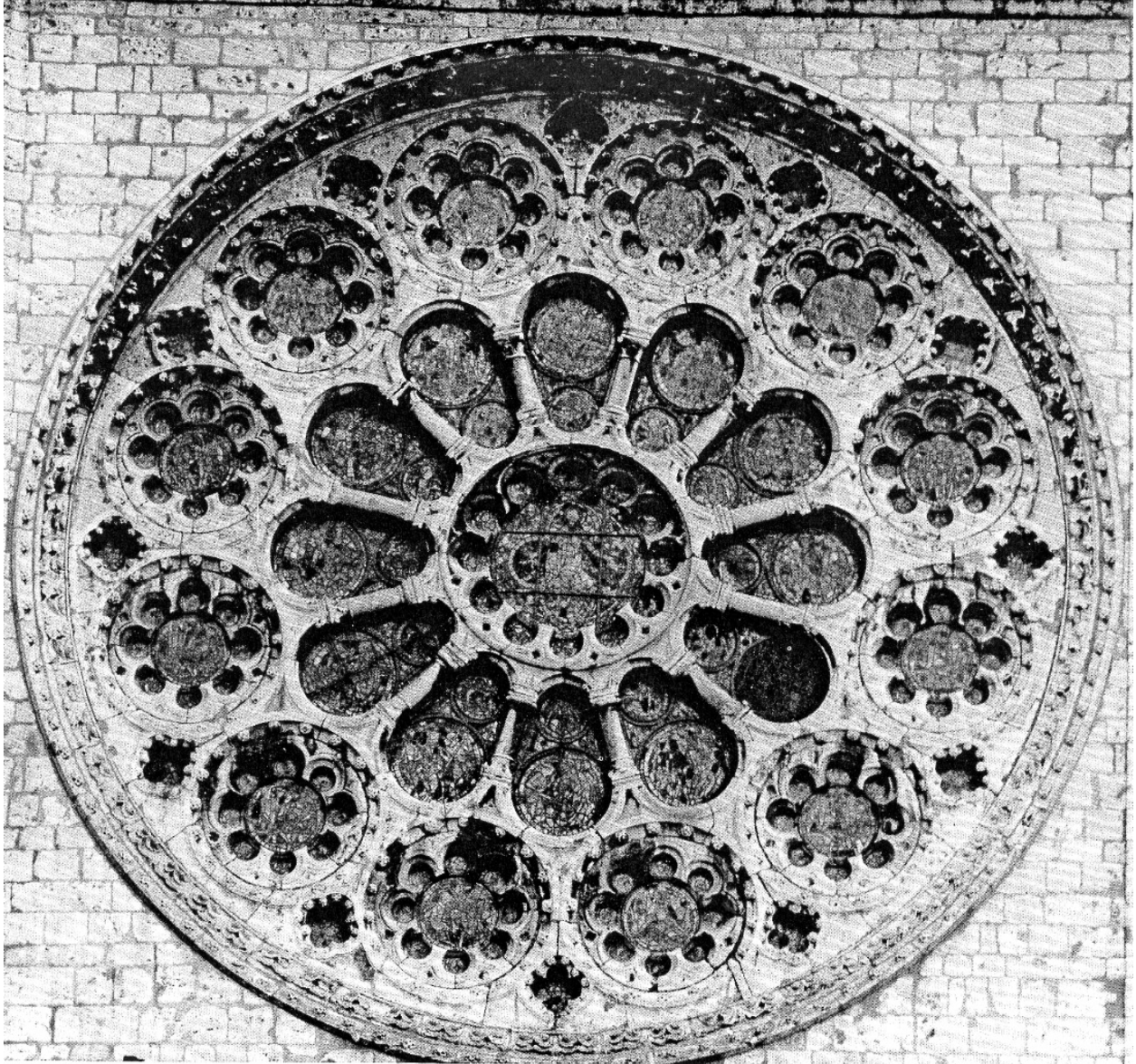
Decagonal Islamic Pattern - © Keith Critchlow



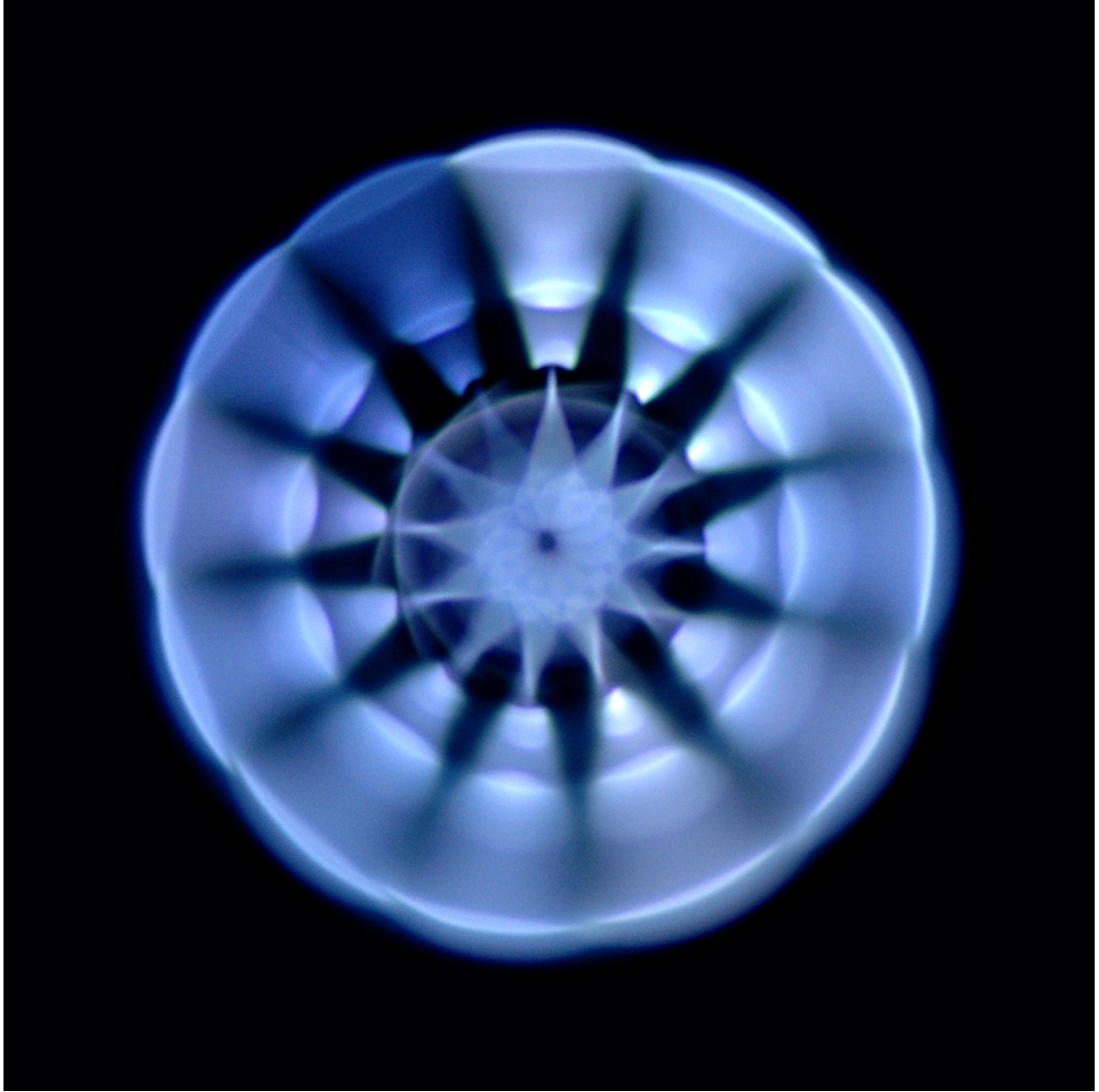
Cymatics Image - Hans Jenny



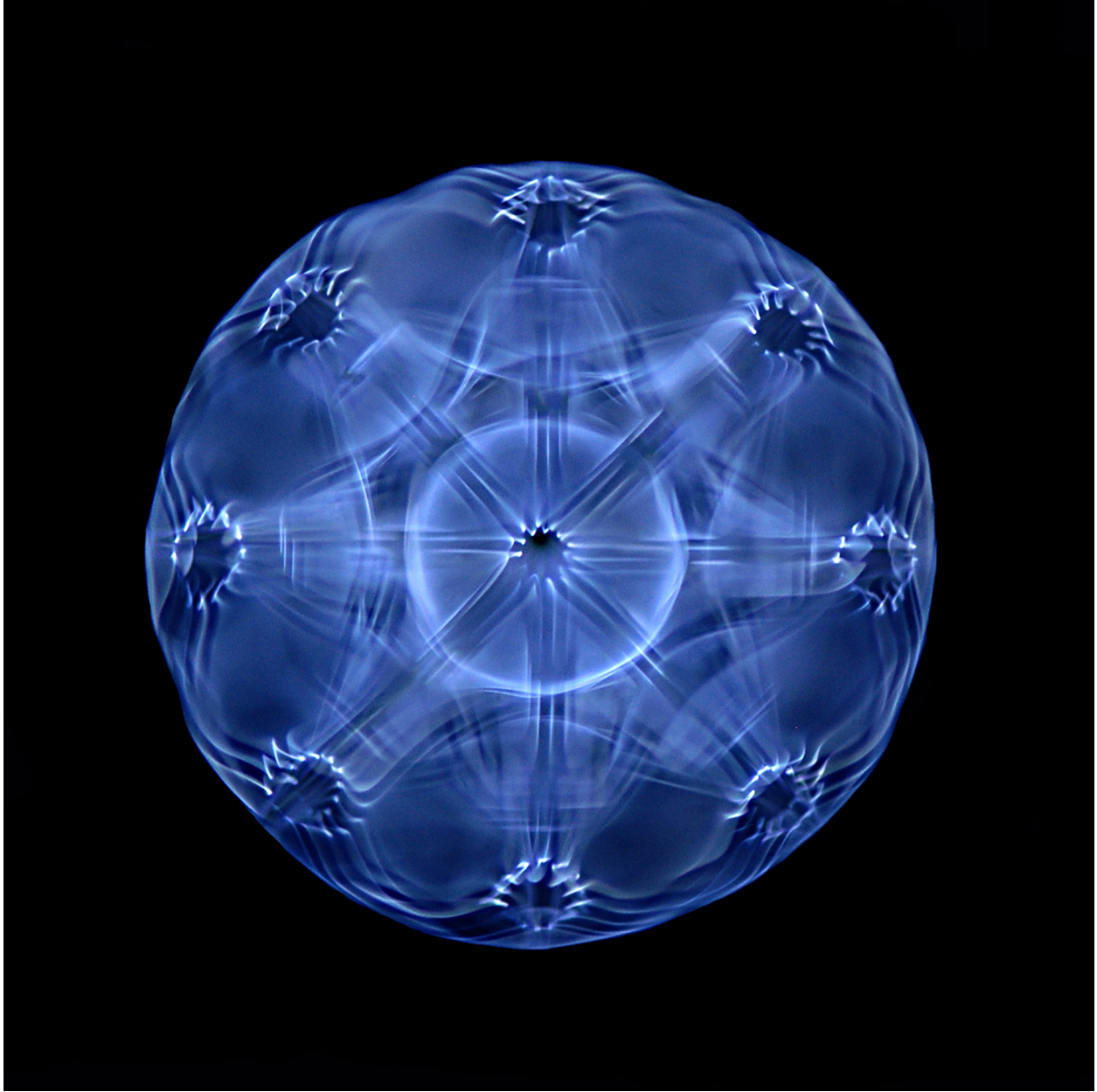
Cymatics Image - Hans Jenny



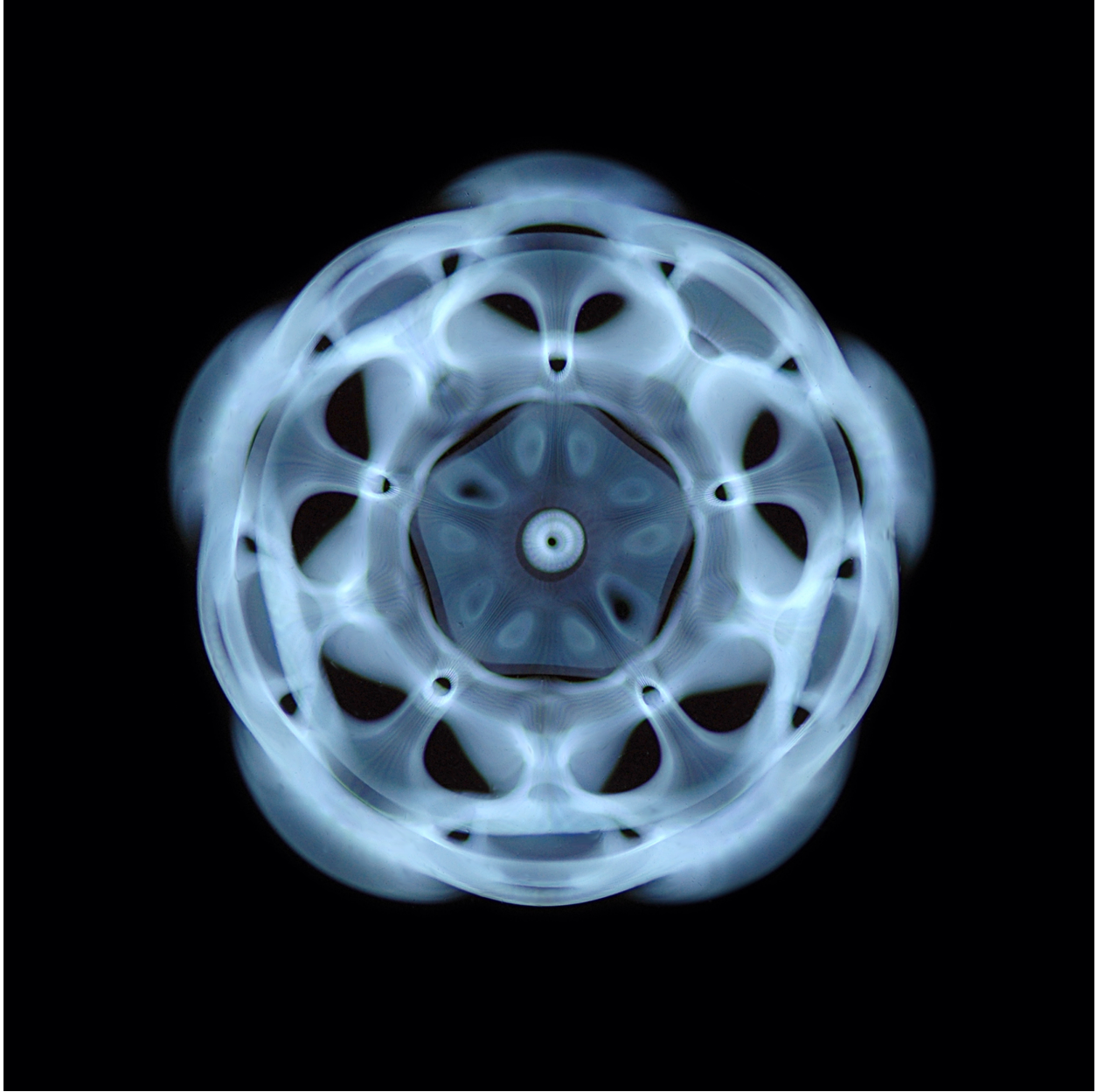
West Rose Window exterior in stone, Chartres Cathedral, France



Cymascope Image - © Erik Larsen



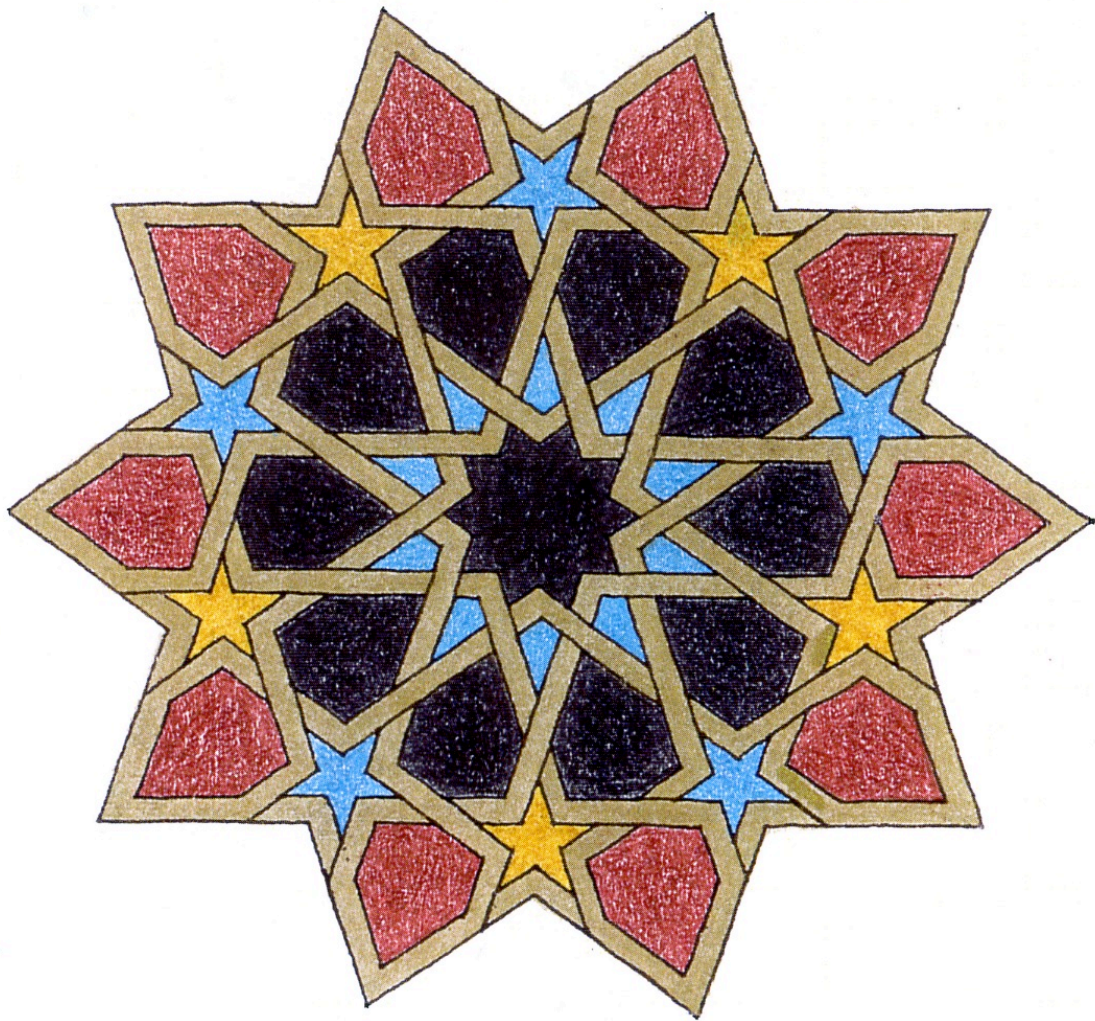
Cymascope Image - © Erik Larsen



Cymascope Image - © Erik Larsen



Rainbow Spirals based on North Rose Window of Chartres Cathedral
© Allison Willets



Decagonal Star Islamic Pattern - © Richard Feather Anderson



Seven Petaled Lotus - courtesy of Erik Larsen

Measuring Angles within Polygons

or

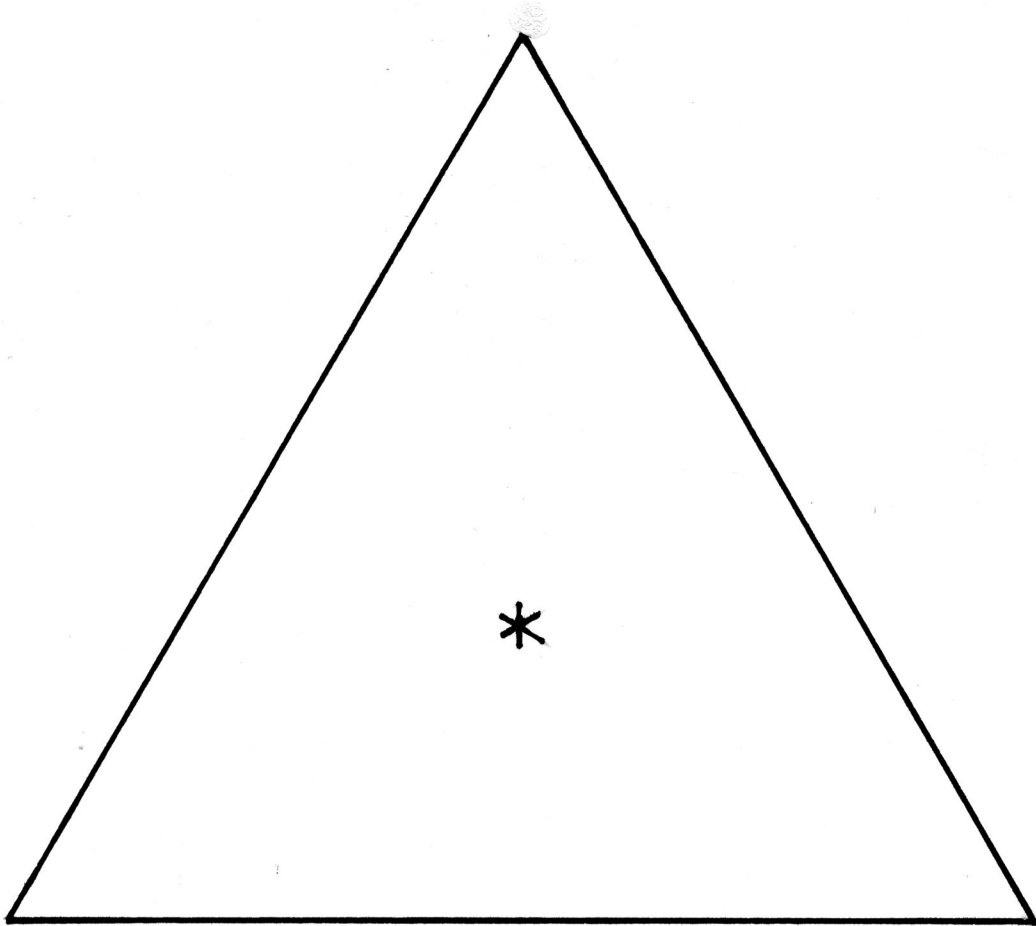
How to Use a Protractor

#T4-19

Track 4: Geometry

Category: 2D Geometries

Triangle with Crosshairs in the Center



Measuring Angles within Polygons

or

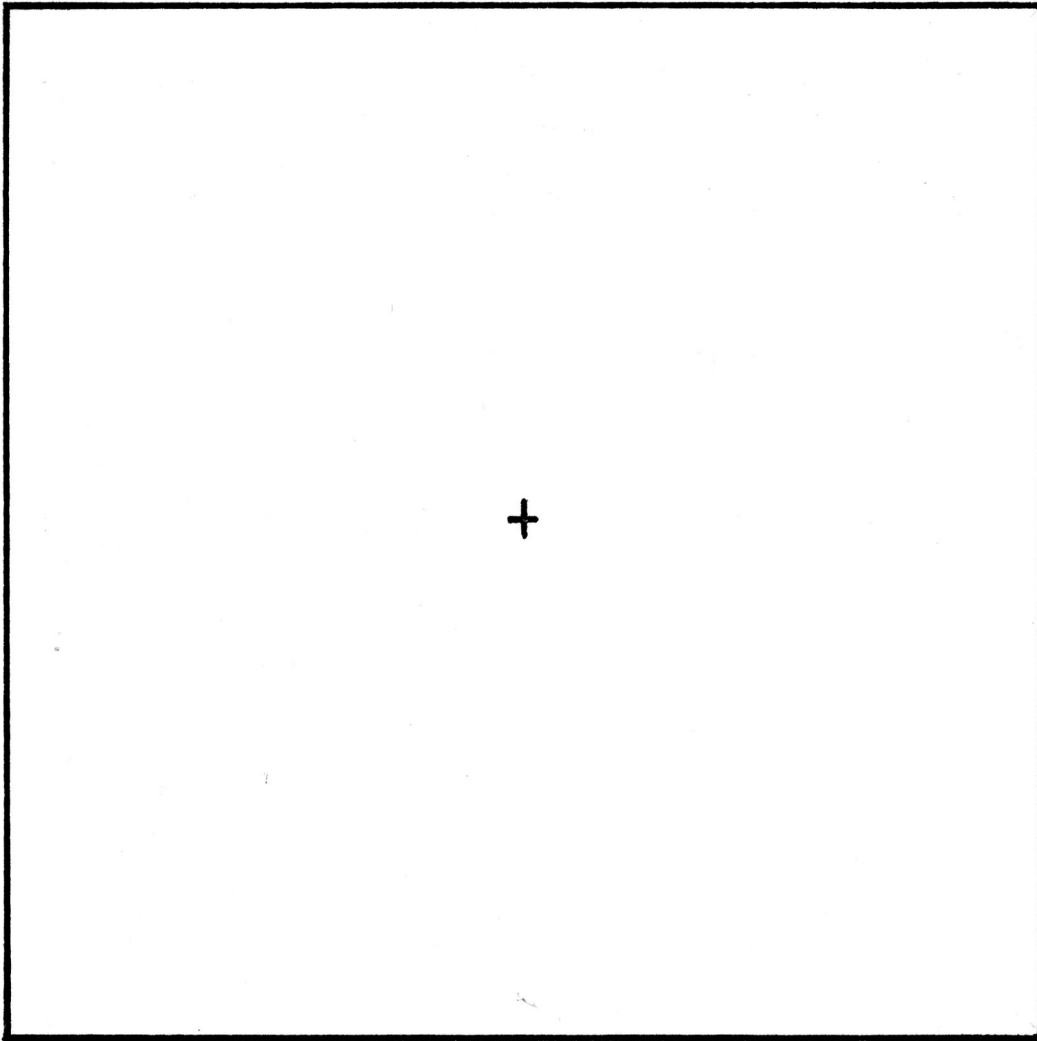
How to Use a Protractor

#T4-19

Track 4: Geometry

Category: 2D Geometries

Square with Crosshairs in the Center



Measuring Angles within Polygons

or

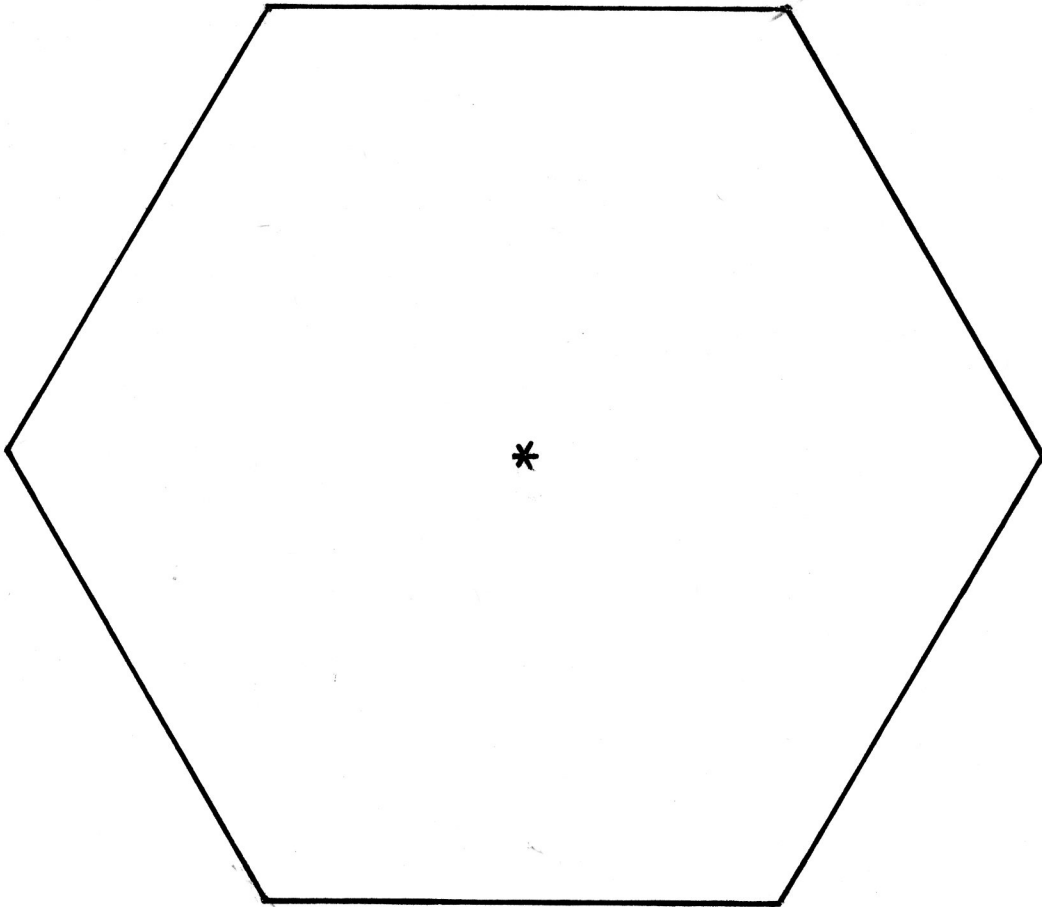
How to Use a Protractor

#T4-19

Track 4: Geometry

Category: 2D Geometries

Hexagon with Crosshairs in the Center



Measuring Angles within Polygons

or

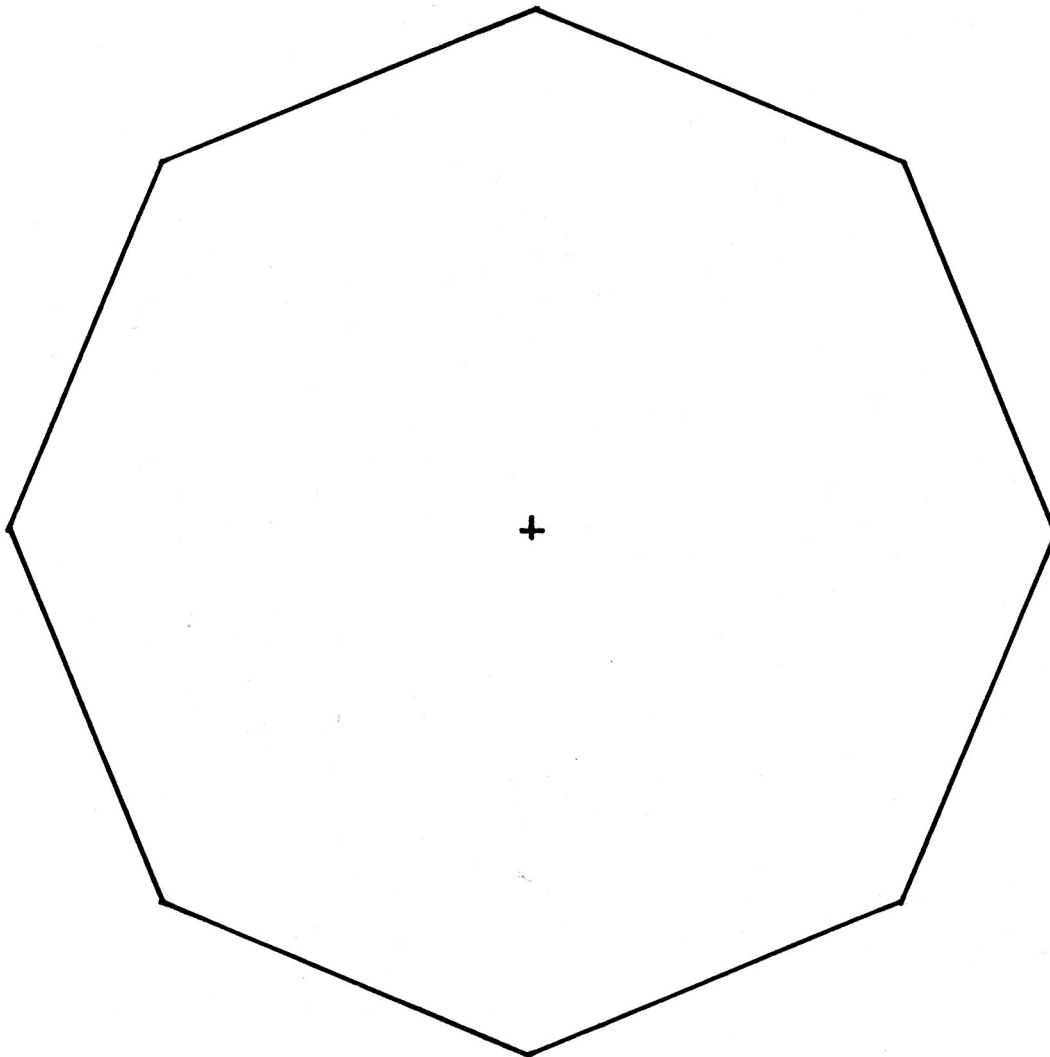
How to Use a Protractor

#T4-19

Track 4: Geometry

Category: 2D Geometries

Octagon with Crosshairs in the Center



Measuring Angles within Polygons

or

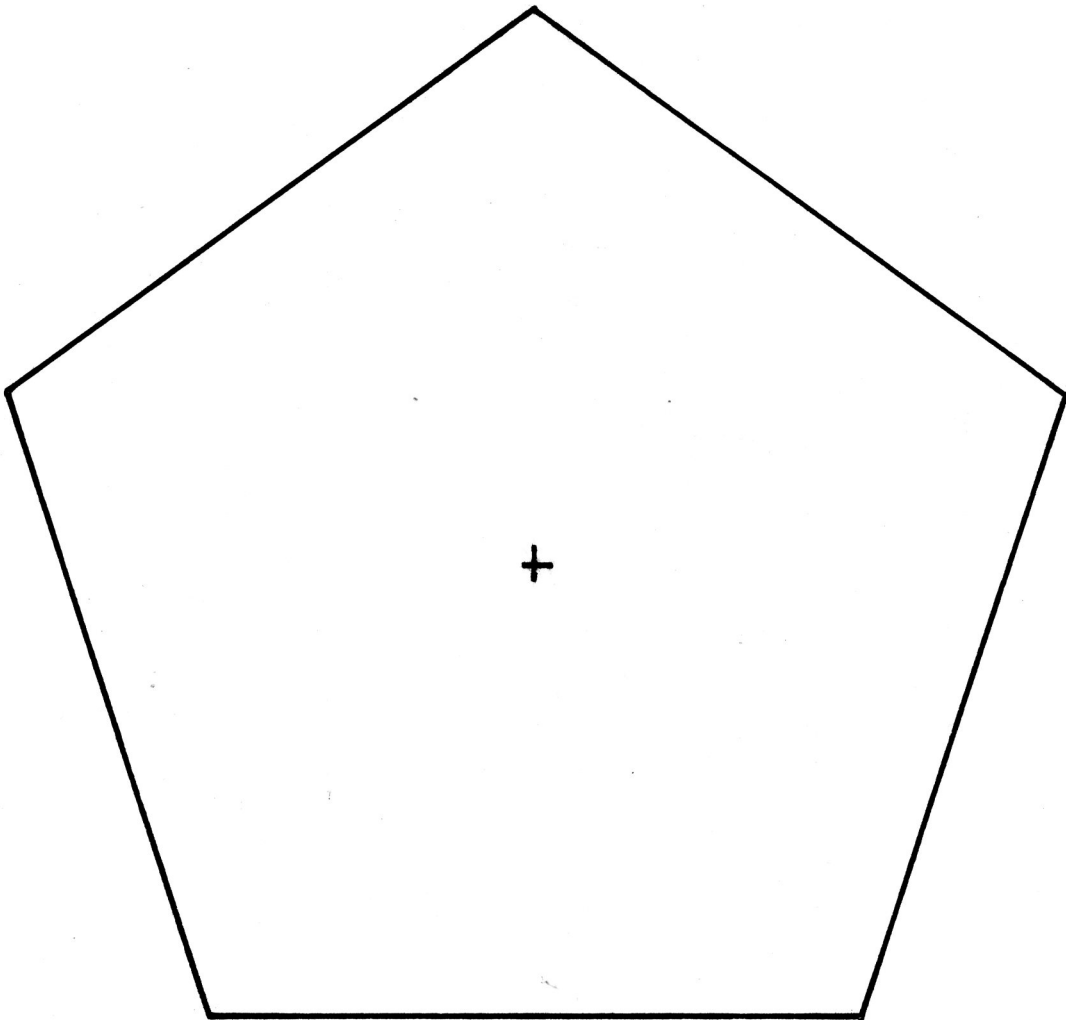
How to Use a Protractor

#T4-19

Track 4: Geometry

Category: 2D Geometries

Pentagon with Crosshairs in the Center



Measuring Angles within Polygons

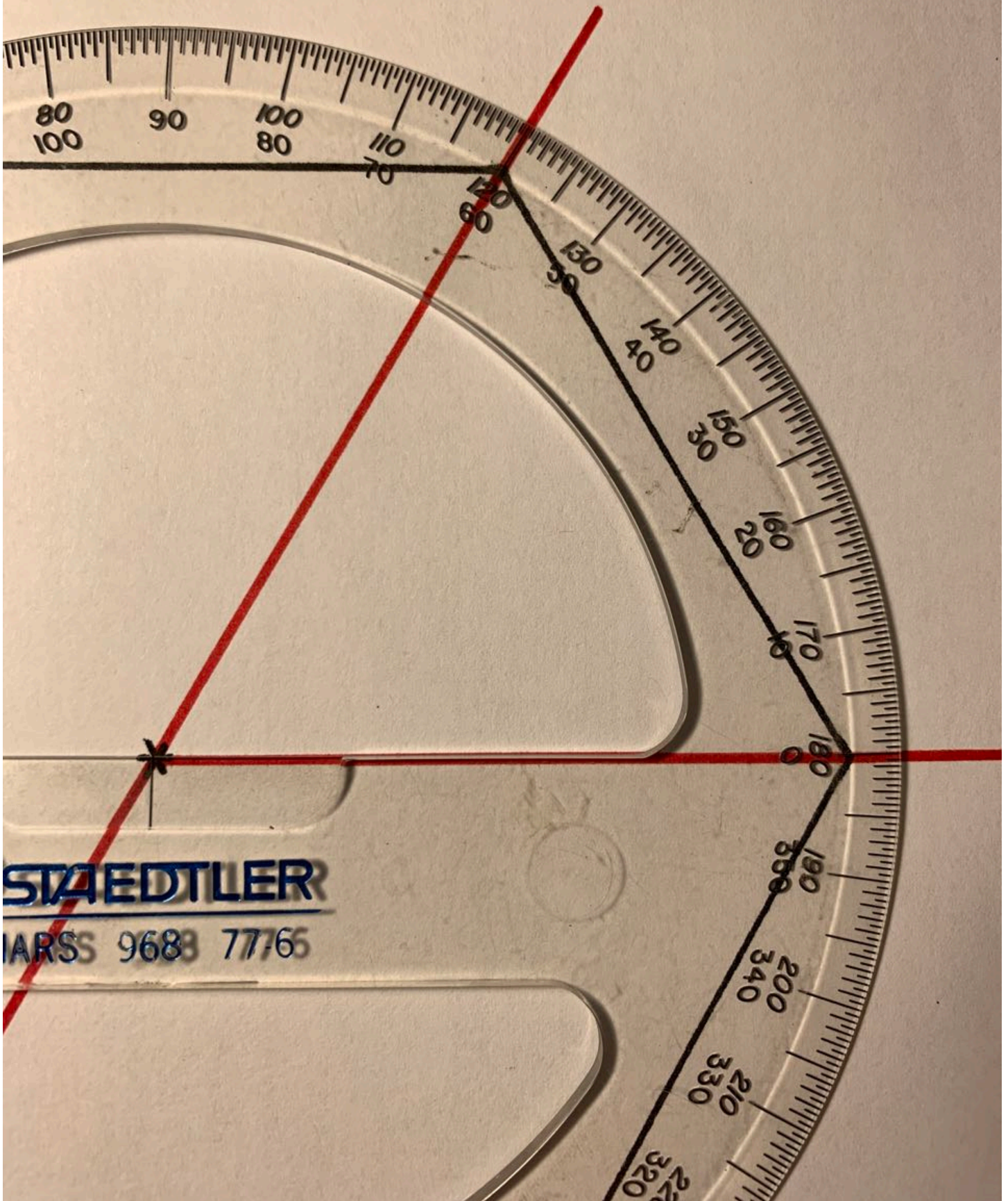
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How to Use a Protractor

#T4-19

Track 4: Geometry

Category: 2D Geometries



Measuring Angles within Polygons

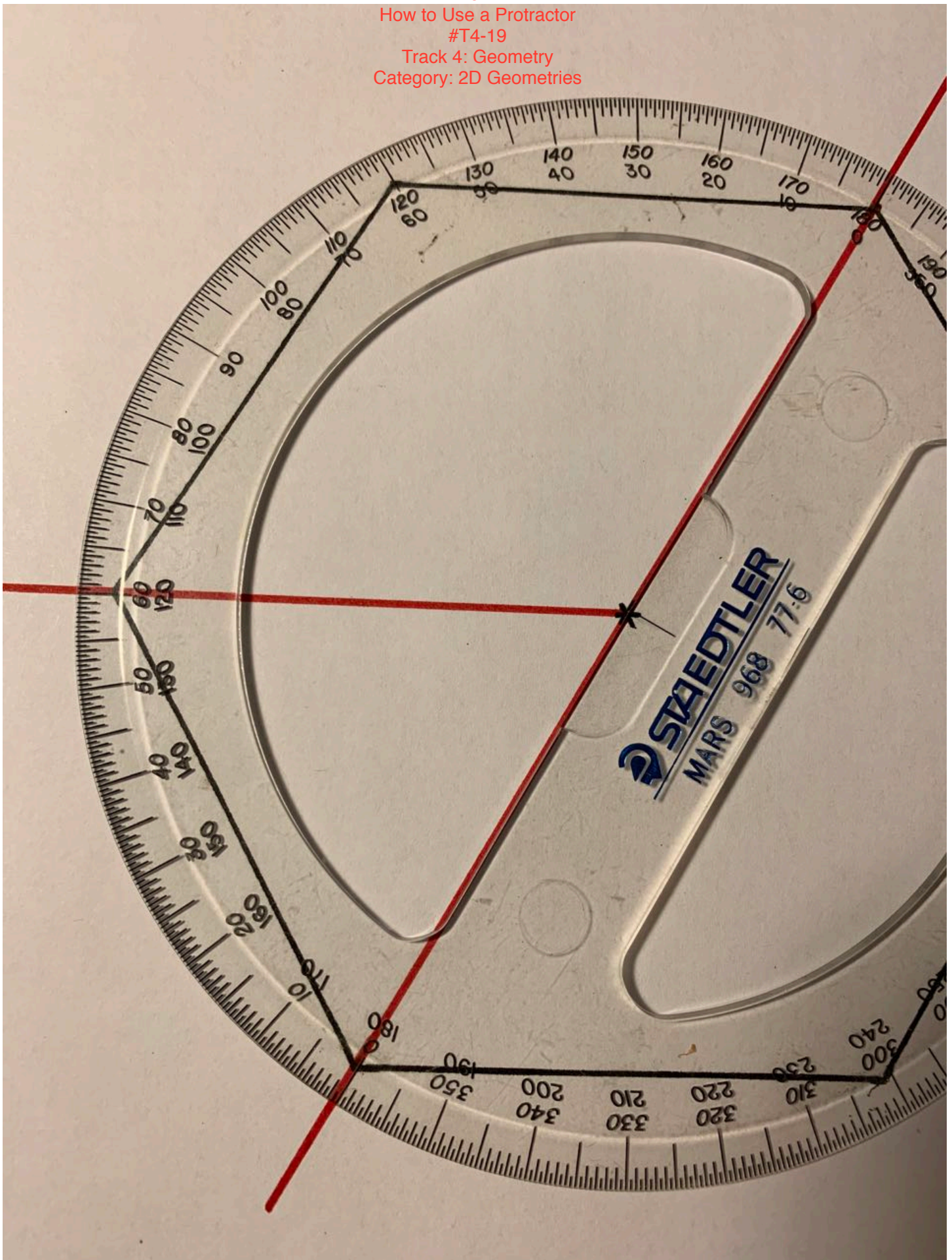
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How to Use a Protractor

#T4-19

Track 4: Geometry

Category: 2D Geometries



Measuring Angles within Polygons

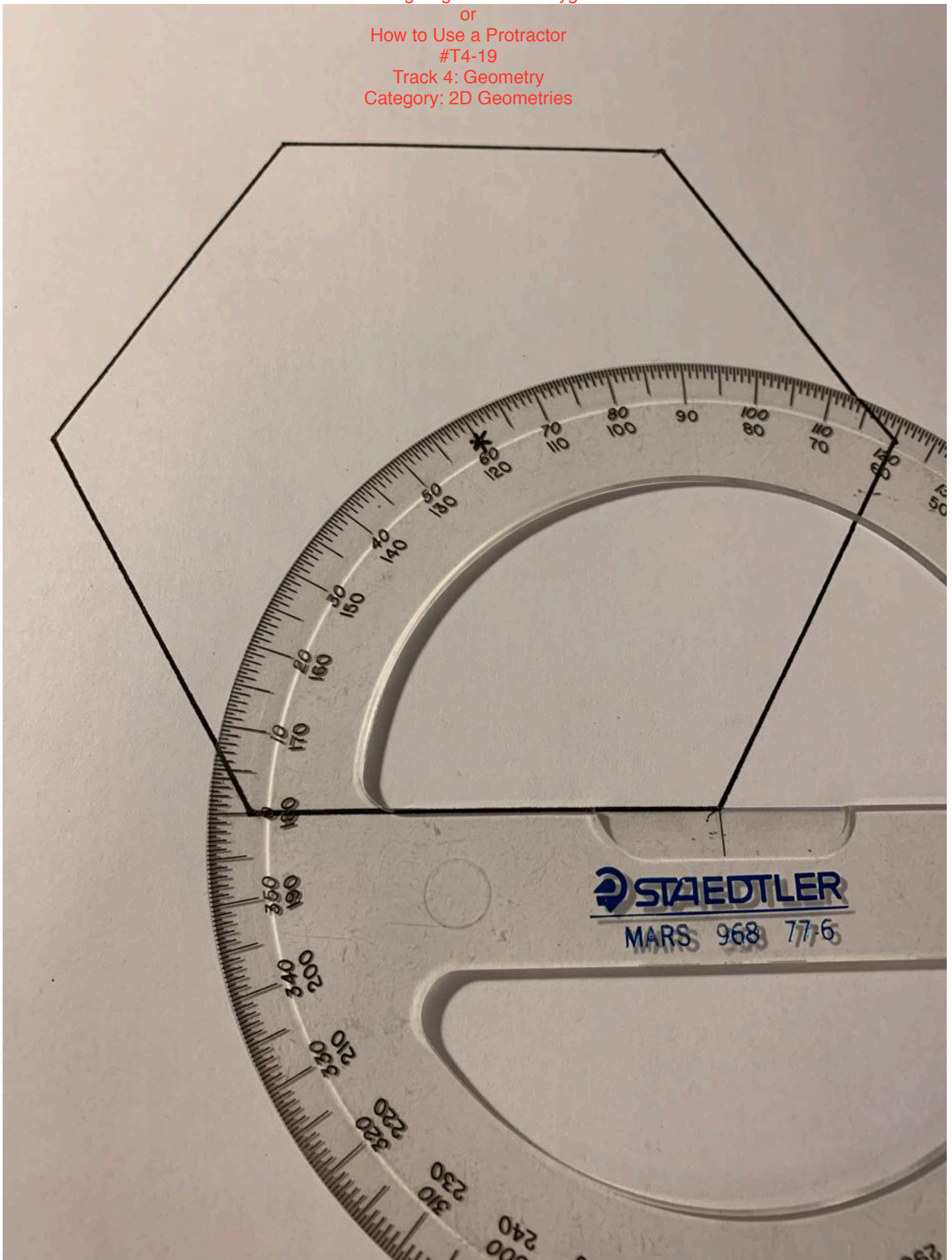
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How to Use a Protractor

#T4-19

Track 4: Geometry

Category: 2D Geometries



Measuring Angles within Polygons

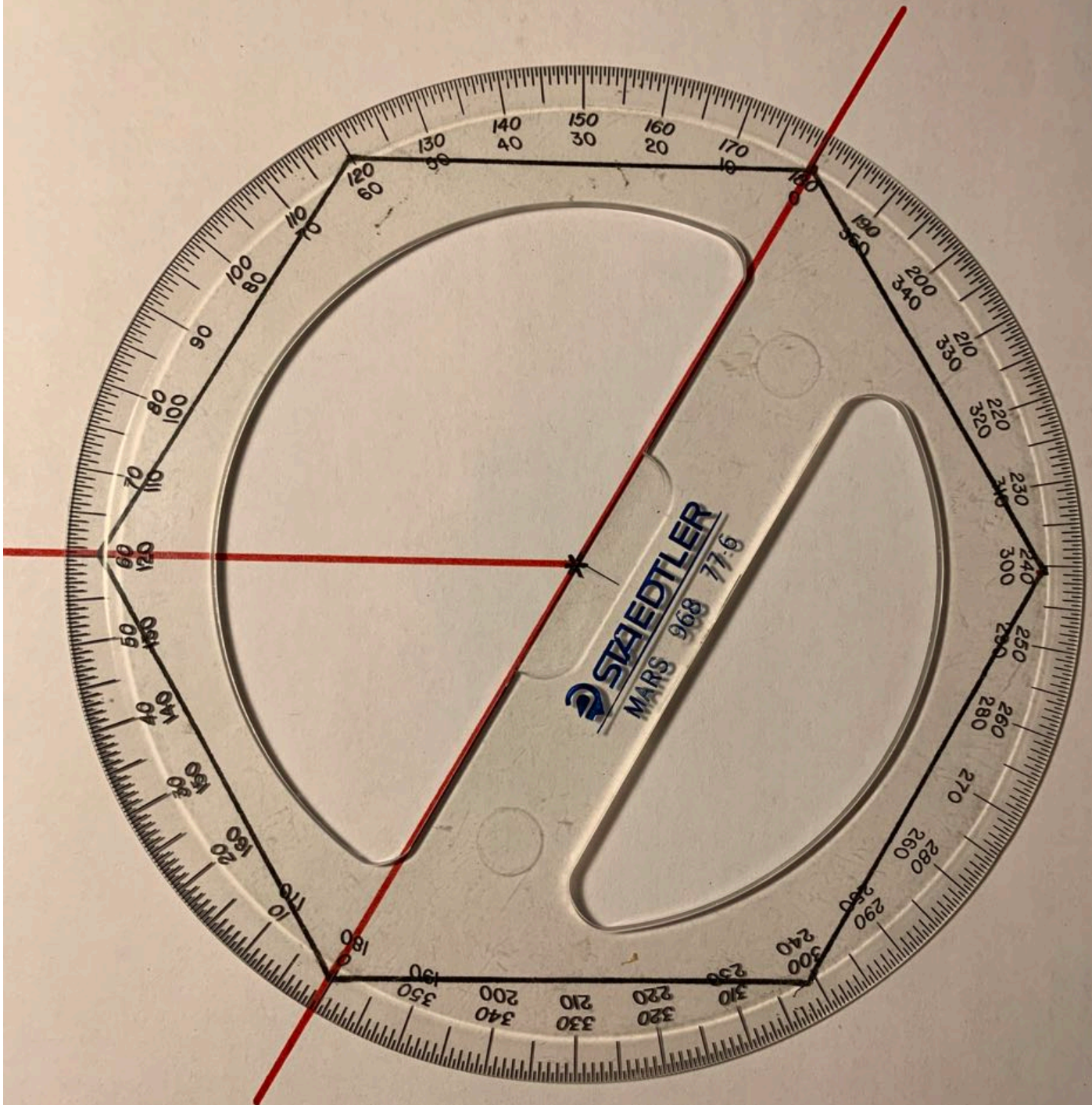
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How to Use a Protractor

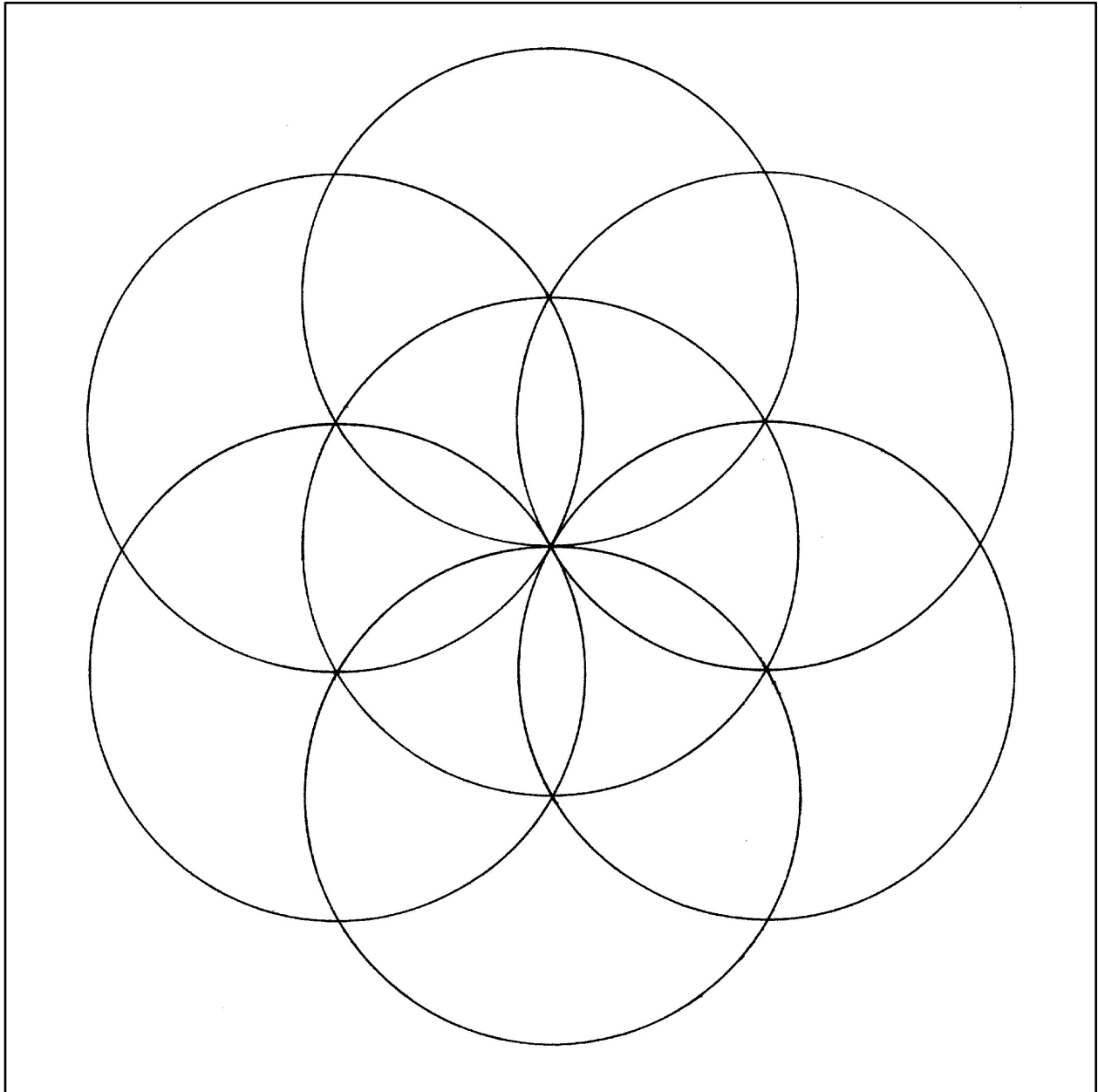
#T4-19

Track 4: Geometry

Category: 2D Geometries



Flower of Creation



Track 5

Emotional Expression

	<u>Vowels</u>
1	Uu
2	Uh
3	Oh
4	Ah
5	Aah
6	Eh
7	Ee

Steady Beat Vocal Rhythms #T5-7

Track 5: Emotional Expression Category: Voice Expression

2 Vowels

Uu, Oh	Oh, Uu	Uh, Uu	Ah, Uu	Aah, Uu	Eh, Uu	Ee, Uu
Uu, Uh	Oh, Uh	Uh, Oh	Ah, Oh	Aah, Oh	Eh, Oh	Ee, Oh
Uu, Ah	Oh, Ah	Uh, Ah	Ah, Uh	Aah, Uh	Eh, Uh	Ee, Uh
Uu, Aah	Oh, Aah	Uh, Aah	Ah, Aah	Aah, Ah	Eh, Aah	Ee, Aah
Uu, Eh	Oh, Eh	Uh, Eh	Ah, Eh	Aah, Eh	Eh, Ah	Ee, Ah
Uu, Ee	Oh, Ee	Uh, Ee	Ah, Ee	Aah, Ee	Eh, Ee	Ee, Eh

Consonant/Vowel Combinations

	<u>Uu</u>	<u>Uh</u>	<u>Oh</u>	<u>Ah</u>	<u>Aah</u>	<u>Eh</u>	<u>Ee</u>
1	Buu	Buh	Boh	Bah	Baah	Beh	Bee
2	Cuu	Cuh	Coh	Cah	Caah	Ceh	Cee
3	Duu	Duh	Doh	Dah	Daah	Deh	Dee
4	Fuu	Fuh	Foh	Fah	Faah	Feh	Fee
5	Guu	Guh	Goh	Gah	Gaah	Geh	Gee
6	Huu	Huh	Hoh	Hah	Haah	Heh	Hee
7	Juu	Juh	Joh	Jah	Jaah	Jeh	Jee
8	Kuu	Kuh	Koh	Kah	Kaah	Keh	Kee
9	Luu	Luh	Loh	Lah	Laah	Leh	Lee
10	Muu	Muh	Moh	Mah	Maah	Meh	Mee
11	Nuu	Nuh	Noh	Nah	Naah	Neh	Nee
12	Puu	Puh	Poh	Pah	Paah	Peh	Pee
13	Ruu	Ruh	Roh	Rah	Raah	Reh	Ree
14	Suu	Suh	Soh	Sah	Saah	She	See
15	Tuu	Tuh	Toh	Tah	Taah	The	Tee
16	Wuu	Wuh	Who	Wah	Waah	Weh	Wee
17	Zuu	Zuh	Zoh	Zah	Zaah	Zeh	Zee