

Welcome to Dulcimer 101

The Basics

What You'll Need

- Dulcimer
- Stand
- Hammers
- Tuning Wrench
- (Electronic) Tuner – chromatic
- Tuner pickup (optional)

Instrument nomenclature

- Strings
- Courses
- Pin blocks
- Bass & Treble Bridges
- Soundboard
- Bridge markers

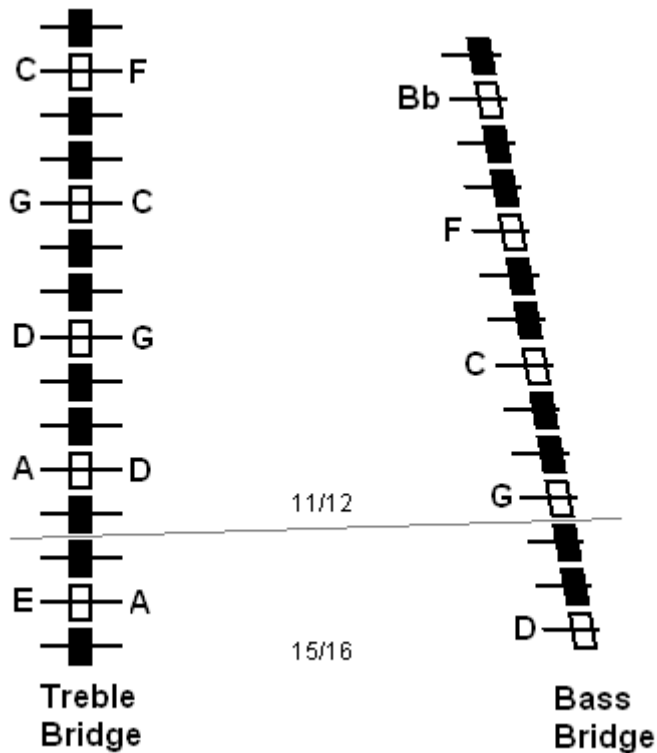
How to play the darn thing...

- Positioning yourself relative to the instrument
 - Shoulders relaxed, arms at your side
 - Lean your torso in and out, not your arms
- Sitting or standing?
- Holding your hammers
- How to strike the strings
 - Loosely hold the hammers so they float
 - Use your arms, not your wrists
- Where to strike the strings (bass and treble bridges)
 - Bass bridge – note is on left side
 - Treble bridge – notes on both sides
- Look at the dulcimer (bridge markers)
 - No note strips!
- Which hand to use – right vs. left hand lead
- General “rules”:
 - Avoid hand crosses
 - Play horizontally instead of vertically when you can

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Notes & Scales

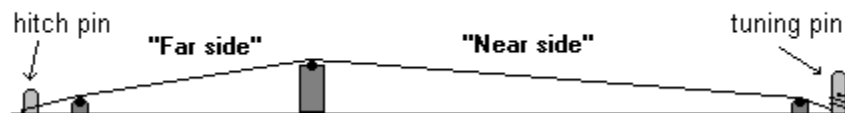
- Identifying each strings pitch
 - Memorize the bridge key position markers 1st
 - Don't worry about sharps and flats in other courses for now



Tuning

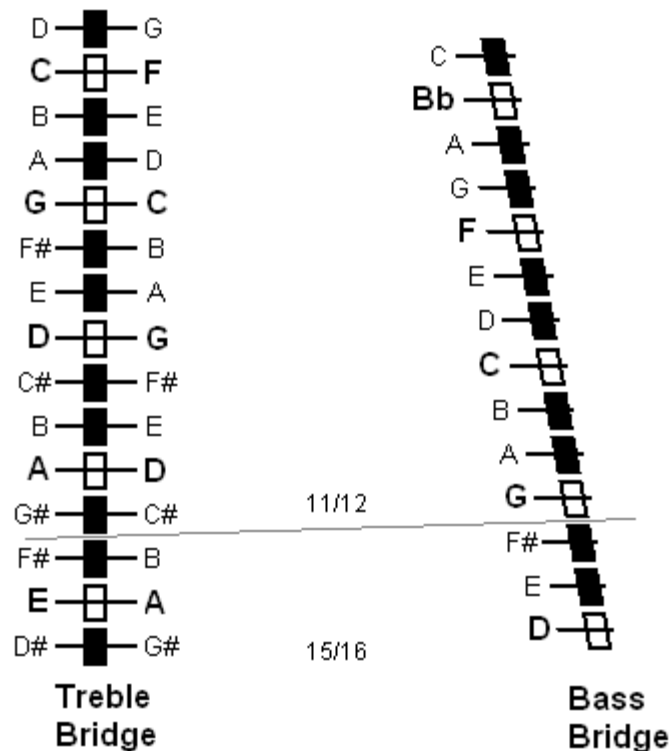
Tuning Dynamics

- Friction
 - Across bridge(s)
 - Turning tuning pin



- Perfect tuning (hah!)

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General Tuning Recommendations

1. Tune your instrument at least once weekly – don't let it get way out of tune
2. Always carry your tuning wrench and tuner with your Dulcimer!
3. Use a guitar pick and **pluck lightly** to avoid sympathetic vibrations
4. Turn wrench with your **arm, not your wrist**
 - First raise, then lower string a little
 - loosens pin friction
 - gives you more room to tune up without overshooting pitch
 - **start low, turn slowly while continuously plucking, stop turning when proper pitch reached**
 - use momentum to reduce effects of pin friction
5. Always tune up!
6. Tune Consistently – I recommend:
 - First tune Bass, then Treble bridges
 - Tune each bridge from top to bottom
 - In each course: tune each string while damping the other string(s) with your finger
 - Treble bridge, for each course:
 - 1st tune **both “far” side notes** (one string at a time)

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- then tune **both “near” side notes** (one string at a time) – usually will just need a little lowering (due to friction over the bridge)
- do not tune all one side of the bridge and then the other!

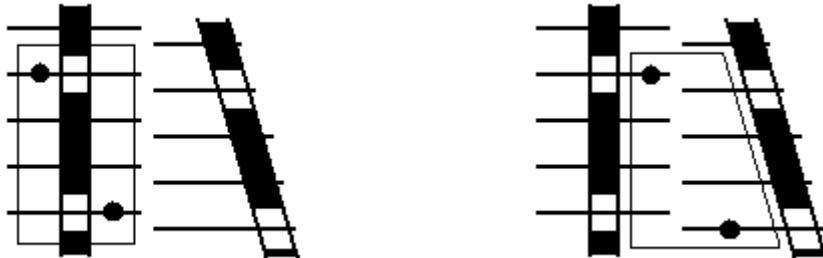
Electronic Tuners

- make sure it’s **chromatic** (even if your dulcimer is not)
- sensitivity - try before you buy!
 - look for **fast note recognition**
 - slop
- meter vs. lights – easy to see, read
- pickups? – microphone vs. transducers
 - attach to tuning pins, bridge, etc. – experiment!
 - will probably need to move around several times as you tune
- use a guitar pick - pluck/pick **gently**
- use your ears too!

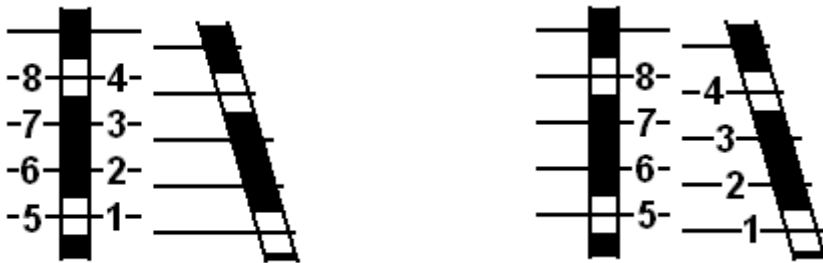
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Scales

Major scale “boxes”, octaves

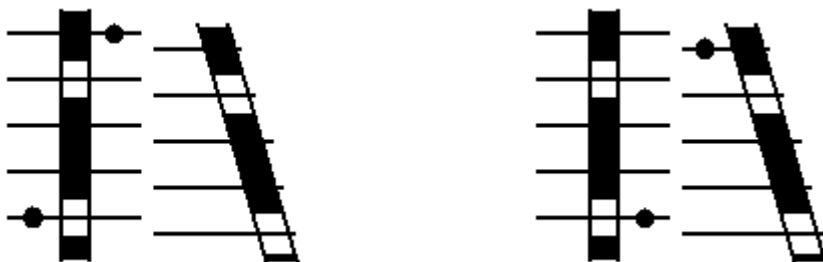


Playing a major scale – ascending and descending

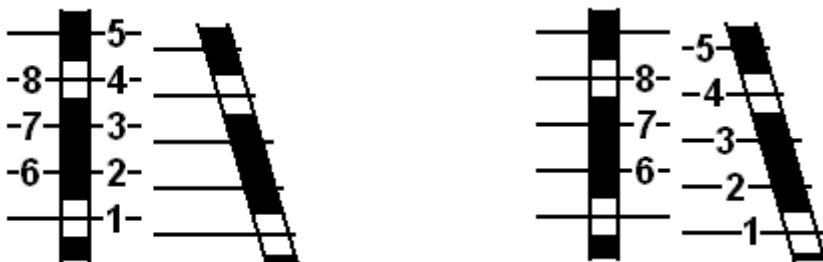


Same pattern in different position plays a different scale

Unisons – same note repeats in different scale



Ascending scale - up 5 and over 3 avoids hand cross



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Learning tunes

Learning tips

- use music to find notes on the dulcimer, then memorize visual / hammering patterns - look at the dulcimer
- look for repeating / similar phrases
- recognize patterns from other songs you know
- work slowly, increase speed only after you can play it well slowly
- if too many mistakes, slow down until you've "got it"
- the more you learn the faster learning will become

Memorization hints

- memorize visual patterns
- small parts at a time
- tackle a phrase at a time, then play it with the phrases already learned
- **repetition - over time** (10 minutes/day...)
- use muscle memory - relax!

Use written music to

- determine where to begin playing
- rhythm (timing of each note and groups of notes)
- find the melody notes on the dulcimer (which courses to hit)
- which hand to use for each note (hint: use rhythm)

Music Notation

Key signature
Time signature
bar
repeat
first ending
second ending (1st repeat)
1.
2.
measure
start repeat here
start repeat here
A part
B part


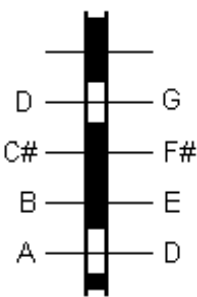
- music staff lines = E G B D F (Every Good Boy Deserves a Favor)

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Key Signature

- determines where on the dulcimer the notes will be found

Key of D









Popular keys for the Hammered Dulcimer (in order of popularity):

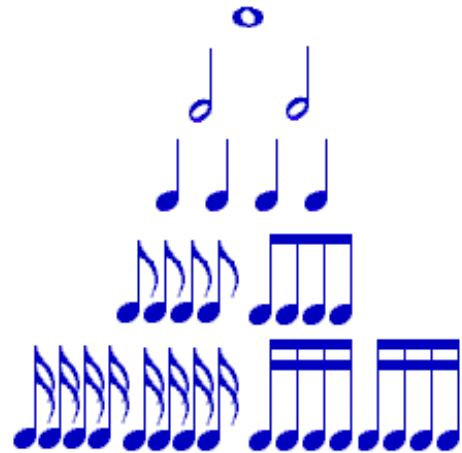
Key Signature	Major Key	Minor Key	Comments
	D	Bm	
	G	Em	
	A	F#m	usually not playable on 11/12 instruments
	C	Am	
	F	Dm	bass bridge only

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Note Duration/Time

Name	Note	4/4 Count
Whole note		4 beats
Half note		2 beats
Quarter note		1 beat
Eighth note		1/2 beat
Sixteenth note		1/4 beat

Equal Time Pyramid:






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Time Signature

4 = Beats per measure

4 = Note value (4=quarter note) that represents 1 beat

Popular time signatures for traditional music:

Time Signature	Music Pulse (accented beat(s) underlined)	Beats per Measure	Used for:
4 / 4		4	Reels , Marches, Hornpipes, Set Dances
3 / 4		3	Waltzes
6 / 8		6	Jigs

Rhythm

- Determines which hand to use for which notes
 - It's NOT about strictly alternating your hands!
- To learn, just play the rhythm on your legs
- Accent 1st beat of each measure - use/lead with your strong hand

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Reels

R=right, L=left hand

Tr = Treble bridge, right side

Tl = Treble bridge, left side

B = Bass bridge

Cincinnati Hornpipe (D)

Musical notation for Cincinnati Hornpipe (D) in 4/4 time, key of D major. The melody is written on a treble clef staff. The rhythm is R L R L R L R L. The notes are: D4, E4, F#4, G4, A4, B4, A4, G4, F#4, E4, D4, C4, B3, A3, G3, F#3, E3, D3.

Swinging on a Gate (G)

Musical notation for Swinging on a Gate (G) in 4/4 time, key of G major. The melody is written on a treble clef staff. The rhythm is R L (R R) L (R R). The notes are: G4, A4, B4, A4, G4, F#4, E4, D4, C4, B3, A3, G3, F#3, E3, D3, C3, B2, A2, G2, F#2, E2, D2, C2, B1, A1, G1, F#1, E1, D1, C1, B0, A0, G0, F#0, E0, D0, C0, B-1, A-1, G-1, F#-1, E-1, D-1, C-1, B-2, A-2, G-2, F#-2, E-2, D-2, C-2, B-3, A-3, G-3, F#-3, E-3, D-3, C-3, B-4, A-4, G-4, F#-4, E-4, D-4, C-4, B-5, A-5, G-5, F#-5, E-5, D-5, C-5, B-6, A-6, G-6, F#-6, E-6, D-6, C-6, B-7, A-7, G-7, F#-7, E-7, D-7, C-7, B-8, A-8, G-8, F#-8, E-8, D-8, C-8, B-9, A-9, G-9, F#-9, E-9, D-9, C-9, B-10, A-10, G-10, F#-10, E-10, D-10, C-10, B-11, A-11, G-11, F#-11, E-11, D-11, C-11, B-12, A-12, G-12, F#-12, E-12, D-12, C-12, B-13, A-13, G-13, F#-13, E-13, D-13, C-13, B-14, A-14, G-14, F#-14, E-14, D-14, C-14, B-15, A-15, G-15, F#-15, E-15, D-15, C-15, B-16, A-16, G-16, F#-16, E-16, D-16, C-16, B-17, A-17, G-17, F#-17, E-17, D-17, C-17, B-18, A-18, G-18, F#-18, E-18, D-18, C-18, B-19, A-19, G-19, F#-19, E-19, D-19, C-19, B-20, A-20, G-20, F#-20, E-20, D-20, C-20, B-21, A-21, G-21, F#-21, E-21, 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