- #32 Clapping practice
- #33 Intro to Example three, Part A
- #34 Pointing practice
- #35 Intro to Example three, Part B and instruction to play #34 again and trace lines

LESSON TWO (continued) (page 7)

- #36 Instruction to Question 1 (a)
 #37 Question 1 (a): answer (1)
 #38 Question 1 (a): answer (2)
 #39 Question 1 (a): answer (3)
 #40 Question 1 (b)
 #41 Listening to slow speed (tempo)
 #42 Listening to moderate tempo
 #43 Listening to fast tempo
 #44 Instruction for Question 2
 #45 Answering Q 2
 #46 Instruction for Question 3
 #47 Writing time signature
- #48 Writing time signature

LESSON THREE - PITCH (page 8)

- #49 Listening to Steps up and down
- #50 Listening to C Major scale
- #51 Listening and singing
- #52 Listening to pairs of Steps up and down
- #53 Question 1: Instruction
- #54 Answering Q1
- #55 Question 2: Instruction
- #56 Answering Q2
- #57 Question 3: Instruction
- #58 Answering Q3
- #59 Question 4: Instruction
- #60 Answering Q4

END OF DISC ONE